

MOUNT
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MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Volume 19 Number 2, Mar 2010

CLUB EXPLORES CYBER-SPACE

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This month's contributors:
Marc Ambers, Stewart
Bowmer, Marie Kimball,
Kae Moe, Doug Schoonover,
John & Kathy Whitmer.
Thanks All!



MBBC listserv--
[sports.groups.yahoo.com/group/
MtBakerBicycleClub/](http://sports.groups.yahoo.com/group/MtBakerBicycleClub/)

Club Website:
www.mtbakerbikeclub.org

Newsletter archive online:
www.mtbakerbikeclub.org/news

Follow the club on Twitter:
twitter.com/mtbakerbike

The MBBC has had an online presence for several years now, and it will be changing and expanding in 2010. Here is a synopsis of recent activity in "cyber-space:"

- www.mtbakerbikeclub.org

Our club homepage/website continues to be the central information point for The Chuckanut Century, weekly club rides schedule, newsletters archive, membership form, and recognition of our sponsors.

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

Our Yahoo "Listserv" bulletin board was initially set up for club members willing to support community projects, rides, and advocacy. The MBBC has decided to again make the Listserv a members-only site, as dues-paying membership is one way the club achieves these goals. Therefore as of March 15, those who have dropped their club membership will be removed from the Yahoo Listserv. You can check the date that your membership expires by looking at the address label on your newsletter, or by contacting the newsletter editor (mBBCnewsletter@mtbakerbikeclub.org). Please renew your membership and stay on the Listserv! This way we can continue to share information about events, rides, races, interesting travel experiences, surveys, volunteer needs and club related topics.

In addition to the Listserv, there are other online forums and the club has decided to get involved to add more ways to make itself more visible to potential members. To that end, these club sites are now available:

- digg.com/users/MtBakerBicycle

Our *Digg* site is available for anyone to look for articles of interest as well as post articles for others to view and comment on. Come to our Digg site to share current information.

- twitter.com/mtbakerbike

Twitter is a short-winded (only 140 characters per comment) place for quick updates and our @mtbakerbike "tweets" are mainly to remind people of upcoming events.

- [www.facebook.com/pages/Mount-
Baker-Bicycle-Club/321683447138](http://www.facebook.com/pages/Mount-Baker-Bicycle-Club/321683447138)

Our Facebook page will be used to publicize upcoming events as well as post photos and comments about them.

- www.flickr.com/mtbakerbikeclub/

Flickr is a photo-sharing site in which people can post and share and comment about photos. This photo site will allow us to publish a gallery of club events that is viewable by everyone.

Our new president Marie has become interested in online marketing and communication and has set up (and is maintaining, in most cases all by herself!) these new sites. She is working to create a club page on Google also. Once we get some feedback on which sites are working for the club and which are worth the effort to maintain, we can decide which of these will be best to continue using in support of the MBBC. If anyone has comments or opinions, Marie would love to hear from you.

WEEKLY AND GROUP RIDES — Early Spring Edition



**Sanitary
Service
Company**

Tuesday AM Social Ride: starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. 10am start time in winter, 9am in better weather. To check start time and for other info: Robert Parker at 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 Oct-Mar this is a night trail ride with lights. Re-group at brewery afterward (7:30 pm). Contact: ridecoordinator@mtbakerbikeclub.org, 410-6431

Saturday Donut Ride: 24 – 45 miles, race pace, departs from Kulshan Cycles, 7:30 am Oct thru Feb and 7 am March thru Sept. Goes to Ferndale and return, or if you wish continue to Birch Bay and return. Every week of the year!!

