



# MBBC

**More Bicycling = Better Community!**

**Mount Baker Bicycle Club Newsletter, Volume 24 No 2, March 2015**

## **McCLINCHY MILE TO BE AN OSO RIDE THIS YEAR; ROUTE TO DARRINGTON**

This year's McClinchy Mile Oso Strong Bicycle Ride on Sunday, March 15, 2015 is a memorial to the people and the communities affected by the Oso Landslide. Routes will start in Arlington and travel along the Stillaguamish River through the landslide zone, with views both beautiful and devastating.



Route options of 37 and 57 miles, all paved and most on State Route 530 with light traffic. The route has a gentle grade and a few hills.

Five dollars from every registration will support development of the Whitehorse Trail through the Centennial Trail Coalition and Washington Bikes. Improving the trail through Oso is part of recovery efforts to promote tourism and economic development in the Darrington and Oso communities.

Unique food stop at Rhodes River Ranch Restaurant in Oso, where you can enjoy Cowgirl biscuits & gravy or fresh cookies & coffee while overlooking an active horse arena. They'll have a lunch buffet ready for purchase. Second food stop at Darrington's Old School Park.

[bikesclub.org/mcclinchy](http://bikesclub.org/mcclinchy)

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This month's contributors:  
Dan D. Daffodil, Kristin Kinnamon, Robin Robertson, Tim Ryan.  
Thanks All!



### *the club online:*


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

### *and our social sites:*

 [facebook.com/mountbakerbicycleclub](https://www.facebook.com/mountbakerbicycleclub)

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

 [twitter.com/mtbakerbike](https://twitter.com/mtbakerbike)

 [flickr.com/mtbakerbikeclub/](https://www.flickr.com/photos/mtbakerbikeclub/)



## **SPRING DAFFODILS TO DECORATE TWEED RIDE IN LA CONNER**

What is a Tweed ride?

A tweed ride is a return to a bygone era in England when families would dress in their best clothing, assemble a picnic lunch, get on the train with their bicycles and go out to the countryside, riding their bicycles home.

What would be better than a group ride among fields of daffodils in which the cyclists dress in classic tweed or any smart looking outfit. Any effort made to recreate the spirit of yesteryear is always appreciated. Any and all bicycles are acceptable on the Tweed Ride. It's a smashing way to throw a party for all our cycling friends to celebrate the arrival of Spring.

Riders should expect a scenic route enjoyed at a slow pace, stops along the way with exceptionally evocative atmospheres, and plenty of time to socialize with other well-dressed, convivial cyclists.

Riding begins at 10am, March 28 in La Conner. Check out the website for registration information as well as an elaborately detailed itinerary of the rest of the day's activities!

[thedandydaffodil.com](http://thedandydaffodil.com)

# WEEKLY AND GROUP RIDES the "spring is approaching" 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 estimate a 2-or-more-hour ride time leave at 8am. Faster groups leave every 5 minutes thereafter. Info: John Hauter, johnh@fairhavenbike.com 733-4433.



**Tuesday Ferndale Social Ride:** starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. Start time either 9am or 10am. To check time and other info: Bob Parker rmp-4724@hotmail.com or 360-671-6910

**Wednesday Group Workout Ride:** Winter ride is a fast trail ride with lights. 20 mile distance, meet at 5:45 pm, leave by 6pm from Boundary Bay Brewery at Railroad Avenue. Trail-capable bikes. The Wednesday ride probably switches back to road on March 18. Check with Tim Ryan: t.ryan.2009 at gmail.com or the Wednesday ride leaders.

**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

**TNR (Thursday Night Ride)** Thursday nights until mid-March.

Casey, John and the crew at Fairhaven Bike will be riding mountain bikes. Leave at 5:15pm from Fairhaven Bike, 13.8 mile mountain bike ride (cyclocross bikes fine).

