



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Vol 25 No 8, September 2016

It's starting to feel like Fall

and there's great riding ahead!



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Barbara Karabin, Chris
Mellick, Roy Miller, David
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Rickerts. Thanks All!




the club online:

mtbakerbikeclub.org

chuckanutclassic.org

and our social sites:

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

 [facebook.com/
chuckanutclassic](https://facebook.com/chuckanutclassic)

 twitter.com/mtbakerbike

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

Whatcom County Farm Tour BICYCLE RIDE!



Bike the Farm Tour - September 10th

It's time for the Sustainable Connections annual Whatcom County Farm Tour. This year, why not do it by bike! September 10, farms open 10-5.

[sustainableconnections.org/Food and Farming Home/
whatcom-county-farm-tour-1](http://sustainableconnections.org/Food and Farming Home/whatcom-county-farm-tour-1)

Sustainable Connections is leading a guided 50-mile ride to visit 7 of the farms on this year's tour! Ride gathers at 9:45am at Ulrich Farm in Ferndale.

MBBC Club Ride: Bike in Canada - September 18th

Try out a new ride just over the border. Club member Roy Miller invites the MBBC to his neighborhood for an easy 25 miler (with option to add another 20 miles if we feel like it), ending with an ice cream treat at Birchwood Dairy. Those who would like to stick around are invited to a post-ride beer at Lou's.

Ride start at 10am at 2nd Ave and Hwy 11 in Huntingdon (the Canada side of Sumas). Check out the route: tinyurl.com/canadaRide Questions and RSVP to Roy Miller, ride coordinator: randcmiller@telus.net RSVP so he has an idea of how many to expect. Let's ride past some of those Autumn Maple Leaves, eh?



**SUMMER
RIDES**


**Woods
COFFEE**

MBBC/Smart Trips Summer Rides Finale: September 4

The last Summer Ride in this year's series is the annual Woods-2-Woods Coffee Classic. Choose from a self-guided tour of all 15 Whatcom County Woods locations (The Giant Redwood Challenge: approx 60 miles) or join Smart Trips for a 7-mile guided social ride to 4 Bellingham shops. On either ride, you'll enjoy coffee and baked goods at several locations.

Social Ride meets at 1pm at Woods Barkley Village. The Giant Redwood Challenge official start is 9am at Boulevard Park Woods, though you may start from any Whatcom County Woods that you choose. Remember to pick up a passport and have it stamped at all 15 locations to be entered into the prize drawing!

Mount Baker Bicycle Club - September 2016 1

WEEKLY AND GROUP RIDES: *HEADING-INTO-FALL* EDITION

Transition Month

With days getting shorter, many rides are changing or ending for the season. Some start times will change, some rides will change format. Check with ride leaders for the latest news and schedule.

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 7:45am (summer) Watch for switch to winter 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 (MBBC ride): last official ride is September 4th - there will be a slow option (the Woods-2-Woods 60 mile coffeeshop tour led by Jennifer) and a fast option (led by Katie). After September 4, we will be riding when announced by email. To be added to the Slog Ride overwinter email list, notify news@mtbakerbikeclub.org.

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 Evening Ride (MBBC ride): Last ride for 2016 is Tuesday September 13th. Start at WCC northeast parking lot. Meet 5:45pm leave at 6pm. info: Doug Schoonover 410-6431

Wednesday Group Road Ride (MBBC ride): Meet 5:45pm, leave 6pm from parking lot across from Boundary Bay Brewery on Railroad Ave. Split into moderate (14-16 mph) and fast (18+) groups for 25-30-mile road ride. Info: t.ryan.2009@gmail.com *Ride will be switching to trails, trailbikes and lights in late September or early October - check with ride leaders.*

Wednesday Fast Road Ride: Leave 6pm from parking lot across from Boundary Bay Brewery. Race-pace 20+ mph, separate from the MBBC ride above.

