



# MBBC

**More Bicycling = Better Community!**

**Mount Baker Bicycle Club Newsletter, Vol 19 No 9, Oct/Nov 2010**

*Rainy Rides? No problem!*

## CYCLISTS TURN OUT FOR CHUCKANUT CENTURY DESPITE MONSOONY WEATHER

We've been hearing that we're in store for a *La Niña* winter (wetter than usual), and Mother Nature seemed to be practicing up on her rain-torrents on the days of our two local rides in September. Both the Mt Baker Hill Climb on September 12, then the Chuckanut Century on the 19th were socked with a downpour. However plenty of hardy riders showed up anyway and braved the conditions.

### *Review of the Chuckanut Century by Doug:*

WOW!! What a day for a bike ride. Torrential downpour, periodic thunder and lightning and 250 riders who endured the weather. Even with the horrendous conditions, everyone seemed to be having a good time. Some comments:

"I thoroughly enjoyed the ride minus the downpours"

"The event was well organized and the volunteers at the rest stops amazing."

"My ride buddies and I made a point to thank all the awesome volunteers for their efforts."

"We had a great time and really enjoyed the route, the area, the food, and the great people at the food stop, in spite of the rain."

"I just wanted to say *chapeau* to you and the Club for your efforts. Seriously. You guys are wonderful."

"And thank you for a fun ride despite the monsoon!"

And the comment I heard numerous times -

"I have never seen it rain so hard in my life."

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 Andrea, a hospice

*continued on page 7*



some dry, some wet, all smiling: faces of the 2010 Chuckanut Century photos by Marc Ambers



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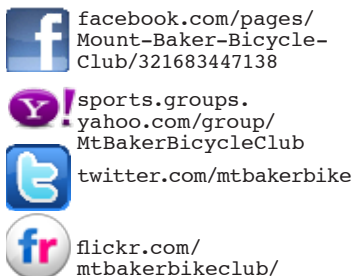
This month's contributors:  
Marc Ambers, Tim Crandall,  
Alyssa Fritz, Patrick Means,  
Ryan Rickerts, Robin Robertson,  
Doug Schoonover, Allen Shaw.  
Thanks All!



### *the club online:*

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

### *and our social sites:*



## WEEKLY AND GROUP RIDES

— it's time for fenders and shoe covers!



**Tuesday AM Social Ride:** starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. 9am and 10am start times. To check start 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-Mar this is a night trail ride with lights. Gather at brewery afterward (7:30p). [ridecoordinator@mtbakerbikeclub.org](mailto: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](mailto:rmp-4724@hotmail.com) or 360-671-6910



**APOLOGY:** to some who came to the September Wednesday night rides expecting a road ride. September seems to be a transition month due to the days getting shorter. We try to ride about an hour and a half. Daylight becomes an issue when sunset is before 8pm. This gives us a cushion in case there is a problem (flat, mechanical issue, etc). Sunset in mid-September was slightly after 7pm. Not too much of a problem if it is clear and you have lights, front and back, to use toward the end of the ride. Most of the regular riders opt for mountain bikes and lights as a change of pace starting mid-month.

That being said, there are some regular riders who are willing to ride the road and may opt to shorten the ride due to darkness. On some weeks in September, people choose to do that but we never know until we see who shows up at the start of the ride at 6pm.

There is always the option of starting a night road ride if we had someone to coordinate and lead it. I think Seattle and other areas do this. Anyone who would like to step up, please contact the ride coordinator.

With the onset of darker mornings, the Donut Ride will be switching to a later (7:30am) start for the winter as well. Check with the riders on Saturday morning for definite schedule.

**2 Mt Baker Bicycle Club - October/November 2010**



# NWEC

## NORTHWEST EYE CLINIC

EYE PHYSICIANS AND SURGEONS

### MIA BIRK APPEARANCE ON OCTOBER 13

Mia Birk, "Pedaling Toward a Healthier Planet," will be in Bellingham on October 13 and will lead a Community Discussion & Presentation at the Western Washington University Viking Union, Multi Purpose Room. RE Sources for Sustainable Communities and Western Washington University's Office of Sustainability present an exclusive community discussion with Mia Birk, nationally-acclaimed transportation planner and author of the book, "Joyride: Pedaling Toward a Healthier Planet."