The route follows the Interurban trail up to fun Padden lake trails and back. Approx 1,300 feet of climbing. 14-18 mph pace, Lights required. caseym@fairhavenbike.com

**Saturday Donut Ride:** 24 – 45 miles, race pace, departs from Kulshan Cycles, beginning March 1st will be back to the 7am 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



photo: Vicki Dvorak

## MUSSELS IN THE KETTLES

***Mussels in the Kettles - Mountain Bike Riding on Whidbey Island, March 7, 10am-1pm, Coupeville***


**Ride:** You get to choose how you want to test your mountain biking skills. Easy, Moderate and Expert routes will be clearly marked with Green, Blue, and Black tape, as well as other route signage to help keep everyone on track.

The 13-mile black route offers riders the chance to "Clean a Kettle!" That challenge starts half way through the Mussels trail and will be marked. A 'clean run' means that you complete the challenge without stopping or dabbing along the bowl. 15 of the Kettle Cleaners (selected at random) will receive a recognition charm and a free bowl of mussels, but everyone who makes a clean run will get a recognition token indicative of their worthy achievement.

A 9-mile Green route with rolling hills, plus a 10-mile Blue route with few steep hills, are also offered.

[musselsinthekettles.net](http://musselsinthekettles.net)



everybody  BIKE





# EVENTS IN 2015

## Bike Month

National Bike Month - May 1-31

Procession of the Species parade - May 2 [bpots.org/](http://bpots.org/)

### **Bike to Work and School Day - May 15**

The MBBC will sponsor and host our own Bike to Work Day Celebration Station from 6:30-9:30 am on May 15. Pam Fonda is our Celebration Station coordinator, and will be making an announcement soon about where our station will be and what staffing help we need. Thanks for stepping up for Bicycling to Work and School, Pam!

## Classes & Training

**Bellingham REI** Cycling & bike maintenance classes:

**March 24** - Mountain Biking Basics

**March 31** and April 20 - Bike Maintenance Basics

**April 5** - Hands-on Bike Maintenance Basics

check the monthly calendar at [rei.com/stores/bellingham.html](http://rei.com/stores/bellingham.html).



**CYCLE MOLES**  
indoor training for outdoor adventures™

**Spring Training Camp!**  
*Get ready for Ski to Sea*

**MARCH 2 - MAY 21**

**Level 1** 60 min  
Mon & Wed; 6:45 - 7:45am

**Level 2** 90 min  
Tue & Thu; 6:45 - 8:15pm

360.733.5050  
[www.cyclemoles.com](http://www.cyclemoles.com)

**Register now!**



**Cycle Moles Indoor Training** - Spring "Moles" sessions start **March 2nd** and will get you ready for Ski to Sea! Contact Fairhaven Fitness: [cyclemoles.com](http://cyclemoles.com) or 360-733-5050

**Train Or Tri Spin Classes** - W & F, 6-8pm at BikeSport.  
[trainortri.com/triathlonrentals.htm](http://trainortri.com/triathlonrentals.htm)

## Races

**March 28-29, WWU Omnium:** US Cycling Collegiate road racing, hosted by WWU Cycling Team. Road race and Team time trial on the Lake Whatcom North Shore on Saturday 3/28. Criterium in Ferndale on Sunday 3/29.  
[nwcollegiatecycling.us/15SRoad.html](http://nwcollegiatecycling.us/15SRoad.html)

**May - October** BMX racing, Fridays and Saturdays; practice track open Tuesday and Thursdays. [bellinghambmx.com](http://bellinghambmx.com)

**May 24:** Ski to Sea [skitosea.com](http://skitosea.com)

**June 27:** Lake Padden Triathlon  
[cob.org/services/recreation/races/padden-triathlon.aspx](http://cob.org/services/recreation/races/padden-triathlon.aspx)

**June 28:** Bellingham Kids' Traverse  
[recreationnorthwest.org/bellingham-kids-traverse](http://recreationnorthwest.org/bellingham-kids-traverse)

*continued on p. 4*

## 2015 RIDES

Check back every month as new rides are added and dates are finalized.