Thursday South Social Ride starts from Edison Elementary School parking lot. 30-40 miles, 10-14 mph, route varies. 10 am start Info: arkley@comcast.net, 360-527-8638

Thursday Up County Ride (MBBC Ride): Last ride for 2016 is Thursday September 15th. 16-18 mph pace, 20 miles. 6pm at Immanuel Lutheran Church, 1/2 mile N of Mt Baker Hwy on Hwy 9/Lawrence Rd. A ride for you county folk in Everson, Nooksack, Deming. Info: Joka001@Luthersem.edu, 360-393-2435 or 360-325-3777.

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

Bike/Ped Count set for September 27-29, 2016 - Counters needed

The 2016 statewide bicycle and pedestrian counts will be held Tuesday through Thursday, September 27-29, during morning and afternoon peak periods. This is the ninth year for the project in Washington.

Collecting data about bicycling and walking is critical to improving transportation systems. Compared to other transportation modes, bicycling and walking have historically received little attention when it comes to data collection and analysis. The count data will play a valuable role in planning, designing and funding bicycle and pedestrian projects, while helping us to better understand the factors that influence the levels of bicycling and walking in our communities.

Kim Brown, Transportation Options Coordinator for the City of Bellingham, is coordinating the volunteer effort in Bellingham. Volunteers count at one location for a two-hour shift at either a morning (7-9am) or an afternoon (4-6pm) time on the date of their choice. If you'd like to help out with this important project, contact **Kim Brown**, Count Coordinator, at kimbrown@cob.org or **778-7950**.

For more information about the state's documentation project, see www.wsdot.wa.gov/bike/count.htm. Bellingham's count data from previous years can be found at www.cob.org/bike.



EVENTS IN 2016

MBBC CLUB RIDES IN 2016

List of remaining club rides for 2016. Mark your calendar and watch for details each month.

Sept 7 (rain date Sept 12) – Ride to Artist Point, leave from Glacier (parking behind Graham's) at 9am.
Hilary Higgins ride/trip coordinator: bikebeh@gmail.com

September 18: easy ride in Canada, 10am start from Huntingdon (the Canada side of Sumas). see p. 1.
Roy Miller, ride coordinator: randcmiller@telus.net

November 25: day-after-Thanksgiving Ride

December 14 Winter Lighted Neighborhoods Ride

Classes & Training

Cycle Moles 8-week sessions, beginning on dates:

September 6 - technique & form foundations

October 31 - aerobic base building

January 2, 2017 - aerobic base & strength building

February 27 - build and interval training

April 24 - aerobic/anaerobic interval training

cyclemoles.com, 360-733-5050 to sign up or ask questions.

Stay Fit (or Get Fitter!) this Fall & Winter

Cycle Moles now Open for Enrollment
NEW! 8 Week sessions with a theme. Don't miss out!

| | |
|--------------------|-------------------------------------|
| Early Fall 9/6: | Technique & Form Foundations |
| Late Fall 10/31: | Aerobic Base Building |
| Winter 1/2: | Aerobic Base & Strength Building |
| Early Spring 2/27: | Build & Interval Training |
| Late Spring 4/24: | Aerobic/Anaerobic Interval Training |

| | |
|----------------------|--|
| Cycle Moles Level 1: | Mon & Wed 7-8am |
| Cycle Moles Level 2: | Tue & Thu 6:45-8:15pm (includes 15 min Core) |

Call us now!

800 McKenzie Ave. Bellingham, WA 98225




Wednesday night CX practices 6pm Wednesday evenings now through Thanksgiving. Practices are at Lake Padden Ballfields, moving to Civic Field as weather requires.

All ages and skill levels are welcome. Special instruction available for kids and beginners. You will need a 'cross or mountain bike – preferably with bottle cages removed – and a helmet.

\$5 per practice, or \$30 for unlimited practices during the season. Kids are always free. All fees go to facility rental and to local cycling advocacy groups. David Neubeck, 360-738-2025; dneubeck@hotmail.com.

