



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Volume 26, Number 4, May 2017

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This month's contributors:
Ian McCurdy, Carol Spano,
Zachary Shahan, treehugger.
com. Thanks All!



the club online:

mtbakerbikeclub.org
chuckanutclassic.org
and our social sites:



Bike to Work & School Day is FRIDAY, MAY 19



MBBC CELEBRATION STATIONS

The MBBC is hosting two stations for
Bike Day and we would love some
helpers!

- (1) Nooksack Valley Middle School from
7-9 am, coordinator Mary Cole.
- (2) near the I-5 bike path bridge by
Sunnyland School: King Street and
Illinois, coordinator Ian McCurdy.

**The MBBC Sunnyland station needs
volunteers** to staff the station on May
19th: this involves arriving early to set
up the table and tent, ringing cowbell to
cheer riders, setting out treats for riders,
and taking down the station at the end of
the morning. You can help for all or for
part of the morning.

To help or to donate treats, Contact
Bellingham coordinator Ian McCurdy:
ian.p.mccurdy@gmail.com or
503-201-7327.

MAY IS *BIKE* *EVERYWHERE* MONTH!

Bike Everywhere Month is the time to
support, encourage, and celebrate all
things bicycling. Let's prove that no one
celebrates pedal power like Washington.

The best way to celebrate Bike
Everywhere Month is simply to get on
a bike: ride to work, ride to the grocery
store or just ride for the sheer joy of
being outside soaking up the spring
weather!

BIKE TO WORK & SCHOOL DAY IS FRIDAY, MAY 19TH.

Ride your bike to one of the county's
Celebration Stations that morning!
Map of stations is at:

biketoworkandschoolday.org/stations/

HUB ANNUAL PANCAKE BREAKFAST

The annual pancake breakfast is on
again at the Hub on May 19th! 7am until
the syrup runs out! There will be some
goofy games and small-bike races as
well, so ride your bike over and join
in! 903 1/2 N State St, behind the dive
shop.

TRICYCLE RACES

May 19, Noon in front of City Hall.
Get your team of four together, get in
costume, bring a tricycle, and show off
your skill in the treacherous (well, not
really) tricycling relay. Come to ride, or
come to watch, and celebrate Bike to
Work Day with your cycling friends in
downtown Bellingham.



WEEKLY AND GROUP RIDES: SPRING EDITION

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

Sunday Rabbit Ride: 32mi road ride, south

on Chuckanut, back via Colony and Lake

Samish. All welcome; come prepared to push yourself. Pace varies by individual. Small

similarly-paced groups leave from

Fairhaven Bike. Those who ride slower

than 16 mph, be ready to ride by 7:45 am (summer start

time) Faster groups leave every 5 minutes thereafter,

johnh@fairhavenbike.com 733-4433

fairhavenbike.com/about/sunday-rabbit-ride-pg355.htm



Sunday Long-Slog Ride: for the slower, but serious riders

who want to build strength and endurance.

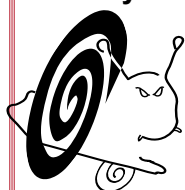
Pace 13-15 mph, distance begins with 30 miles

in April, working up to 70-80 miles by end of

summer. Meet 9:30 am (April - May), and at

9am (June-September) at the bike racks behind

Boulevard Park Woods Coffee.



Tuesday Ferndale Social Ride: starts from Pioneer

Park in Ferndale, 30-40 miles, 13-16 mph route varies.

Start time 10am. To check time and other info:

Bob Parker rmp-4724@hotmail.com or 360-671-6910

Tuesday "Hot Laps" 30-40 miles, race pace. Training ride

departs from Kulshan Cycles at 6pm to a practice road race

course. Summer months only.

Tuesday Evening Ride "Ramp-Up": Start at WCC

northeast parking lot. Meet 5:45pm leave at 6pm. Initially

riders will be group by ability and average speed. (14-16

mph, 16-18 mph, 18+). 15-20 miles. Ride focus on the skills

necessary to ride in groups. We will concentrate on safe

riding practices, pace-line skills, how to overtake other riders

and pass them in a safe manner, and how to deal with traffic.

Wednesday Group Workout Ride: Meet 5:45pm, leave

6pm from parking lot across from Boundary Bay Brewery on

Railroad Ave. Split into fast and very-fast groups for 25-30-

mile road ride. Info: t.ryan.2009@gmail.com

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

Thursday Going Up The County Ride 16-18 mph

pace, 20 miles. New start location: Riverside Park in Everson.

A ride for you county folk in Everson, Nooksack, Deming.