Saturday Recumbent Ride: Second Saturday of the month at 10 am. 14 mile intown course begins at Kulshan Cycles. Sporadic depending on weather. Info: Robert Parker at rmp-4724@hotmail.com or 360-671-6910

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

TUESDAY EVENING RIDE TO BEGIN APRIL 6

It's time to get back on the bike, meet new friends, and acquire some new cycling skills. The Tuesday Evening "Ramp-Up" Ride will begin this year on April 6. The ride will start at Whidbey Island Bank at the corner of Bakerview Rd. and Northwest Ave. We will meet at 5:45pm and leave promptly at 6pm. Distance and speed will be determined by the ability of the group, but initially will average 14 to 15 mph with a distance of 15-20 miles. We will regroup as often as necessary. Depending on the number of participants, we may break into smaller groups

The focus of this ride is to introduce the skills necessary to ride in groups. We 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. This is a good place to start if you would like to participate in organized rides like the Skagit Spring Classic, Tour de Whatcom or the Chuckanut Century.

Past participants have been amazed at how their riding has improved by doing this weekly ride. For more information contact Doug Schoonover who will again be leading the Tuesday ride this year. 410-6431.

EVENTS COMING UP IN MARCH:

Bike Expo March 13-14, Volunteers Needed

The MBBC is again hosting a booth at Bike Expo. The dates are March 13th and 14th, Saturday and Sunday. Volunteer for a 2 hour shift and get free admission. Hours are 9am to 6pm on Saturday and 10am to 4pm on Sunday. Sign up soon as the spots are going fast. Contact Doug Schoonover: Doug.Schoonover@gmail.com or 360-410-6431 to reserve your spot.

This is a great way to spend the day, check out the new equipment, check out rides in other areas, attend seminars and demonstrations, and maybe even find a bargain or two.

This year's Expo will be held in a heated and dry location: Smith Cove Cruise Terminal 91, 2001 W Garfield St in Seattle. For more information on Bike Expo see www.cascade.org/EandR/expo

Kulshan Ladies' Night March 18, 7-9 pm

Come enjoy an evening with refreshments, prizes and shopping. Check out the latest in women-specific products, make new riding buddies, learn how to fix a flat and find out about events and rides. 360-733-6440

McClinchy Mile March 20

3 loops of varying length and ability-levels, beginning in Arlington. Get in an early-season Century if you ride all 3 loops! Hoping for a day without rain this year! www.bikesclub.org/html/mcclinchy/mcclinchy.htm

St. Pats Day Parade March 13, Bikes Needed

Bellingham's first (annual?) St. Patrick's Day parade will be on March 13 from 10am-12pm. Decorate your bike and join the everybodyBIKE leprechauns in the 2-mile slow parade route down Cornwall.

Please register by March 11 by contacting Ellen Barton at 671-BIKE or info@everybodyBIKE.com

Additional information about the parade can be seen at www.bellinghamstpatricksday.com

continued on page 7

2010 EVENTS PAGE - check each month as new events are added

BikeMonth - May 1-31

Team Up for EverybodyBike - May 1-31

Pedal with your Politician - May 15

Bike to Work and School Day - May 21

Bike To Work & School Day planning meetings -

March 3, April 7, May 5;

6:30-8:30 pm Council of Gov'ts Office, 314 E Champion St.

Volunteer to help make this year's *Bike Day* the best ever!

information: Mary Anderson or Ellen Barton 671-BIKE or

info@everybodyBIKE.com

Bellingham's 1st St. Patrick's Day Parade: March 13. See p. 2

Gatherings

RideOn! Bicycle Travelogue Series 6-7:45 pm,

Bellingham (Sehome Village) REI. \$2 donation suggested.

March 25: *Cycling over the North Cascades* by Megan Artz,,

in which she shares the scenery and the how-to's of her 2009

bike ride over the highway 20 pass and back. plus: *Family*

bike vacation from Bellingham to the Oregon Coast. Follow the

Eckers (including 2 kids, ages 3 and 6) on a 600-mile adventure

with trains and trail-a-bikes and scenery.