Take a Kid Mountain Biking Day - fall edition - Oct 2

2-5pm, Lake Padden Ballfields. Bring a bike, a helmet, and a parent. wmbcmtb.org, riderundig@gmail.com

WRAPPING-UP-2016 RIDES

September 2016

4 Woods2Woods Classic (Bellingham) mtbakerbikeclub.org

7 or 12 MBBC Club Ride (Artist Point from Glacier)

10-11 MS 150 (Mt Vernon) bikewas.nationalmssociety.org/

11 Spokefest (Spokane) spokefest.org

17 Fall Flannel Frolic (La Conner) www.fall-flannel.com/

18 MBBC Club Ride Canada (Huntingdon) see p. 1

18 Cycle the WAVE (Seattle) cyclethewave.org

25 Kitsap Color Classic (Kingston) cascade.org/kitsap-color-classic

October 2016

1 Manastash Metric Century (Ellensburg) drier-ride.org

November 2016

25 Day-after-Thanksgiving Ride (MBBC Ride - Bellingham)

December 2016

14 Lighted Neighborhoods Ride - (MBBC Ride - Bellingham)

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

September 6 - Virtual tour of Chuckanuts and Galbraith MTB

September 18 - Bike Maintenance Roadside Repair

September 19 - Bike Maintenance for Trail Riding

Intro to BMX Racing Free teaching and improving basic track skills, every Thursday, 5-6pm. All ages and skill levels welcome. Loaner bikes available. BellinghamBMX.com. Questions: Jessica or Cisco: 360-398-0990 or bellinghambmx@gmail.com 5022 Guide Meridian, Bellingham

Rides Events

Sustainable Connections annual Whatcom County

Farm Tour: do it by bike! **September 10th, 10am-5pm**

sustainableconnections.org/Food and Farming Home/whatcom-county-farm-tour-1

Sustainable Connections is leading a guided 50-mile ride to visit 7 of the farms on this year's tour! Ride begins at 9:45am September 10th at Ulrich Farm in Ferndale.

Races

Sept 17: Bellingham Traverse

recreationnorthwest.org/bellingham-traverse

Sept 24: Big-Hurt Port Angeles - 4 legs, 1 event. bighurtpa.com

May - October BMX racing, Fridays and Saturdays; practice track open Tuesday & Thursdays. bellinghambmx.com

2017 Cascade Cross Series: cascadedcross.org

October 8 - Bellingham BMX

October 22 - Woolley Cross

November 5 - Return of DeltaTech

November 26-27 - SSCX Pre-Worlds

December 10-11 State Champs

January 17, 2017 - Bandit Cross



CHUCKANUT CLASSIC'S FIRST FAMILY-FRIENDLY RIDE = A SUCCESS!



Half of the 10-mile group arrives at the RRAD bike rodeo stop

The Chuckanut Classic was on August 28 this year, moved earlier to give us better odds of having nicer weather. The 28th ended up being cloudier than the sunny days earlier in the week, but the temperature was still warm (in the sixties) and the day was mostly dry. (That is, until it started raining after 2pm when about 50 riders were still up in the north county. Good for you hardy riders who made it back in through the rain!)

The crew of volunteers helping with all aspects of the Chuckanut Classic were phenomenal! A large number of brand new club members stepped up and provided help at registration, on the road, with setup and teardown of rest stops, and post-event clean-up. Thank you to all our volunteers!

More details about the Chuckanut Classic results will be coming up in October's newsletter. We are currently putting together our post-event surveys and reports with final total number of riders.

A new event this year, the **Family-Friendly Guided 10 Mile Ride** was a great success!

A group of about 30 people (combination of adults and kids) left Boundary Bay at 10:30 am, led by John Okan and assisted by Jennifer and Hilary riding sweep. The group was fun and upbeat, even with a couple skinned knees and tired five-year-olds along the way. The five mile midpoint at Cornwall Park was hosted by Ride, Run and Dig (RRAD) who set up a bike rodeo course including loaner bikes for kids (and adults) who wanted to try different types of bikes on the skills course. After an hour playing in the park, the ride continued down Squilicum Parkway and with a loop through Zuanich Park and a second loop around the Bellwether.