Saturday Donut Ride: 24 - 45 miles, race pace, departs

from Kulshan Cycles, 7am summer-season start time. 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. Weather-dependent. Robert Parker at

rmp-4724@hotmail.com or 360-671-6910



SKAGIT SPRING CLASSIC ON SATURDAY, MAY 13

The **Skagit Spring Classic**, put on by our partner bike club in Skagit County, is on **May 13th**. MBBC members receive a \$10 rebate on registration fee (collect yours at the registration table before the ride). skagitspringclassic.org

If you'd like to ride the **Skagit Classic** with others from the **MBBC**, contact Carol Spano, who is organizing a group to ride together. Carol plans to ride the Classic at a 17+ mph pace, and those who ride faster or slower can group up by speed. We can all meet up along the way at rest stops. If you'd like to join the MBBC group, contact Carol with your planned distance and speed. She'll email everyone before the ride with meetup place and start time for the MBBC group. Maybe we can even work out some carpools down to the start! Carol is: wildiscalling@gmail.com or 360.296.5997.

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EVENTS IN 2017

Bike Month

National Bike Everywhere Month - May 1-31

Bike to Work and School Day - May 19

Classes & Training

Bellingham REI Cycling maintenance classes: check the monthly calendar at rei.com/stores/bellingham.html.

May classes are full!

June 14: Women's Bike Maintenance Basics

Bellingham Training & Tennis Club (formerly Fairhaven Fitness) announces its new cycling studio! Drop-in classes: 10 for \$150. See bellinghamtennis.com or 360.733.5050

Races

May 28: Ski to Sea skitosea.com

June 24: Lake Padden Triathlon cob.org/services/recreation/races/Pages/padden-triathlon.aspx

July 15: Lake Whatcom Triathlon lakewhatcomtriathlon.com

August 6: Bellingham Youth Triathlon - cob.org/services/recreation/races/Pages/bellingham-youth-triathlon.aspx

Sept 16: Bellingham Traverse recreationnorthwest.org/bellingham-traverse

Gatherings

June 10-11 Evergreen Mountain Bike Festival -9am-5pm
King County's Duthie Hill Park evergreenmtbfestival.com
Bike demos, skills clinics, Kids events, family fun. Free

July 2 Pedaler's Fair (Seattle: Ballard): pedalersfair.com

July 1-10 Free Bike Party -- Ten days of crowdsourced, DIY summer bike fun all around the Central Puget Sound region. freebikeparty.com

Aug 18-20 Gigantic Bicycle Fest giganticbicyclefestival.org
Pacific Northwest Bicycle Celebration. Weekend of music, hand-built bicycles, art, film, speakers, workshops, and many rides of different distances and skill levels. Centennial Fields Park, Snoqualmie, WA 98065 giganticbicyclefestival.org

2017 RIDES

May 2017

- 6** Ride Around Clark County (Vancouver WA) vbc-usa.com/racc
- 7** Bike 'n Brews (Seattle) cascade.org/seattle-bike-n-brews
- 13** Skagit Spring Classic (Burlington) skagitspringclassic.org
- 13** Inland Empire Century (Tri-Cities) inlandempirecentury.org
- 20** Reach the Beach (Oregon Coast) reachthebeach.org
- 21** Canyon for a Day (Yakima Canyon) crimestoppersyakco.org/
- 21** Gran Fondo (Leavenworth WA) rideviciouscycle.com/events
- 21** Tour de Cure (Woodinville) tour.diabetes.org
- 28** Emerald City Bike Ride: car-free streets (Seattle) cascade.org/rides-major-rides/emerald-bike-ride
- 29** 7 Hills of Kirkland (Kirkland) 7hillskirkland.com

June 2017

- 3** NPSBA Hidden Gem Ride: Whidbey Island
- 3** Lake to Lake Ride (Bellevue) bellevuewa.gov/lake-to-lake-ride.htm
- 4** Woodinville Wine Ride (Woodinville) cascade.org/rides/major-rides
- 10** Flying Wheels (Redmond) cascade.org/flying-wheels
- 17** Tour de Blast (Mt St Helens) tourdeblast.com
- 30 - July 3** NW Tandem Rally (Seattle) nwtr.org/2017

July 2017

- 4** July 4th Ride (Bellingham-LaConner) MBBC ride
- 7** Seattle Night Ride (Seattle) cascade.org/rides/major-rides
- 8** NPSBA Hidden Gem Ride: Arlington area
- 15-16** STP (Seattle to Portland) cascade.org/stp
- 19-23** RedSpoke (Redmond-Spokane) redspoke.org
- 27** RAMROD (Mt. Rainier) redmondcyclclub.org
- 29** Tour de Whatcom (Bellingham) tourdewhatcom.com
- 29** CF Cycle for Life (Woodinville) fightcf.cff.org
- 29-August 5** Ride Around Washington (RAW) cascade.org/raw

