



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Volume 26, Number 6, July 2017



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This month's contributors:

Dave Dardano, Debby Grant,
Vince Lalonde, Bob Nyberg,
John Okan, Cindy Proctor,
Carol Spano. Thanks All!



the club online:

mtbakerbikeclub.org
chuckanutclassic.org
and our social sites:



LET'S RIDE IN JULY!

With all the events coming up in July, as well as the summer weather which has finally arrived, there's no excuse to not get out on your bike!

Check within this month's newsletter for details on the following:

- Fourth of July Ride - July 4th (*see p. 5*)
- Snohomish County Hidden Gem Ride - July 8th (*see p. 7*)
- Tour de Whatcom (and Carol is organizing groups to ride together) - July 29 (*see p. 5*)
- Early season Artist Point ride - July 8th (*see p. 5*)
- MBBC at Bellingham Bells Family Fun Day - July 2 (*see p. 4*)
- Tour de France viewing parties, at Mount Bakery Fairhaven and at Cafe Velo (*see p. 4*)
- and lots more (*see p. 3*)

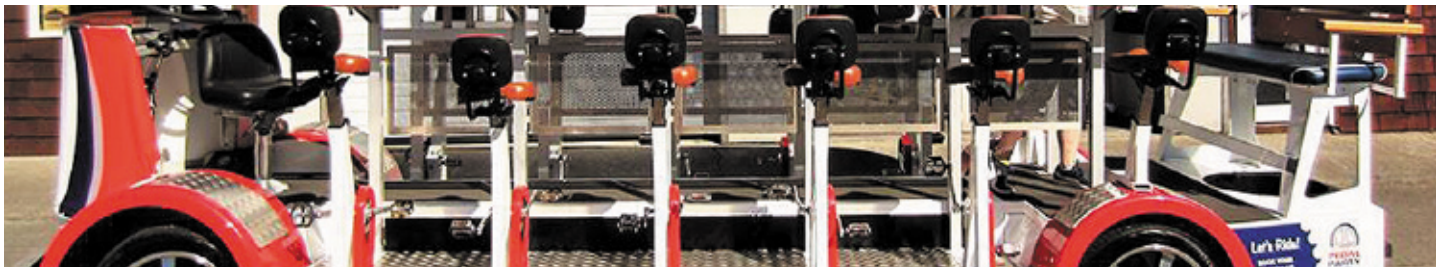
MBBC's Signature Ride coming up in August!

August 27, 2017

ChuckanutClassic.org

Register before August 1
for lowest price plus
guaranteed souvenir mug!
Registration is Open!





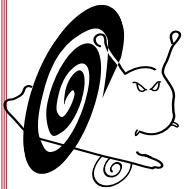
WEEKLY AND GROUP RIDES: SUMMER EDITION

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 9am at the bike racks behind Boulevard Park Woods Coffee. info: Susan: swillhoft@yahoo.com and



Katie: collins.km13@gmail.com

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 Fanatik MTB Summer Rides: 2-3 hour MTB ride on Galbraith, every Tuesday evening through August. Start at Fanatik Bike Shop (1812 N State Street), meet at 5:45 pm then pedal through Whatcom Falls Park up to Birch Street. No-drop ride, open to all levels (but at a minimum you should be comfortable riding up the Ridge Trail and down SST). info: warranty@fanatikbike.com or 360-756-0504

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. info: bikebeham@gmail.com

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.

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. Start: Riverside Park in Everson. A ride for you county folk in Everson, Nooksack, Deming. info: Rick Jacoby rickjacob7@gmail.com

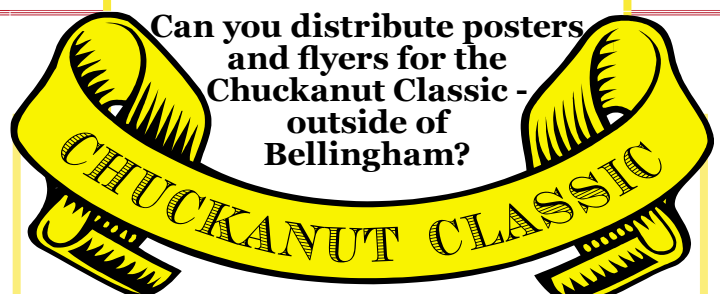
Saturday Donut Ride: 24 – 45 miles, race pace, departs from Kulshan Cycles, 7am summer-season start time. Goes to Ferndale and return, or if you wish continue to Birch Bay and return. Every week of the year!!