### **March 2015**

**7** Mussels in the Kettles (Whidbey Island) [whidbeybicycleclub.org/](http://whidbeybicycleclub.org/)

**15** McClinchy Mile (Arlington) [bikesclub.org/mcclinchy](http://bikesclub.org/mcclinchy)

**15** Gran Fondo (Ephrata) [rideviciouscycle.com](http://rideviciouscycle.com)

**28** Dandy Daffodil Tweed Ride (La Conner) [thedandydaffodil.com](http://thedandydaffodil.com)

### **April 2015**

**9** Daffodil Classic (Tacoma) [twbc.org](http://twbc.org)

**18** Tulip Pedal (La Conner) [tulipfestival.org/calendar/event/522](http://tulipfestival.org/calendar/event/522)

**25** Tour de Lopez (Lopez Island) [lopezisland.com/tourdelopez.htm](http://lopezisland.com/tourdelopez.htm)

### **May 2015**

**2** Camano Climb (Camano Island) [arlingtonvelosport.com](http://arlingtonvelosport.com)

**3** Seattle Bike n Brews (Seattle) [cascade.org/seattle-bike-n-brews](http://cascade.org/seattle-bike-n-brews)

**3** MEC Century Victoria (Victoria BC) [events.mec.ca/node/39401](http://events.mec.ca/node/39401)

**9** Skagit Spring Classic (Burlington) [skagitspringclassic.org](http://skagitspringclassic.org)

**9** Living the Dream Ride (Snohomish) [livingthedreamride.org](http://livingthedreamride.org)

**16** Haul Ash Tour de Brew (Woodinville) [redhook.com/calendar](http://redhook.com/calendar)

**25** 7 Hills of Kirkland (Kirkland) [7hillskirkland.com](http://7hillskirkland.com)

**30** Flying Wheels (Redmond) [cascade.org/flying-wheels](http://cascade.org/flying-wheels)

**31** Seattle Tour de Cure (Seattle) [main.diabetes.org](http://main.diabetes.org)

### **June 2015**

**1** High Tide Ride (Anacortes) [northislands.younglife.org](http://northislands.younglife.org)

**20** Chelan Century Challenge (Lake Chelan) [centuryride.com](http://centuryride.com)

**27** Red-Bell 100 (Redmond-Bellingham) [cascade.org/redbell](http://cascade.org/redbell)

### **July 2015**

**2-6** Northwest Tandem Rally (Bellingham) [nwtr.org/2015](http://nwtr.org/2015)

**11-12** STP (Seattle to Portland) [cascade.org/stp](http://cascade.org/stp)

**15-19** RedSpoke (Redmond-Spokane) [redspoke.org](http://redspoke.org)

**18** Tour de Whatcom (Bellingham) [tourdewhatcom.com](http://tourdewhatcom.com)

**25-26** ALS Doubleday Ride (Snohomish)

**30** RAMROD (Mt. Rainier) [redmondcyclingclub.org](http://redmondcyclingclub.org)

### **August 2015**

**1-2** Tour de Lavender (Sequim) [tourdelavender.wordpress.com](http://tourdelavender.wordpress.com)

**2** Ride the Hurricane - [portangeles.org/pages/RideTheHurricane](http://portangeles.org/pages/RideTheHurricane)

**7-9** Obliteride (Seattle) [obliteride.org](http://obliteride.org)

**9** Bill's Hills of Bellingham (MBBC ride) [mtbakerbikeclub.org](http://mtbakerbikeclub.org)

**14-15** RSVP 1 (Seattle-B'ham) [cascade.org/ride-major-rides/rsvp](http://cascade.org/ride-major-rides/rsvp)

**15-16** RSVP 2 (Seattle-B'ham) [cascade.org/ride-major-rides/rsvp](http://cascade.org/ride-major-rides/rsvp)

**30** Woods Coffee (Bellingham) [mtbakerbikeclub.org/woodsrides.html](http://mtbakerbikeclub.org/woodsrides.html)

### **September 2015**

**12-13** MS 150 (Mt Vernon) [bikewas.nationalmssociety.org/](http://bikewas.nationalmssociety.org/)