August 2017

- 3-7** Climate Ride Pacific Northwest (Seattle, Victoria, Islands, etc) climateride.org/events/pacific-northwest
- 5** NPSBA Hidden Gem Ride: Skagit County
- 5** Tour de Lavender (Sequim) tourdelavender.wordpress.com
- 6** Ride the Hurricane - portangeles.org/pages/RideTheHurricane
- 11-13** Obliteride (Seattle) obliteride.org
- 13** Bill's Hills of Bellingham (MBBC ride) mtbakerbikeclub.org
- 18-19** RSVP (Seattle-B'ham-Vancouver BC) cascade.org/rsvp
- 19** Tour de Whidbey whidbeyhealth.org/giving/tour-de-whidbey
- 26-27** Courage Classic courageclassic.org
- 27** Chuckanut Classic (Bellingham) chuckanutclassic.org

September 2017

- 9** Gran Fondo Whistler (Whistler BC) granfondowhistler.com/
- 9** NPSBA Hidden Gem Ride: Bellingham
- 9** Passport2Pain (Vashon Island) passport2pain.org
- 10-11** Bike MS: Deception Pass Classic (Mt Vernon) bikewas.nationalmssociety.org/site/TR?fr_id=28273
- 17** Cycle the WAVE (Seattle) thewavefoundation.org/cycle-the-wave
- 23** Bike-n-Brew (Friday Harbor) fridayharborbike-n-brew.org
- 24** Kitsap Color Classic (Kingston) cascade.org/kitsap-color-classic

October 2017

November 2017

- 24** Black Friday Ride (MBBC Ride - Bellingham)

December 2017

- 18 or 20** Lighted Neighborhoods Ride (MBBC Ride - Bellingham)

I WENT TO GRONINGEN!

Years ago, I read an article in *Outside* magazine about Groningen. The city, in the northern province of the Netherlands, is often called "The World's Cycling City."

In the city of 200,000 people, more than 50% of daily trips are made by bicycle (over 70% when you add public transportation and pedestrian traffic). 99% of the households in Groningen own at least one bike. The city has a "population" of 300,000+ bikes and only 75,000 cars. And the prevalence of bicycle-only roads, bridges, tunnels, signals, parking, and crossings is evidence of this huge amount of pedal-bound traffic. Groningen also boasts the cleanest air of any large Dutch city.

For years I've wanted to visit and see what it might be like to live in such a bicycling culture. This year I finally got to go, and I wasn't disappointed.

Impressions of different bike cities

I've spent lots of time in two of the US's Platinum bike cities (Portland OR and Boulder CO) and even with all of the bike paths and infrastructure, those cities can't compare with the feel and attitude of Groningen (and to a lesser extent, all of the Netherlands and much of Europe).

The first impression when getting off the train is that there are bicycles everywhere. There is nowhere you can go, no street or sidewalk or path, where you won't see dozens of bikes. The second impression is therefore, *watch out!* Unlike the US where pedestrians often wander around on the sidewalk, in Groningen every sidewalk either has a dedicated bike lane right next to it, or else there are bicycles sharing the sidewalk with you. You quickly learn not to take a single step sideways without checking for an approaching bike. If you forget to check, you'll be accosted by the angry ringing of multiple handlebar bells!

Third, you quickly realize the attitude about cycling is completely different. There's not the feeling of "car vs bike" hostility. The idea that an auto driver would ever

yell "get off the road" at a cyclist is laughable. Bikes are so clearly in the majority, they're just a regular part of traffic, not an oddity. In fact, there are many more conflicts between pedestrians and bikes than between bikes and motor vehicles.

How did the city become so Bikey?

Groningen's path to this current Bicycle Nirvana has been fortuitous. In the 13th century, and for years thereafter, it was a walled city, also surrounded by canals, so growth stayed largely within the formerly-walled center. This lack of sprawl resulted in a relatively compact city. In the 1960s, as the number of cars in Europe grew rapidly, Dutch cities became more and more clogged up, with many choosing to tear down old neighborhoods to put in more roads. Groningen's young and self-described "left wing" city council decided to change that philosophy, so in the 1970s a major change was made to lessen the impact of cars. The inner city center was divided into four quadrants, and cars were prohibited from driving from one quadrant to another. For cars to get in and out of the different quadrants, they were required to drive around the outer ring road. However, bicycles could ride anywhere, using the cycling roads within the city.