Returning to Boundary Bay, kids received medals and adults received socks! And everyone enjoyed live music in the beer garden!

We're looking forward to another collaboration with RRAD and more family rides in the future! Thanks to all for attending.



future bike diva trying out a RRAD scooter bike

Jennifer hands out medals to the kids after their 10 mile ride



RIDE, RUN AND DIG: SUMMER RECAP!

RRaD has been busy working with Rebound of Whatcom County, a Foster care program, this past summer. We also had the opportunity to work with Royal Families, another foster care program, and we had a *Rrad Day* at the PeaceHealth *Healthy Kids* back to school event, a new relationship that will now happen annually.

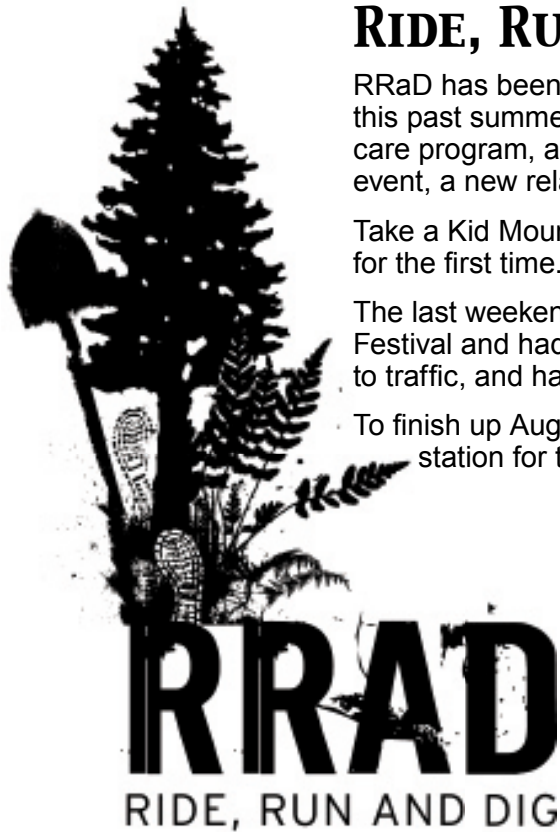
Take a Kid Mountain Biking Day was a huge success with this year having a spring date for the first time. We're looking forward to the fall TKMBD on October 2.

The last weekend in August was huge for RRaD. We partnered with the 5 Point Film Festival and had a Rrad day in front of the Pickford Theater. The entire street was closed to traffic, and had ice cream and face painters and other activities. A lot of fun!

To finish up August, RRaD worked with the MBBC and hosted the 5-mile midpoint feed station for the family ride! So much fun; MBBC has been super with RRaD! MBBC members have come through by volunteering for RRaD events and having faith that I can make the best experience possible with my elaborate bike rodeo setups.

Please feel free to contact RRaD at: riderundig@gmail.com for help with your events. We can do private functions and fun events like birthday parties. And if you are interested in helping out and providing more opportunity for outdoor recreation for youth, I am always looking for volunteers!

submitted by Chris Mellick, Ride Run and Dig



Outdoor recreation for youth
through guided stewardship
and enriched trail experiences.



MBBC'S JEFFREY THISTLE ACHIEVES TRIPLE CROWN!!!

This year, the MBBC joined the Skagit Bicycle Club and the Whidbey Island Bicycle Club to provide members of all three clubs a discount on each club's rides. We also put together a challenge to riders to ride the century distance in every ride.

The winner of the triple-century ride would be awarded the prestigious honor of riding the **Triple Crown 2016!**

Only one member of any of the three clubs achieved the Triple Crown greatness. Congratulations to the MBBC's own Jeffrey Thistle for meeting the challenge!

Jeffrey was awarded a gift certificate to Fairhaven Bike as well as a most-fantastic trophy (created by master craftsman James Higgins, using old chainrings and sprockets) and a suitable-for-framing certificate. Be sure to congratulate Jeffrey on this astounding achievement!