**13** Mt Baker Hill Climb (Glacier) [norka.us](http://norka.us)

**19** Tour de Whidbey (Whidbey Island) [facebook.com/tourdewhidbey](http://facebook.com/tourdewhidbey)

**20** Chuckanut Century (Bellingham) [chuckanutcentury.org](http://chuckanutcentury.org)

**20** Cycle the Wave (Seattle) [thewavefoundation.org/cycle-the-wave/](http://thewavefoundation.org/cycle-the-wave/)

**27** Kitsap Color Classic (Kingston) [cascade.org/kitsap-color-classic](http://cascade.org/kitsap-color-classic)

### **October 2015**

**31** Boneshaker Bike Festival (La Conner) [boneshakerbikefest.com](http://boneshakerbikefest.com)

### **November 2015**

**26** Thanksgiving Ride (MBBC Ride - Bellingham)

### **December 2015**

**16** Lighted Neighborhoods Ride (MBBC Ride - Bellingham)

# 11 TIPS TO MAKE YOU STRONGER AND FASTER THIS SPRING

On how many rides do you do any intervals?  
That answer is probably zip to nil or somewhere in between. We go out, we ride, we push ourselves sometimes. Or maybe we push all of the time, which is too much.

Studies show that going all out all of the time does not produce the best results. You train your body to work at a certain level which may leave it inefficient at other intensities. Training all around will bring you the most strength and endurance and increase your overall happiness on your bike.

Here are some fun ways to mix it up and bring in some interval training when you are on the road. I like to go out into the north county on those long straight flat roads to do some of this kind of work.

## EVENTS

*continued from p. 3*

**TBD:** (June) 5th Annual All-Girl AlleyCat (Seattle)  
[menstrual-monday.com](http://menstrual-monday.com)

**TBD** (likely July 11-12): Padden Mountain Pedal  
[facebook.com/PaddenMtnPedal](https://facebook.com/PaddenMtnPedal)

**July 25:** Kulshan Quest Adventure Race  
[recreationnorthwest.org/quest-adventure-races/kulshan-quest](http://recreationnorthwest.org/quest-adventure-races/kulshan-quest)

**August 2:** Bellingham Youth Triathlon - [cob.org/services/recreation/races/bellingham-youth-triathlon.aspx](http://cob.org/services/recreation/races/bellingham-youth-triathlon.aspx)

**Sept 19:** Bellingham Traverse  
[recreationnorthwest.org/bellingham-traverse](http://recreationnorthwest.org/bellingham-traverse)

## Gatherings

**Recreation Northwest Expo - March 12**, 4-8pm at Best Western Lakeway Inn, featuring exhibitors and speakers.  
[www.recreationnorthwest.org/events/recreation-northwest-expo/](http://www.recreationnorthwest.org/events/recreation-northwest-expo/)  
The MBBC and NW Tandem Rally will be hosting a booth at this expo.

**Washington Bike Summit - March 16-17** Olympia  
[wabikes.org/summit/](http://wabikes.org/summit/)

**Seattle Bike Show: February 28 & March 1**  
[seattlebikeshow.com](http://seattlebikeshow.com)  
CenturyLink Field Event Center, 800 Occidental Ave  
10-5 Sat; 10-4 Sun The MBBC and NW Tandem Rally will be hosting a booth at this expo.

**Vancouver Bike Show: March 7-8**  
[vancouverbikeshow.com](http://vancouverbikeshow.com)  
Vancouver Convention Center, Vancouver BC  
10-6 Sat; 10-5 Sun The MBBC and NW Tandem Rally will be hosting a booth at this expo.