Ladies Night at Kulshan Cyclery: March 18, 7-9pm. See p.2

Seattle Bike Expo: March 13-14 See p. 2

www.cascade.org/EandR/expo/

Races

May 30: Ski to Sea www.skitosea.com

Sept 18: Bellingham Traverse bellinghamtraverse.com

Parks & Recreation Race Series

see www.trithecookie.com

June 26: Lake Padden Triathlon

July 24: Lake Padden Duathlon

August 14: Bellingham Youth Triathlon

October 10: Runningshoes.com Duathlon

October 11: YMCA Youth Duathlon

Indie series will be in Bellingham July 18

see full schedule at: www.indieseries.com

and also check the blog: wmbctrails.blogspot.com

(preliminary schedule up on the Blog's January 17th entry)

Classes & Training

USA Fit Bellingham is once again instructing triathlon training in preparation for the Lake Padden Triathlon on June 26.

- Training series starts: **March 31.**

www.usafitbellinghamtri.com

continued on page 7

2010 RIDES	
March	20 McClinchy Mile (Arlington) see p. 2 www.bikesclub.org/html/mcclinchy/mcclinchy.htm
April	17 Tulip Pedal (LaConner) www.tulipfestival.org/events 18 Daffodil Classic (Puyallup) www.twbc.org/events/ 24 Tour de Lopez lopezisland.com/tourdelopez.htm
May	1 Camano Climb (Camano Island) 1 RACC: Ride Around Clark County (Vancouver WA) www.vancouverbicycleclub.com 2 Rhody Tour (Port Townsend) www.ptbikes.org 8 Skagit Spring Classic www.skagitbicycleclub.org 22 Munchenhaus Ride (Leavenworth) munchenhausbikeride.com 31 Seven Hills of Kirkland www.7hillskirkland.org
June	5 Apple Century (Wenatchee) www.applebikeride.com 6 Peninsula Metric Century (Southworth) www.twbc.org/events/peninsula 6 Fort2Fort (Port Townsend) fort2fortride.org 12 Flying Wheels (east side) www.cascade.org/EandR/flying/ 19 Tour de Blast (Mount St. Helens) www.tourdeblast.com 26 Chelan Century Challenge (Chelan) www.centuryride.com
July	10 S2S (Seattle to Spokane; 283 miles in one day of insanity) www.redmondyclingclub.org/S2S/S2S.html 11-17 TourBC (Creston BC loop) www.tourbc.net 11-31 Big Ride Washington (statewide loop) bigride.org 14-18 RedSpoke - Redmond to Spokane www.redspoke.org 17-18 Seattle to Portland/STP www.cascade.org/EandR/stp 29 RAMROD - Ride Around Mt. Rainier One Day www.redmondyclingclub.org 31 Tour de Whatcom (Bellingham) www.tourdewhatcom.com 31 Seattle Century www.seattlecentury.com
August	7 Bike to Battle Cancer (Bellingham) biketobattlecancer.org 28 Retro Ride (LaConner) Ken Rasmussen kayakfit@fidalgo.net 28-29 RAPSody - Ride Around Puget Sound (Tacoma) www.rapsodybikeride.com 29 Summits of Bothell www.summits-of-bothell.org
September	11-12 MS 150 Bike Ride (Mt. Vernon) 12 Mt. Baker Hill Climb (Glacier) www.norkarecreation.com 11-13 Trek Tri-Island (San Juan, Lopez, Orcas Islands) alaw.org 19 Chuckanut Century (Bellingham) mtbakerbikeclub.org 25 Tour de Whidbey (Oak Harbor) tinyurl.com/5zw9zv 26 Kitsap Color Classic www.cascade.org/EandR/kitsap
October	1-3 Fall Bike Festival (Winthrop) www.mvsta.com



THIS MONTH, JOHN WHITMER LONGEST CONTINUOUS CLUB MEMBER



John has been a continuous club member since 1979. He first became aware of the MBBC when he rode the Chuckanut Century in 1977, and in subsequent years joined a Wednesday night Lake Samish Time Trial Ride, also sponsored by the club. He enjoyed regular riding through 1985, at which time “other parts of life took more focus, and I took a 15-year break from riding.”