MBBC ADMINISTRATION

Mount Baker Bicycle Club Board of Directors and Officers:

Hilary Higgins - President
John Okan - Vice President
Jennifer Longstaff - Secretary/Membership
Kathy Steele - Treasurer
Eric Stromerson - Rides Coordinator
Bill McCourt, Greg Rehm, Tim Ryan, Joe Wiederhold
- at large

Project leaders:

Chuckanut Classic: Doug Schoonover and committee
Ride Leader Coordinator: Greg Rehm
New Year's Day Ride: Mark Wheatley
Summer Rides: Jennifer Longstaff
Ciclovía Whatcom: Joe Wiederhold
Newsletter-Bagel Procurer: Cathie Gerlicher
Graphic Design: Tim Ryan
Website: Michael Richard
Bike to Work Day Stations: Pam Fonda, Mary Cole



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: check your email for discount code.

Contacts:

Information-- bikebeh@gmail.com
Chuckanut Classic -- (360 410-6431)
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/join-the-club/
join the club online: ccnbikes.com/#!/events/mount-baker-bicycle-club

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 |

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

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

SHOOT THE TRAILS AWARDS

The sixth annual WMBC Shoot the Trails awards returns to Bellingham Technical College on October 8th.

Submissions must be in by October 3rd.

Details: wmbcmtnb.org/shoot-the-trails-awards/



Welcome new members

Margaret Bikman
Paul Canup
Jennifer Cranston
Wendy Cranston
Michael Dorsey
Linda Karras
Bob King
Victor Knox
Karen McConnell-McGaha
Ian McCurdy
Jerry McGaha
Matt McGaha
Diane Murtha
David Phimsipason
Justin Revelstoke
Jay Saxton
Carol Spano
Alta Stauffer

We're glad to have you in the MBBC!



Bike for Sale:


Xooter Swift Folding 8-speed Bike \$300

Easy and fast folding bike with new Schwalbe Durano front tire, good condition Schwalbe Kojak rear tire, high-quality lightweight replacement front wheel.

On consignment for Larry Guevara (559-280-3765) at

Earl's Bicycles
2827 Meridian St
620-746-2401



| <i>Sunday</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> |
|---|---|---|--|--|---|--|
|  | | | | September 1 Up-County Ride Edison Social Ride BMX Racing Intro | 2 | 3 Donut Ride |
| 4 Slog Ride Rabbit Ride Edison Social Ride Woods2Woods Classic | 5 <i>Labor Day</i> | 6 Ferndale ride Tuesday Eve Ride Cycles Moles begins REI MTB Virtual Tour | 7 Wed Group Ride Cyclocross practice possible Artist Point ride | 8 Edison Social Ride Up-County Ride BMX Racing Intro | 9 | 10 Donut Ride Recumbent Ride MS 150 Farm Tour by Bike |
| 11 Rabbit Ride Edison Social Ride MS 150 Spokefest | 12 Artist Point Ride rain date | 13 Ferndale social ride FINAL Tues Evening Ride | 14 Wed Group Ride Cyclocross practice | 15 Edison Social Ride FINAL Up-County Ride BMX Racing Intro | 16 | 17 Donut Ride Fall Flannel Frolic Bellingham Traverse |
| 18 Rabbit Ride Edison Social Ride REI Bike Maint class Cycle the WAVE MBBC Ride Canada | 19 REI Bike Maint class | 20 Ferndale social ride | 21 Wed Group Ride Cyclocross practice | 22 Edison Social Ride <i>Autumn Equinox</i> | 23 MBBC October Newsletter Deadline | 24 Donut Ride Big Hurt Port Angeles |
| 25 Rabbit Ride Edison Social Ride Kitsap Color Classic | 26 | 27 Ferndale social ride Bike/Ped Count | 28 Wed Group Ride Cyclocross practice Bike/Ped Count | 29 Edison Social Ride Bike/Ped Count | 30 | October 1 Donut 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..