**Pedaler's Fair (Seattle):** May 2, 2015 [pedalersfair.com](http://pedalersfair.com)

## Trail and Track Work Parties

- Whatcom Mountain Bike Coalition (WMBC)  
[wmbcmtnb.org/trail-days/](http://wmbcmtnb.org/trail-days/)
  - March 1- Evolution Overhaul - 10am
  - March 7 - SST - 10am
  - March 15 - Larrabee
  - April 11 - Larrabee
  - April 25 - Mullet on Galbraith
- Bellingham Parks Dept. 360-778-7105 and [cob.org/government/public/Volunteer/parks/schedule.aspx](http://cob.org/government/public/Volunteer/parks/schedule.aspx)
  - March 14 - Squalicum Creek Park 9am
  - March 14 - East Meadow 1:30 - 3:30 pm



## Northwest Tandem Rally Bellingham July 2-6 nwtr.org/2015 2015



**MBBC's Signature Ride**

**September 20, 2015**

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





# 11 TIPS TO MAKE YOU STRONGER AND FASTER THIS SPRING

*continued from p. 4*

**by Robin Robertson**



## 1. Stomps

Load up big tension on your big chain ring and go from 0 – 90rpm (or as high as you can get) as fast as you can. Try this seated and standing. Repeat 3X each. Stomps will help you develop force and power in your pedaling. *Caution – if you have any knee issues, this may not be for you. You are adding plenty of torque to your hips and knees.*



## 2. Seated Hills

Pick a steep hill (I like from Lincoln St @ Fred Meyer take S. Ashby to 40th and go up) and ride it seated. Use a gear that is just barely tolerable and work on lifting up your pedal (using the top of your foot to lift, not your heel) instead of pushing down. Ride the whole hill like this. Seated. -Ugh.- This style of hill climbing will give you an added boost on any hill.



## 3. Spin Ups

Using an easy gear between telephone poles, spin up to the highest RPM you can hold and ride to the next telephone pole. Recover between the next set of poles. Do anywhere from 5 to 10 of these – stop when you cannot reach and sustain the high spin level any more. Spin-ups help you to develop more fine motor control in your pedal stroke giving you more ability and power at higher RPM.



## 4. High Intensity Ladder

Pick an area where you can ride without being bothered by many stop signs – Again, north county can be good for this. Do intervals of alternating very hard effort with recovery. Try this: 1 minute hard, 1 easy; 2 minutes hard, 2 easy; and so on for a 1-2-3-4-5-4-3-2-1 interval set.

If you know your heart rate zones, you should be in zone 4 or just below your anaerobic threshold during the hard intervals. If you don't know your zones, then work at the highest level you can sustain without panting.



## 5. Sprints

Throw in some all out sprints during your ride. Call out to where you are going to sprint and everyone goes to the next stop sign, telephone pole, red car... you get the idea. Sprints are good for developing force and speed along with your cardio capability to do the work.



## 6. Ride Circles

This takes 2 to 4 riders to be the most effective. The riders are constantly moving

in a clockwise pattern while riding: “hard pedal” move up on the left and “soft pedal” drift back on the right. Keep it tight with minimal gaps between bikes. This mini rotating paceline will keep you working at a high level.



## 7. Don't always go “all out”

There is good sense to riding in all of your levels of effort – from moderate to hard to very hard. If all of your rides fall in just one of those categories, you are missing out on developing your body's ability to perform efficiently in the other zones. Vary your rides! Make some short and intense and make others long and moderate.



## 8. Get Aero on Descents

Gain free speed! Put your hands in the drops, tuck in your knees, pull in your elbows, crouch over your handlebars, and raise your hiney off the saddle and move it back (you can hug the nose of your saddle with your thighs). Watch your speedometer go up 1, 2, 3 miles per hour while you are aero coasting!