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

**SMART
TRIPS**



LITHTEX NW
Printing Solutions



Posters and postcards are ready for distribution, and we need people to put them up in bike shops outside of Bellingham. If you'll be traveling to BC or to southwestern WA, contact Trent Vigor if you can take materials to out-of-town shops! trent.vigor@yahoo.com

EVENTS IN 2017

Classes & Training

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

July 10: Level 1 Bike Maintenance Basics

July 16: Hands-on Bike Maintenance: Wheel Truing

July 23: Hands-on Bike Maintenance: Drivetrain

July 30: Hands-on Bike Maintenance: Roadside repair

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



Races

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, Rides Events

July 1-23 Tour de France Viewing at Fairhaven Mount Bakery (see p. 4)

July 1-23 Tour de France Viewing at Cafe Velo (see p. 4)

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

July 2 Family Fun Day at Bellingham Bells vs Walla Walla Sweets: bellinghambells.com/news/?article_id=885 (see p. 4)

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

Aug 5 MakeShift summer party at the HUB, including cycling scavenger hunt. facebook.com/events/753104231525692/

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

July 2017

- 1** Canada Day Populaire (Langley, BC) randonneurs.bc.ca/CanPop.html
- 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
- 8-9** Triple Bypass (Evergreen/Avon CO) triplebypass.org
- 15-16** STP (Seattle to Portland) cascade.org/stp
- 15** Mt Evans Hill Climb (Idaho Spgs CO) bicyclerace.com
- 19-23** RedSpoke (Redmond-Spokane) redspoke.org
- 23** P Valley Gran Fondo (Fort Langley BC) valleygranfondo.com
- 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
- 30** Spokane Vley Cycle Celebration (Spokane) cyclecelebration.com

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
- 12** CF Cycle for Life (Tri Cities) fightcf.cff.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
- 19** Tour de Lentil (Pullman) lentilfest.com/activities/100k-bike-ride/
- 20** Tour de Victoria (Victoria BC) tourdevictoria.com
- 26-27** Courage Classic courageclassic.org
- 27** Chuckanut Classic (Bellingham) chuckanutclassic.org
- 27** Two County Double (Olympia) capitalbicycleclub.org/2County/
- 28** High Pass Challenge (Packwood) cascade.org/hpc

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
- 10** Spokefest (Spokane) spokefest.org
- 17** Cycle the WAVE (Seattle) thewavefoundation.org/cycle-the-wave
- 23** Bike-n-Brew (Friday Harbor) fridayharborbike-n-brew.org
- 23** Coeur D'Fondo (Coeur D'Alene ID) cdagranfondo.com
- 23** Gran Fondo (Winthrop WA) rideviciouscycle.com/events
- 24** Kitsap Color Classic (Kingston) cascade.org/kitsap-color-classic
- 24** MEC Century Victoria (Victoria BC) events.mec.ca/event/173601/mec-victoria-fall-century-ride-2017
- 30** Reach The Beach (Westport, WA Coast) reachthebeach.org

October 2017

- 7** Manastash Metric Century (Ellensburg) drier-ride.org

November 2017

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

December 2017

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

Mount Bakery Fairhaven, Cafe Velo

TOUR DE FRANCE 2017 VIEWING



There are two Bellingham locations for morning live viewing of the 2017 Tour de France:

(1) **The Mount Bakery** continues its annual tradition, but at its new Fairhaven location this year! No TV downtime! from Vince: *Come check out our amazing new cafe in Fairhaven and watch the Tour de France beginning at 6am daily (one hour later than past years for my health and sanity) every day from July 1st until the July 23rd! Big screen HD TV meets handcrafted croissants coming straight out of the ovens and then team up with organic, locally roasted espresso to start your day and keep up with what must be the most beautiful sporting event in the world! Pastries and coffee available at 6am - full breakfast menu beginning at 7am - race ends daily around 9am depending on stage - show up when you wake up. Rest days are July 10 and 17, so regular 8am opening and no TV on those days. Tell your friends: **The show is in Fairhaven this year!*** 1217 Harris Ave.

(2) **Cafe Velo** will be showing the tour starting at its 7am opening time, then will be rebroadcasting during the day, with a set rebroadcast time every day at 5pm. (The 5pm showing will also feature a daily beer special.) So if you'd like to watch in a downtown location, stop by for espresso in the morning or beer in the afternoon at 120 Prospect Street.



MBBC TO HOST A TABLE AT BELLINGHAM BELLS "FAMILY DAY" GAME, JULY 2

This summer, rather than its annual picnic, the Community Food Co-op is switching it up and sponsoring a Bellingham Bells game on Sunday July 2nd. Sunday home games are "Family Fun Day" and feature face painting, bounce house, balloon art and more. There will hopefully be some musical guests between innings to add some Co-op flavor to the overall event. Gates open at 2pm, game begins at 3:05.