He got back on the bike in the late 1990's, due largely to our late friend Bob Lindquist, who encouraged John to join club rides again. He started riding the Donut Ride, and for several years met up with Bob every Tuesday morning for a coffeeshop ride to Ferndale and back.

In 2004, John retired from WWU where he had been a Chemistry professor for 40 years. This allowed him more time for riding, so in addition to his road bike, he began riding a mountain bike around town for errands. He has ridden across the country twice: in 2004 from Bellingham to Maine, and last year with friend Bill McCourt from San Diego to Florida. He and Kathy have ridden many bike tours in Europe and she joins him on club rides. They enjoy the MBBC weekly rides, saying “the local group is a good group of people and riding styles. Off the road and on, they are interesting people and enjoyable to be around”

Marie recalls that John once told her, “I continued paying my dues and remained a member of the club even in the years that I wasn't riding, because I wanted to make sure there would still be a club to return to when I started riding again.” John's positive attitude about cycling extends to this community, and he says, “the cycling is great here. Where else in the world can you see all this - the mountains and the water and the farms and scenery.” Thanks for your continuing support of the club, John and Kathy, and we'll see you out on the road.



left: John and Kathy Whitmer have been enjoying their retirement, including joining their friends in the MBBC on weekly club rides.

below: John has a dedicated bike shop room in his basement to keep all the family bikes in good working order!





Orcas Island Club Ride



CONQUERING MT. CONSTITUTION ON A BEAUTIFUL FEBRUARY DAY

On February 21, an absolutely cloudless day, 17 intrepid MBBC members headed to Orcas Island for a sunny day of riding. After the ferry crossing from Anacortes, the group split into three sets of riders. The first rode into Eastsound for lunch, the second rode up Mt. Constitution on mountain bikes via trails, and the largest group slogged their way up the mountain on the road. QOM (Queen of the Mountain) was Cheryl Batty, and KOM honors were shared by Marc Ambers and Mike Hammer.



The group used the Crow Valley Road, keeping them off the main highway. This is a beautiful ride with farm views, country scenes with ponds, seaside bergs, and a must-do for a day trip from Bellingham. As you can see from the photos, the view from the top on a clear day is spectacular.

(The B&W photos in the printed newsletter don't do this scene justice, so please check out the online newsletter and look at them in color!!)

Thanks so much to Eric Stromerson (left) for suggesting and planning this ride. Anyone with ideas for a club ride can submit them to our new ride coordinator, Marc Ambers (seen at right... who, incidentally, took most of these photos! Top photo by Marie Kimball, others by Marc Ambers Photography.)





**Welcome and thank you to
new club sponsors for 2010!**

SSC (Sanitary Service Company)

Northwest Eye Clinic

Fairhaven Fitness & Personal Training

New Belgium Brewing

Clif Bar

**Please support our sponsors to thank
them for their generous donations
toward cycling in our community.**

MBBC ADMINISTRATION

Mt. Baker Bicycle Club

Board of Directors and Officers:

Marie Kimball - President; Chris Covert-Bowlds - Vice President; Scott Dorough - Secretary; Tiffany Holmgren - Treasurer; Marc Ambers - Ride Coordinator; Doug Schoonover - Event Coordinator; Cathie Gerlicher, Bill McCourt, Eric Stromerson -- members 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

everybody  BIKE



MBBC Membership Form

New Member Renewing Member This is a change of address

Last name: _____ First name: _____

Address: _____

City: _____ State: _____ Postal Code: _____

E-mail: _____

Contact telephone number: _____

Associate member: _____

(An associate member can be any person living at the same address as the individual member)

Would you like to help? Volunteers are our most valuable resource.

Please check any of the boxes that appeal to you and we will be in touch:

- Ride Leader Newsletter Board Member
 Bike to Work and School Day Chuckanut Century
 Special Events Website Maintenance Education
 I can provide discounts on _____

Membership type:

Individual: \$15 _____

Family/Associate: \$25 _____

Additional Donation: _____

(donations support bike safety education)

Total enclosed: \$ _____

Please enclose a check payable to:

Mt. Baker Bicycle Club

(There will be a \$20 fee for all returned checks.)