An afternoon discussion will begin at 2pm. Those who are unable to attend in the afternoon, or want to learn more about integrating bicycling and walking into transportation planning and daily life, may attend a community presentation and book reading later the same evening at 7pm. The presentation will be followed by an information fair, featuring local organizations and advocacy groups focused on sustainable transportation programs and community action.

Mia Birk's book, "Joyride: Pedaling Toward a Healthier Planet," is the story of Birk's 20-year crusade to integrate bicycling into daily life. With a table scrap of funding, she led a revolution that grew Portland, OR into the #1 American cycling city.

[www.re-sources.org/events/mia-birk](http://www.re-sources.org/events/mia-birk)



### 2D ANNUAL BREAST CANCER AWARENESS RIDE

At 10am on Saturday October 9, 2010, over 100 participating Trek dealers across the US and Canada will join together to raise awareness for Breast Cancer research, treatment and prevention by hosting a casual family-friendly bike ride. Trek's goal is to have more than 10,000 people riding on the same day at the same time in a healthy and friendly environment, uniting to show support for breast cancer patients and survivors by sharing challenges, celebrating victories, and fighting for a cure.

The Bellingham Ride is 10 miles on the Interurban Trail starting at Boundary Bay Brewery and ending at Kulshan Cycles. This is a family friendly fundraising event and everyone is welcome. Please wear some pink, decorate your bike and help us raise awareness.

[www.trek bikes.com/women](http://www.trek bikes.com/women)



# EVENTS: MORE REMAINING IN 2010

## Family Rides & Gatherings

**Ride for Breast Cancer Awareness:** (see p. 2) Oct 9, 10 am Wear pink, 10 mile ride/parade Interurban trail. Begin at Boundary Bay Brewery [kulshancycles@comcast.net](mailto:kulshancycles@comcast.net) story, details and registration: [trekbikes.com/women](http://trekbikes.com/women)

**Methow Valley Bike & Film Festival** (Winthrop) Oct 1-3  
[www.mvsta.com/summer/bikefest.html](http://www.mvsta.com/summer/bikefest.html)



**everybodyBike Community Rides** to trail work parties:  
Oct 2 - ride to Padden Creek Trail; Oct 9 - ride to Crooked Path;  
Oct 10 - ride to Willow Creek; Oct 16 - ride to Maritime Heritage  
details: [everybodyBike.com/calendar.aspx](http://everybodyBike.com/calendar.aspx)



**Skagit Farm Pedal Bicycle Tour:** Oct 3 Ride a route through the farms and enjoy cider and goodies. No charge event. Register 9am, Ride 9:30AM starting at Schuh Farms, 15565 SR 536, Mt. Vernon [www.festivaloffamilyfarms.com/farm-tour-info/farm-pedal-bicycle-tour/](http://www.festivaloffamilyfarms.com/farm-tour-info/farm-pedal-bicycle-tour/)



**International Walk & Bike to School Day** is Oct 13. Check with your PTA for your school's plans.  
[iwalktoschool.org](http://iwalktoschool.org)

**Community Discussion with Mia Birk** (see p. 2) author of *Pedaling Toward a Healthier Planet*. Oct 13 WWU Viking Union Multipurpose Room, 2pm. & 7pm  
[www.re-sources.org/events/mia-birk](http://www.re-sources.org/events/mia-birk)

## Classes and Training

### Fairhaven Fitness

Cycle Moles overwinter training camp, M&W evenings Nov 1-Feb 23. Indoor Training for Outdoor Success! Ride stronger and faster in the spring with this 4 month indoor coached training program. Indoor training means no excuses for bad weather or dark skies and the chance to work on pedal stroke, single leg strengthening, form, and building your aerobic base. details: [bellinghamtennis.com](http://bellinghamtennis.com) or 733-5050



### everybodyBike safety and confidence classes

October 19, 20, 24 details: 671-BIKE or  
[everybodybike.com/calendar.aspx](http://everybodybike.com/calendar.aspx)

**Bellingham REI** Bike maintenance classes (sign-up required):

**Oct 5:** Bike maintenance basics

**Oct 9:** Bike maintenance 201

REI Bellingham November events will be announced in Oct.  
details and sign-up at [rei.com/stores/events/65](http://rei.com/stores/events/65)