The Co-op will have an area in the ballpark for community and nonprofit organization tables, similar to what they have done over the years at the community party at Boulevard and Maritime Heritage parks. The MBBC will have a table in this area, so stop by and spread the word to send your friends over to hear about the club and the upcoming Chuckanut Classic.

http://bellinhambells.com/news/?article_id=885

Reminder:

MBBC SEEKING NEWSLETTER EDITOR FOR 2018

This is Jennifer's 10th year as MBBC newsletter editor. And this will be her last year so it's time to pass the torch.

Anyone who would like to learn a lot about publishing, journalism, and local bicycle goings-on in the city and state can work with Jennifer on this year's remaining newsletters with the goal of being ready to go solo starting in 2018. The job takes about 8-10 hours per month of communications and authoring/editing content, and about 6 additional hours laying out and formatting the 8-page publication.

Requires a computer and desktop publishing software. Newsletter is currently done in Adobe InDesign and this is a great way to learn the software. Image manipulation with software such as Photoshop or ImageMagick is also required.

For more information and details, contact Jennifer at: news@mtbakerbikeclub.org

4TH OF JULY BIKE RIDE

FOURTH OF JULY RIDE TO LA CONNER!

The annual MBBC Fourth-of-July Ride is on Tuesday July 4th, 2017 (but of course), with meet up at 9:45 am

John Okan will again lead this annual MBBC ride.

Meet at Fairhaven Park at 9:45 am, depart 10:00 am. 60 mile round trip, down Chuckanut Drive and into beautiful downtown La Conner. Everyone rides at his/her own pace; ride on your own or group-up with someone of similar speed.

The group will meet up in La Conner for lunch together at the Calico Cupboard, 720 S. 1st Street . calicocupboardcafe.com/la-conner/

Celebrate Independence Day and the arrival of great summer weather with an MBBC ride.

TOUR DE WHATCOM

July 29, 2017, various start times

The Tour de Whatcom is back for its 12th year, managed by Whatcom Events. Whatcom Events is a community non-profit organization that also manages the Ski to Sea and the Muds to Suds events. A portion of the proceeds from this year's ride will benefit the Whatcom Mountain Bike Coalition (WMBC).

Choose your distance: a 105 mile loop through the county, a 62-mile or 22-mile out and back course.

This year a one-time-only route is being added: a 50 mile route commemorating Whatcom Community College's 50th anniversary. See all the details at tourdewhatcom.com

105-milers begin at 7:30 am from the downtown Depot Market, and other distances have their own departure times. Arrive at the start early so you can check in and be ready to ride on time! Each wave has its own mass start.

If you'd like to ride the Tour de Whatcom with others from the MBBC, contact Carol Spano, who is organizing groups to ride together. Carol plans to ride the century 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 and she'll put you in contact with others in your same group.

Carol is: wildscalling@gmail.com or 360.296.5997.



ARTIST POINT RIDE

July 8, carpools meet at 6:45 am

If you're not planning to ride the Hidden Gem in Snohomish on July 8th (*see page 7*), there's another ride to consider: Dave Dardano is organizing an early-season ride "up the hill" to Artist Point that day.

from Dave:

The road to Artist Point will open at the end of June, so I am planning a ride up the hill on Saturday, July 8th. Since the trails are still covered with snow, I anticipate we'll encounter very little traffic this early in the season.

We'll meet at the Barkley Starbucks at 6:45 am, form carpools and leave at 7:00 am. We'll drive to Glacier and park at the information center on the right, just past the town. Bike wheels moving from Glacier by 8am! We will regroup at the top; everyone will ride at their own speed.

We'll leave the top together and regroup again at the carpools and drive back down to Barkley.

Information or more details: Dave is at ddardano@gmail.com or 360.325.6849



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/Membership
Bill McCourt, Greg Rehm, Tim Ryan - at large

Project leaders:

Chuckanut Classic: John Okan and committee
Chuckanut Classic marketing: Trent Vigor
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-- bikebeham@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

SECOND "HIDDEN GEM" RIDE JULY 8

The BIKES Club of Snohomish County invites MBBC members as well as those in the other North Puget Sound Bike Alliance clubs to join them on July 8th for the second "Hidden Gem" ride in the 2017 four-clubs series.

Join us in Snohomish on Saturday, July 8th, 10:00 a.m. for the Snohomish County Hidden Gems Ride.

We will have three options:

- social paced 25 mile (10-12 mph average),
- steady paced 36 mile (12-14 mph) and
- moderate 45 mile course (14-16+ mph).