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



2010 Events - continued from page 3

Bellingham REI Cycling maintenance classes (sign-up required):

March 16: Bike maintenance basics

March 20 & 28: Bike maintenance 201

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

everybodyBike Cycling safety and confidence classes: check the events calendar at everybodybike.com/calendar.aspx
- **March 24** *First Gear: Confidence and Comfort*, 6pm @ B'Ham REI

Travel Safety and Security Seminar - March 4, 6-10pm, WECU Education Room, 511 East Holly (see opposite side of p. 7 for details).

Trail Building

Take some time this winter 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) and by the Bellingham Parks Department.

Trail maintenance dates from WhIMPs:

March 7, March 14, March 21

April 4 & 17

May 2 & 9

above meeting times all at 10am. Tools supplied. Wear appropriate clothing for the weather conditions. Check the website as the dates approach for exact location to meet.

information: www.whimpsmtb.com/trailbuilding.html

Trail work dates from Bellingham Parks Dept:

March 6 - 10am Old Village Trail

March 6 - 9am Red Tail Reach

March 6 - 1pm Maritime Heritage Park

March 13 - 9am Connelly Creek

March 13, 20, & 27 - 9am Squalicum Creek Nursery

March 20 - 1pm Boulevard Park

March 27 - 9am Connelly Creek

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>

Events coming in March - continued from page 2

Travel Safety and Security

Special Seminar for MBBC members and the local cycling community

Brian Webb is a local cyclist who is also an experienced consultant on issues of personal safety while traveling, both domestic and abroad. His business, IHS Training, presents full day seminars to corporations to prepare their employees for safe traveling.

Brian is offering a free travel safety seminar to the club, to pass along his knowledge and experience to those of us planning International trips in the future. The seminar will be held at the WECU Education Room, 511 East Holly, on Thursday March 4, 6-10pm.

Brian's experience includes 20 years in law enforcement, and as an airline pilot and instructor pilot. He teaches special operations classes for DHS, DEA, Defense Intelligence, Secret Service, Navy Seals, and the RCMP. You can read more about Brian and his seminars at www.ihs-training.com

The class is free, but Brian asks that if people want their own set of the printed IHS Seminar materials, he requests \$5 to cover the printing costs.

There is limited seating available, so please RSVP and direct questions to Stewart Bowmer: stewartbowmer@gmail.com or (360)319-7809. Don't miss this opportunity to get some great information from someone who's "been there."

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<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	March 1	2 Tues AM Social Ride	3 Wed Group Ride BtW&SD Planning	4 Travel Safety Seminar	5	6 Donut Ride Bellingham Parks trail building
7 WhIMPs trail maintenance party	8	9 Tues AM Social Ride	10 Wed Group Ride	11	12	13 Donut Ride Recumbent Ride B'Ham Parks trail bldg StPat's Day Parade Bike Expo - Day 1
14 <i>Daylight Time</i> Bike Expo - Day 2 WhIMPs trail maintenance party	15	16 Tues AM Social Ride REI Bike Maint Basics	17 <i>St. Patrick's Day</i> Wed Group Ride	18 Kulshan Ladies' Night	19	20 Donut Ride McClinchy Mile B'Ham Parks trail bldg REI Bike Maint 201
21 <i>Spring!</i> WhIMPs trail maintenance party	22 everybodyBike First Gear class	23 Tues AM Social Ride	24 Wed Group Ride everybodyBike 1st Gear	25 Cycling travelogue slideshow at REI	26 April MBBC Newsletter Deadline	27 Donut Ride B'Ham Parks trail bldg
28 REI Bike Maint 201	29 <i>Easter Begins</i>	30 Tues AM Social Ride	31 Wed Group Ride USAFit Training starts	April 1	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 if they wish.