## Races

**Parks & Recreation Race Series** [trithecookie.com](http://trithecookie.com)

**Oct 10:** Runningshoes.com Duathlon, followed by

**Oct 10:** YMCA Youth Duathlon

**Cyclocross: Cascade Cross Race Series**

**Oct 16:** Thriller Cross (Bellingham)

**Nov 6:** Cross Border Clash (Lynden)

**Nov 13:** Woolley Cross (Sedro Woolley)

**January 8 2011:** Chiller Cross

details: [cascadecross.com/races](http://cascadecross.com/races)



## Trail Work Parties

Volunteer to help the Bellingham Parks Dept maintain the parks and trails we all enjoy for walking and cycling.

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

**Oct 2:** Padden Creek Trail @ 6th St, 10am-noon

**Oct 9:** Crooked Path, 1:30-3:30pm

**Oct 10:** Willow Creek Planting sponsored by REI, 1-4pm

**Oct 16:** Maritime Heritage Park, 9am-noon

**Oct 23:** Choose from many *Make A Difference Day* work parties, coordinated through the Whatcom Volunteer Center. Sign up at 734-3055. Squalicum Creek Park, Franklin Park, or Memorial Park, 9am-noon

**Oct 23:** Chuckanut Wetlands/Interurban Trail, meet at Fairhaven Pkwy & 24th sponsored by REI, 9am-1pm

**Oct 30:** South Bay Trail, 10am-noon

**Oct 30:** Big Rock Garden Park, 10am-noon

**Nov 6:** Maritime Heritage Park, 9am-noon

**Nov 13 & 20:** St. Clair Park, 10am-noon

**Dec 4:** Woodstock Farm, 10am-noon

information: Bellingham Parks & Recreation, 360-778-7105

[cob.org/documents/parks/volunteer/work-schedule.pdf](http://cob.org/documents/parks/volunteer/work-schedule.pdf)

**Interational 350 Day is**

**10/10/10**, a day of climate advocacy and awareness.

Join the group to plant 10 trees at 10 schools in Bellingham, all transported by bicycle. Starts 10am at the Library. International site: [www.350.org](http://www.350.org); Local: [everybodybike.com/calendar.aspx](http://everybodybike.com/calendar.aspx)



# CASCADE 'CROSS 2010 SERIES STARTS WITH SUN...

Cyclocross is the fever of fall cycling. It comes on very suddenly. You're getting along fine, enjoying your summer, and then it hits. And once you have it, it's hard to think about doing anything else. At least until December, because when the snow flies the fever starts to break.

It's the same being a cyclocross event promoter. It didn't really hit me until just a few weeks ago that I had to build one of the largest courses I've ever attempted in the City of Bellingham's newest acquisition, Squalicum Creek Park. I used it for the first time last November (Hilly Cross), and it's a beast. Hard-packed rocky earth. No trees. Full exposure to the wind. A course builder's nightmare, but at the same time, a spectator's dream. You can see racers over the entire course from one vantage point - at the top of the centrally-located, large grassy mound.

So this year I decided to tackle Squalicum Creek early in the 2010 series, on September 25 when I had lots of energy, and get everyone excited about the season even earlier. I decided to call it Killer Cross, because after racing it last year, I realized how difficult it was to complete all the laps! I took even greater advantage of its central mound. I routed the course over the top 3 times, with a little island in the middle for bell-clanging fans to get their fill of desperately tired racers. This is the same mound used in the Ski-to-Sea this spring by the mountain bike leg designer, Charlie Heggem. I also used Charlie's path through the nearby field owned by Allsop (Squalicum Lofts). This proved to be the muddiest, most slippery section.

And let's talk about luck. Kevin Menard of Traitor Cycles, who fanatically raced the Single Speed category, said to me, "God must have blessed you as a race promoter, because all of your races are sunny!" It's true. After some pretty difficult weather passed through the area in previous weeks, we had one of the hottest days of September. It was almost too hot for 'cross. I know, because I raced seven laps of that monster course at noon. And I was **so** thirsty I had a ring of white around my mouth at the end of the day. I was not the only one.

The largest group of the day started us off at 9 am. 35 'C' racers took to the field before the heat of the day set in. Some still had long sleeves and knee

warmers or knickers on, but that would not last. Most everyone finished, although a few were taken out by flats on the rocky soil, or other mechanical issues.