## 9. Work your Core

Core strength gives you riding endurance and stability on your bike. Be sure to incorporate moves for your abdominals (crunches), obliques (Russian twist), hips (hip bridges), and lower back (face down back extensions.)



## 10. Get More Sleep

Sleep is underrated and so important to your overall health and well-being. Sleep is your body's time to regenerate and become more powerful. When you cheat yourself on sleep you may be increasing your risk of illness or injury. Get your 8 hours!



## 11. Drink More Water

One of the best things you can do for your body is to stay fully hydrated. When you become dehydrated you actually reduce your blood plasma volume and your body has a harder time doing its normal functions. Default rule – drink one 20 ounce bottle of water every hour you ride and drink one when you are done. Adding in some sort of electrolyte tablet or drink is a good idea too – you want a full store of salt, potassium, magnesium, and calcium to help your body run at its best.



*Robin Robertson is the founder of Cycle Moles and is the owner & manager of the Bellingham Tennis Club & Fairhaven Fitness, USA Cycling Coach Level 2, & ACE Certified Personal Trainer.*

# MBBC ADMINISTRATION

## Mount Baker Bicycle Club Board of Directors and Officers:

Hilary Higgins - President  
Scott Dorough - Vice President  
Jennifer Longstaff - Secretary/Membership  
Brian Christensen - Treasurer  
Eric Stromerson - Rides Coordinator  
Bill McCourt, Tim Ryan, Riley Jones -- at large

## Committees:

Chuckanut Century: Doug Schoonover  
Media; Bellingham Marathon Escorts: Greg Rehm  
Media; New Year's Day Ride: Mark Wheatley  
Media; NW Tandem Rally 2015: Jennifer Longstaff  
Bus-to-Bike Shelters project: Rodd Pemble  
Newsletter-Bagel Procurer: Cathie Gerlicher  
Graphic Design: Tim Ryan  
Certified MBBC Ride Leaders: a long list



## Club Bike Jerseys

The official MBBC bike jersey is a colorful short-sleeved full-zip jersey, available in men's and women's sizes, race cut and club cut. We keep a small number of jerseys on hand, and if we have requests for more we'll put in a new order. Jerseys are \$60 (including tax) to MBBC members.

To inquire about availability of MBBC jerseys and to try on, pick up, or order a new one, contact [bikebeham@gmail.com](mailto:bikebeham@gmail.com).

## Contacts:

Information-- [bikebeham@gmail.com](mailto:bikebeham@gmail.com)  
Chuckanut Century -- (360 410-6431)  
[chuckanutcentury@mtbakerbikeclub.org](mailto:chuckanutcentury@mtbakerbikeclub.org)  
Newsletter -- [mbbcnewsletter@mtbakerbikeclub.org](mailto:mbbcnewsletter@mtbakerbikeclub.org)  
NW Tandem Rally 2015 - [info2015@nwtr.org](mailto:info2015@nwtr.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 ([mbbcnewsletter@mtbakerbikeclub.org](mailto:mbbcnewsletter@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, etc. 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.

## MBBC Membership Form for 2015

☐ New Member    ☐ Renewing Member    ☐ This is a change of address

see member benefits and download membership form  
at: [mtbakerbikeclub.org/membership](http://mtbakerbikeclub.org/membership)

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:

- ☐ Board Member    ☐ Ride Leader    ☐ Newsletter  
☐ Chuckanut Century    ☐ Bike to Work and School Day  
☐ Special Events    ☐ Tandem Rally 2015    ☐ Education  
☐ I can provide discounts on \_\_\_\_\_

### Membership type:

Individual: \$15 \_\_\_\_\_  
Family/Associate: \$25 \_\_\_\_\_  
Additional Donation: \_\_\_\_\_  
(donations support community bicycling programs)  
**Total enclosed:** \$ \_\_\_\_\_

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

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



# MBBC-SPONSORED TRAIL DAY WAS A WEATHER AND WORK SUCCESS.



February 21 was a glorious late-winter day for a **WMBC Trail Build Day** on Galbraith! The weather could not have been better. With 20 great volunteers participating, we were able to clean and add drainage to all of Bottle Opener and a good size section of Keystone.