It took several years for the plan to be implemented, with huge pushback and protest, mostly from the stores within the city who feared a loss of cars would mean a loss of business. But in 1977, the new plan was implemented overnight, with hundreds of signs going up and the city center made impenetrable to cars. Now, 40 years later, obviously the much-feared commercial disaster didn't happen, and Groningers are extremely proud of their city that is now a template for traffic/cycling planning all over the world.

The Bicycle Ballet

It's intimidating to be riding a bicycle with the masses, which include bicycles, pedestrians, scooters, motorcycles, small delivery vehicles, buses, skateboards and any number of contraptions out on the roads. On my first evening, I sat with a beer at a corner pub and watched the movement at a nearby intersection. It has been described as "the ballet," with each player being aware of where others are, and everyone taking the proper next step in the dance. I watched hundreds of bikes cross through the intersection, some within inches of one another, with no crashes or issues whatsoever.



continued on p. 5

GRONINGEN

by Jennifer Longstaff

with some photos by Zachary Shahan on treehugger.com
continued from p. 4

The most amazing thing to watch was bikes crossing at large signal-controlled auto intersections.

Each intersection contains separate signals for cars, bikes, and pedestrians. Bikes don't cross with the cars - when the bike signal turns green, only the bikes can cross, and they cross the intersection in all directions - bikes entering, going straight or turning left or right, from all 4 directions at once. That's quite the ballet move to see!



The Dutch Bikes

I stayed for 10 days in a small apartment near the city center, and was able to borrow a bike. Make no mistake, the Dutch bikes are absolute tanks. Heavy (50 lbs at least), with racks, lights, locks, chain guards (not only to keep clothes out of the chain but to keep the chain shielded from rain and mud), and all sorts of other things attached. These heavy bikes might sound terrible to us, but in the Netherlands, all the roads are flat! No worries about going too fast down a hill and being unable to put on the brakes to stop all that weight!

And the roads

There's a reason all the historical pictures of Holland are full of windmills. There is wind. A lot of wind. Having a tailwind is glorious, but the headwind is pretty significant as well! Pedaling the heavy bike into the headwind is work, but I was pretty comfortable riding in the wind because with all that weight, even the strongest wind couldn't blow my bike all over the road.



▲ rows and rows of bike parking at Groningen station



▲ "do not enter.... except for bikes"

Being Dutch

By the end of my trip, I was riding with the best of them within the city. I also enjoyed the miles and miles of bicycle-only roads out in the countryside.

I look forward to a return trip and more miles along the canals and the northern coast. Perhaps on a lighter weight bike next time!



▲ in Groningen, every day is Bike to Work Day



▲ bike-only drawbridge in countryside NW of town



▼ Shopping at IKEA? No problem - rent cargo bike to bring it home

MBBC ADMINISTRATION

Mount Baker Bicycle Club Board of Directors and Officers:

Hilary Higgins - President
John Okan - Vice President
Jennifer Longstaff - Secretary/Membership
Dina Soda -Treasurer
Bill McCourt, Greg Rehm, Tim Ryan - at large

Project leaders:

Chuckanut Classic: John Okan and committee
New Year's Day Ride: Mark Wheatley
Volunteer Coordinator: Carol Spano
Ride Leader Coordinator: Dave Dardano
Newsletter-Bagel Procurer: Cathie Gerlicher
Graphic Design: Tim Ryan
Bike to Work Day Stations: Mary Cole (Everson),
Ian McCurdy (Bellingham)



Club Bike Jerseys

The official MBBC bike jersey is available in two styles: a colorful (1) short-sleeved 3/4 zip, available in men's and women's club cut sizes (2) long-sleeved full zip thermal in men's and women's race cut. Jerseys may be ordered directly from Voler.com. voler.com/browse/collections/details/li/MtBakerBicycleClub. MBBC members: discount code available on website Member Center: see *Member Offers* menu item.

Contacts:

Information-- bikebeh@gmail.com
Chuckanut Classic -- chuckanut@mtbakerbikeclub.org
Newsletter -- news@mtbakerbikeclub.org

Contribute to the MBBC newsletter submission guidelines:

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 (news@mtbakerbikeclub.org) 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, HTML, MS Word, PDF. Please use JPG, PNG, or TIFF format for photos, and ensure they are at least 250 ppi. 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.