Six or seven little tykes raced after them, completing a smaller loop that did *not* include the mound. One little guy even finished with training wheels on! Very muddy after that effort, I might add. Quinn Hartsoch looked quite proud, especially since both his mom (Beth) & his dad (Jacob) would be racing later in the day. It truly is a family sport. *(continued on next page)*



“A stellar start to what I predict will be the best cyclocross season in Bellingham yet!”

- Ryan Rickerts





## ... BUT NO WORRIES, THE SLOP & MUD ARE SURE TO FOLLOW

**Killer Cross** review by Ryan Rickerts

photos by Patrick Means

The B field at 10:30 was nearly as large as the first. It started off as a pitched battle between Scott Alexander, a long time local racer and Sehome HS graduate, against Joey Mullan (Fairhaven Bike employee) and Greg Heath (of Donkelope Bikes) on their single speeds.

The event also included the Women's A field, and it was one of the strongest showings of top women I have ever had the pleasure of hosting. Kari Studley, a WWU graduate and former triathlete, is now an elite 'cross racer who travels to Cross Vegas and the big competitions out on the East Coast. She is starting a *Washington Women of Cyclocross* series for beginner women, and it includes two of my races. She mastered my course and made mincemeat of



*There was minimal mud for Killer Cross, but there's plenty waiting, as seen in this photo from last year's Woolley Cross.*



*Killer Cross photos above show rocks, barriers, sun, hills, and smiles: just some of the sights waiting in the remaining Cascade Cross 2010 Series races. Bring your cowbells.*

the competition, although Nicola Mann of Trailhead Athletics gave a fantastic chase. Kari would race again with the Men's A group at noon, and she even passed me up. An incredible performance after already racing once that day!

The final race of the day was just about a dozen of the fastest gentlemen (plus Kari). The heat really set in, but that did not slow down these studs from flexing their late-September muscles. Ian Crane, a Whatcom Community College student, and Patrick Means, a former Fairhaven Bike employee, WWU racer, and quickly becoming a renowned mountain bike and road racer, completely lit it up at the front of the field. I tried to watch from about halfway back on the course, but I also was trying to watch where I was going!

All in all, it was a stellar start to what I predict will be the best cyclocross season in Bellingham yet! I've been doing this CX promotion thing five years now. The Parks Department has really gotten on board with it. The racers know about it and look forward to all the varied courses. I have five races to offer this year, lasting all the way into January. It really is a great time to catch the cyclocross fever, and it's not too late!

*Follow Ryan's cyclocross blog, as well as details and schedules of the 2010 race series, at [cascadecross.com](http://cascadecross.com).*





**Welcome new members!**

John Butterwick

Mary Cole

Bruce Mackay

Jeff McKinley

Doug Robertson

Ingrid Rohlf

Geoffrey Tupper

Nancy Tupper

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

## 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



## 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 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



## CHUCKANUT CENTURY REVIEW

continued from page 1

volunteer for doing the Edison food stop and getting her friends to bake goodies. Also members of MBBC and FBRC for assisting in setup 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.

Even though participation was down due to the weather, we still were able to raise \$10,000 for the Whatcom Hospice Foundation due to the generous support of our sponsors:

- Sanitary Service Company (SSC)
- Group Health
- North Cascade Cardiology
- Boundary Bay Brewery and Bistro
- WECU
- Lorne Rubis
- Adventures NW
- Erin Baker Baked Goods
- Copies Now

### ***And a Rider's Review from Tim Crandall:***

It was a wild and wet Chuckanut Century ride today. Ray and I left Boundary Bay Brewery and headed south a few minutes after 7am, expecting that we wouldn't get far before the predicted rains came. Happily we made it all the way to Edison where Allen was staffing the food stop and recommended that we do the Samish Island loop because of the view. We followed his recommendation and except for a strong and consistent headwind, it was a nice route.

The sky looked threatening, but we made it all the way back to town without getting wet. Ray, the smarter of the pair, headed home to change before returning to Boundary Bay to redeem his free burger coupon. I continued on with Rob, a rider we had picked up along the way.