Each route takes in some rural roads and scenic views in the Snohomish River Valley and beyond.

Meet near the Centennial Trail on the corner of Maple Street and 6th Street in Snohomish. This is a non-supported ride, so be sure to bring the water and nutrition you will need during the ride. There will be at least one regroup/rest stop for each ride. Lots of street parking up and down Maple and behind and near the Snohomish Library.

We will meet up after the ride at the Snohomish Bakery (snobake.com) in old downtown Snohomish for an optional after-ride "recovery pastry." There are also a lot of breweries around town, another option to consider. We look forward to meeting up and riding with our friends from the North Puget Sound Bike Alliance! See bikesclub.org for RideWithGPS route maps in early July.

Here are ride descriptions for the three route options:

Social Paced (10-12 mph) - 25 miles - A & B Terrain Centennial Trail and Schwarzmiller Road Route. This road is half trail and half rural road, with just a small portion on Highway 92, which can be busy, but has a wide shoulder. Rolling hills and beautiful farm and valley vistas and winding roads over rivers and through woodlands. Just one short sharp climb, mostly gentle rollers. About 600 feet of elevation gain. Ride Leader Cindy Proctor, 425-293-3152

Steady Paced (12-14 mph) 36 miles - A, B & C Terrain High Bridge-Crescent Lake Route. Same start location Maple and 6th Street, will route through the Snohomish River Valley along Old Snohomish Monroe Road, Highbridge Road and out towards Lake Crescent and back along scenic Lowell-Larimer road past dairy and blueberry farms and along the Snohomish river back to town. 1000+ feet of elevation gain. Ride Leader Debby Grant, 206-353-0249

Moderate Paced (14-16 mph) High Rock Road Route. Same description as above, only this one going further out for **45+ miles** and more elevation gain - out along Highbridge Road, and then a lumpy stretch on High Rock Road, one of the true "gems" of Snohomish County cycling. 2000+ feet of elevation gain. Ride Leader Bob Nyberg, 206-795-1363

The schedule for the rest of the Hidden Gem ride series is:

- August 5: Skagit Bicycle Club ride - Skagit Valley (Burlington, La Conner, Anacortes etc)
- September 9: MBBC ride out and about in Whatcom County. We're tentatively planning on some little-known roads up in the north county - our own members may not be familiar with these!



Welcome new members

Ingela Abbott (*welcome back!*)

Carole Bernhardt

Luis Bernhardt

Jeffrey D Brubaker

Fred Escher

Donnelly Miller

Kevin Parker

Reid Parker

Timothy Reinholtz (*welcome back!*)


Calvin Reinholtz (*welcome back!*)

Philip Seu

Ian Stephens

Liz Vennos

We're glad to have you in the MBBC!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						July 1 <i>Canada Day</i> Donut Ride Tour viewing begins
2 Rabbit Ride Edison social ride Slog Ride Bells Family Fun Day Pedaler's Fair	3	4 July 4th Ride <i>Independence Day</i>	5 Wed Workout Rides	6 Up the County Ride Edison social ride	7 Seattle Night Ride	8 Donut Ride Recumbent Ride Hidden Gem Ride Artist Point Ride
9 Rabbit Ride Edison social ride Slog Ride	10 REI Bike Maint class	11 Tuesday Ride Ferndale social ride Fanatik MTB ride	12 Wed Workout Rides	13 Up the County Ride Edison social ride	14	15 Donut Ride Lake Whatcom Tri STP begins
16 Rabbit Ride Edison social ride Slog Ride REI Bike Maint class	17	18 Tues Summer Ride Ferndale social ride Fanatik MTB ride	19 Wed Workout Rides RedSpoke begins	20 Up the County Ride Edison social ride	21	22 Donut Ride
23 Rabbit Ride Edison social ride Slog Ride REI Bike Maint class	24	25 Tues Summer Ride Ferndale social ride Fanatik MTB ride	26 Wed Workout Rides	27 Up the County Ride Edison social ride RAMROD	28	29 Donut Ride Tour de Whatcom RAW begins CF Cycle for Life
30 Rabbit Ride Edison social ride Slog Ride REI Bike Maint class	31	August 1 Tues Summer Ride Ferndale social ride Fanatik MTB ride	2 Wed Workout Rides	3 Up the County Ride Edison social ride ClimateRide begins	4	5 Donut Ride Tour de Lavender Hidden Gem Ride MakeShift at HUB



Mount Baker Bicycle Club
Post Office Box 2702
Bellingham, Washington 98227



Welcome to Bellingham
Now Get on Your Bike!
www.mtbakerbikeclub.org



BELLINGHAM
TRAINING & TENNIS
CLUB

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..