Classified ads are a MBBC member privilege and are printed as space is available.

individual and corporate membership forms may be downloaded at: mtbakerbikeclub.org/membership

MBBC Membership Form for 2017

☐ 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 via (choose one): ☐ on-line or ☐ printed & mailed

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:

- | | | |
|--|--|-------------------------------------|
| <input type="checkbox"/> Board Member | <input type="checkbox"/> Ride Leader | <input type="checkbox"/> Newsletter |
| <input type="checkbox"/> Chuckanut Classic | <input type="checkbox"/> Bike to Work and School Day | |
| <input type="checkbox"/> Special Events | <input type="checkbox"/> Website Calendar | <input type="checkbox"/> Education |

MBBC memberships are valid January-December of each year. Renewals due every January.

Membership type:

Individual: \$20 _____
Family/Associate: \$30 _____
Additional Donation: _____
(donations support community bicycling programs)
Total enclosed: \$ _____

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

Mail to: Mount.Baker Bicycle Club
attention: membership
Post Office Box 2702
Bellingham, Washington 98227

North Puget Sound Bike Alliance

“HIDDEN GEM” RIDES STARTING UP SOON

As longer days and warm weather are approaching, so is the first of our “Hidden Gem” rides series, a collaboration of our partnership of 4 north Puget Sound bike clubs.

Each club will host a special local ride and members of all 4 clubs are invited. The host club will take riders on one of their favorite local rides: a “Hidden Gem” that might not be widely known to those outside of the local club. The route will be a scenic ride of 50 to 60 miles that is not included on any of the signature events. The schedule for the Hidden Gem ride series is:

- June 3: Whidbey Island Bike Club hosted ride
- July 8: BIKES Club hosted ride - Arlington area
- August 5: Skagit Bicycle Club ride - Skagit Valley (Burlington, La Conner, Anacortes etc)
- September 9: MBBC ride out and about in Whatcom County.

The first ride in the series is coming up on June 3rd. It will be on Whidbey Island and we don't have details yet but will be reporting the start location and time when we get final plans from the Whidbey Island Bike Club. Check the MBBC website as well as Facebook page and next month's newsletter!



Welcome new members

Geoff Beaumont

Ray Carlstrom

David Cohn

Charles Dean

David Dean (*welcome back!*)

David Hansen

Michelle Holtorff

Debra Jusak

Molly Morris

Mark Rathkamp

Betsy Retterer

Jeff Retterer

Gregory Rogers

Lesley Stephens

Steve VanderStaay

Marilyn Williams

Hafthor Yngvason

We're glad to have you in the MBBC!

MBBC's Signature Ride coming again in 2017!


August 27, 2017

ChuckanutClassic.org

Supported road rides
plus a guided family-fun route.
Registration is Open!



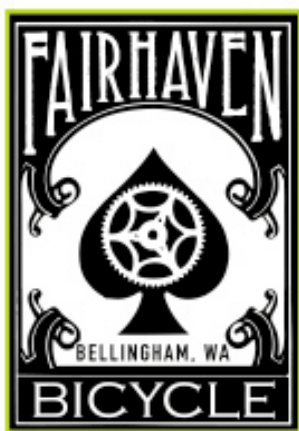
City of
Bellingham
WASHINGTON

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	May 1	2 Tues Ramp-Up Ride Ferndale social ride	3 Wed Workout Ride	4 Up the County Ride Edison social ride	5	6 Donut Ride Ride Around Clark County (RACC) Procession of Species
7 Rabbit Ride Edison social ride Slog Ride	8	9 Tues Ramp-Up Ride Ferndale social ride	10 Wed Workout Ride	11 Up the County Ride Edison social ride	12	13 Donut Ride Recumbent Ride Skagit Spring Classic
14 Rabbit Ride Edison social ride <i>Mother's Day</i>	15	16 Tues Ramp-Up Ride Ferndale social ride	17 Wed Workout Ride	18 Up the County Ride Edison social ride	19 Bike to Work & School Day!	20 Donut Ride Reach the Beach
21 Rabbit Ride Edison social ride Slog Ride Tour de Cure	22 MBBC June Newsletter Deadline	23 Tues Ramp-Up Ride Ferndale social ride	24 Wed Workout Ride	25 Up the County Ride Edison social ride	26	27 Donut Ride
28 Rabbit Ride Edison social ride Slog Ride Ski to Sea Seattle car-free streets	29 7 Hills of Kirkland <i>Memorial Day</i>	30 Tues Ramp-Up Ride Ferndale social ride	31 Wed Workout Ride	June 1 Up the County Ride Edison social ride	2	3 Donut Ride Hidden Gem Ride - Whidbey Island Lake to Lake Ride



Mount 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 news@mtbakerbikeclub.org. Club members are entitled to a printed/mailed version sent to a US address..