As Rob and I headed west on Eldridge, it started raining very hard. We stopped under a tree and put on our rain gear and continued on. The rain let up only slightly on the route to Ferndale and by the time we got to the food stop we were soaked to the skin. I had had enough for one day, but I couldn't resist climbing Vista Drive so I accompanied Rob north of Ferndale for a few miles before heading back to Bellingham.

The beer garden at Boundary Bay was full of wet, hungry, thirsty riders when I arrived. I got a burger and met up with some friends who had unluckily chosen to go north to avoid some of the hills on the southern route. They were soaked. Next time start early and attack those hills!

The ride was well organized - fast and easy check-in, good road markings, and friendly volunteers at all the food stops. Everyone I talked to was having a good time in spite of the weather. Hope to see you at the event next year.



**Sanitary  
Service  
Company**



wet, but still smiling, Chuckanut Century volunteers at the Edison food stop  
photo by Allen Shaw



### **Train Smarter...Not Harder!**

“My metabolic training plan gave me specific workouts based on my heart rate zones. I was able to train smarter instead of over-training...and meeting my stretch goal in the Bellingham Bay Marathon proves it!”



Club Member  
David Penrose

Metabolic Assessments for:

- Weight Loss
- Fitness Plans
- Performance Athletics

**Exclusively at Bellingham Tennis Club!**



360-733-5050 | [www.bellinghamtennis.com](http://www.bellinghamtennis.com)

Bring this coupon for \$15 off any metabolic assessment.  
Expires Oct. 31, 2010.

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
					<b>October 1</b> Methow	<b>2</b> Donut Ride everybodyBike Ride COB Trail Work Party Bike festival
<b>3</b> Skagit Farm Pedal	<b>4</b>	<b>5</b> Tues AM Social Ride REI Bike Maint Basics	<b>6</b> Wed Group Ride Padden CX practice?	<b>7</b>	<b>8</b>	<b>9</b> Donut Ride Recumbent Ride everybodyBike Ride COB Trail Work Party REI Bike Maint 201 Ride for Breast Cancer
<b>10</b> Intl 350 Day: Bike ride, tree planting COB Trail Work Party Parks/Rec Duathlons	<b>11</b>	<b>12</b> Tues AM Social Ride	<b>13</b> Wed Group Ride Padden CX practice? Mia Birk Talk @ WWU Int'l Walk/Bike to School	<b>14</b>	<b>15</b>	<b>16</b> Donut Ride Thriller 'Cross everybodyBike Ride COB Trail Work Party
<b>17</b>	<b>18</b>	<b>19</b> Tues Social Ride everybodyBike class	<b>20</b> Wed Group Ride everybodyBike class	<b>21</b>	<b>22</b>	<b>23</b> Donut Ride 4 Trail Work Parties
<b>24</b> everybodyBike class	<b>25</b>	<b>26</b> Tues AM Social Ride	<b>27</b> Wed Group Ride Padden CX practice?	<b>28</b>	<b>29</b>	<b>30</b> Donut Ride COB Trail Work Party
<b>31</b> <i>Hallowe'en</i>	<b>November 1</b> Cycle Moles begins	<b>2</b> Tues AM Social Ride	<b>3</b> Wed Group Ride Padden CX practice?	<b>4</b>	<b>5</b>	<b>6</b> Donut Ride 'Cross Border Clash COB Trail Work Party
<b>7</b> <i>Daylight Time Ends</i>	<b>8</b>	<b>9</b> Tues AM Social Ride	<b>10</b> Wed Group Ride Padden CX practice?	<b>11</b>	<b>12</b>	<b>13</b> Donut Ride Recumbent Ride Woolley 'Cross COB Trail Work Party
<b>14</b>	<b>15</b>	<b>16</b> Tues AM Social Ride	<b>17</b> Wed Group Ride Padden CX practice?	<b>18</b> MBBC Dec/Jan Newsletter Deadline	<b>19</b>	<b>20</b> Donut Ride COB Trail Work Party
<b>21</b>	<b>22</b>	<b>23</b> Tues Social Ride	<b>24</b> Wed Group Ride	<b>25</b> <i>Thanksgiving</i>	<b>26</b>	<b>27</b> Donut Ride
<b>28</b>	<b>29</b>	<b>30</b> Tues AM Social Ride	<b>December 1</b> <i>Hanukkah begins</i>	<b>2</b>	<b>3</b>	<b>4</b> 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](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..