Eric, Barbara and the rest of the crew at WMBC did a great job of directing the volunteers to maximize our efforts. We even got a dime tour of Freedom Bridge on Keystone, a true modern marvel!

We are looking forward to a great season of riding up at Galbraith. Thanks again to all the volunteers who help make Bellingham one of the best cities in the country for riding.

The MBBC enjoyed sponsoring the trail day and we look forward to being regular sponsors of a trail day every year. Next year we promise to bring more pizza for the hungry trail-shovelers' lunch.

*contributed by Tim Ryan*



▲(top) John rode his new wheels up to meet the work crew  
▲(center) lots of shovels and rakes supplied by WMBC  
▶ Scott chooses his shovel from the pile.



## Welcome

**Welcome new members**

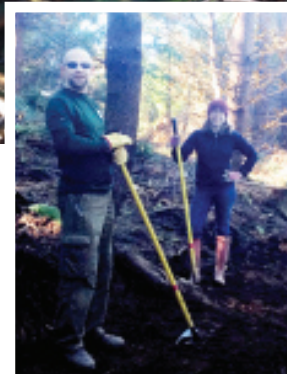
Jack Duffy

Eileen Kiera

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



▲(top) MBBC's Hilary and WMBC work crew boss Eric on Keystone.  
▲(center) Freedom Bridge, the WMBC pearl on the Keystone trail  
▶ Tim and Elizabeth raking and shoveling.



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>March 1</b> Rabbit Ride Edison Social Ride WMBC Trail Day Seattle Bike Expo	<b>2</b> Spring Cycle Moles sessions	<b>3</b> Ferndale Social ride	<b>4</b> Wed Group Ride	<b>5</b> Edison Social Ride TNR	<b>6</b>	<b>7</b> Donut Ride WMBC Trail Day Mussels in the Kettles Vancouver Bike Expo
<b>8</b> Rabbit Ride Edison Social Ride Vancouver Bike Expo <i>Daylight Time</i>	<b>9</b>	<b>10</b> Ferndale Social ride	<b>11</b> Wed Group Ride	<b>12</b> TNR Edison Social Ride Recreation NW Expo	<b>13</b>	<b>14</b> Donut Ride Recumbent Ride BHam Parks Trail Day
<b>15</b> Rabbit Ride Edison Social Ride McClinchy Mile WMBC Trail Day Ephrata Gran Fondo	<b>16</b> Washington Bike Summit	<b>17</b> Ferndale Social ride <i>St Patrick's Day</i>	<b>18</b> Wed Group Ride	<b>19</b> Edison Social Ride TNR?	<b>20</b> MBBC April Newsletter Deadline  <i>Spring Equinox</i>	<b>21</b> Donut Ride
<b>22</b> Rabbit Ride Edison Social Ride	<b>23</b>	<b>24</b> Ferndale social ride REI Mt Bike Basics	<b>25</b> Wed Group Ride	<b>26</b> Edison Social Ride	<b>27</b>	<b>28</b> Donut Ride Dandy Daffodil Ride WWU Omnium day 1
<b>29</b> Rabbit Ride Edison Social Ride WWU Omnium day2	<b>30</b>	<b>31</b> Ferndale social ride REI Bike Maint class	<b>April 1</b> Wed Group Ride	<b>2</b> Edison Social Ride	<b>3</b>	<b>4</b> Donut Ride



## Mount Baker Bicycle Club

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Welcome to Bellingham  
Now Get on Your Bike!  
[www.mtbakerbikeclub.org](http://www.mtbakerbikeclub.org)

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