



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Vol 25 No 9, Oct/Nov 2016

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This month's contributors:
Amy Cloud, Chris Comeau,
Hilary Higgins, Barbara
Karabin, Chuck Marohn,
Chris Mellick, Ryan Rickerts,
Thanks All!




the club online:

mtbakerbikeclub.org

chuckanutclassic.org

and our social sites:

 facebook.com/
mountbakerbicycleclub

 facebook.com/
chuckanutclassic

 twitter.com/mtbakerbike

 flickr.com/
mtbakerbikeclub/



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Summer gave us a good run, with warm, sunny dry days throughout much of August and September. But it's suddenly dark in the early evening, the summer weekly rides are over, WWU is back in session, and we may start to feel like hunkering down for winter.

BUT! There's an alternative! There are still weekly rides overwinter, there are indoor cycling camps, there are rain pants and shoe covers and lobster-claw gloves to be worn, there are bike lights to be attached. Read on in this double-month newsletter and plan to attend the Thanksgiving Ride, Black Friday Ride, Cyclocross or BMX races, WMBC's Shoot the Trails party, a cycling movie, and many other activities this fall.

Remember, there's no bad weather, just bad gear!





WEEKLY AND GROUP RIDES: FALL/WINTER 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 8:00 am (winter start time) Faster groups leave every 5 minutes thereafter, johnh@fairhavenbike.com 733-4433 fairhavenbike.com/about/sunday-rabbit-ride-pg355.htm



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

Wednesday Group Trail Ride (MBBC ride): Meet 5:45pm, leave 6pm from parking lot across from Boundary Bay Brewery on Railroad Ave. Beginning in October, this is the yearly overwinter trail ride with lights. Bring a trail-ready bike and light it up! This is a vigorous ride around our local trails and runs every week overwinter, rain or snow or cold! Info: t.ryan.2009@gmail.com Ride will switch back to evening road ride in April 2017.

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
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

RIDES OVER THANKSGIVING WEEKEND

Thanksgiving Day Ride - November 24, ride hosted by Fairhaven Bike. Meet 9am at Fairhaven Bike Shop for a shortened version of the Rabbit Ride. Come join us for this early ride to work off some calories (and to justify having a second piece of pie later) and still have time to get back to Thanksgiving dinner and football. johnh@fairhavenbike.com 360-733-4433



Black Friday Ride - November 25, MBBC Ride, avoid the shopping pandemonium; get out for a ride instead. Meet at 10am at Cornwall Park by the Meridian Street entrance. Road ride to Ferndale and back (or further depending on energy of riders and weather). bikebeh@gmail.com



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WASHINGTON

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Bellingham WA 98225
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EVENTS IN 2016 - 2017

WRAPPING-UP-2016 RIDES

October 2016

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

November 2016

24 Fairhaven Bike's Thanksgiving Ride (Bellingham)

25 Black-Friday Ride (MBBC Ride - Bellingham)

December 2016

14 Lighted Neighborhoods Ride - (MBBC Ride - Bellingham)

STRONG TOWNS

Gatherings

Strong Towns Events - October 20

Chuck Marohn is a former planner and engineer from a small city in Minnesota. He founded Strong Towns and attracts the attention of people all over the country with his Curbside Chats regarding sustainability and financial health of our cities and towns. He will be in Bellingham on Thursday, October 20th, and you're invited to his curbside chats and discussions during the day.

8:15-9:45 am Curbside Chat with elected officials and staff:
Bellingham City Council Chambers

10:00-11:30am North State Street Revitalization Walking Tour, begins at Bellingham City Hall

2:30-4:00 pm Curbside Chat with students and the campus community: WWU Miller Hall 138

4:00-5:00 pm Ted Carlson, Public Works Director, talks about Transportation issues. WWU Miller Hall 138

5:00-5:30 pm Public reception, Leopold Crystal Ballroom, 1224 Cornwall

5:30-7:00 pm Curbside Chat with downtown community and general public. Leopold Crystal Ballroom, 1224 Cornwall
more info: 360-685-8386. StrongTowns.org, see flyer online at WhatcomSmartTrips.org

Classes & Training

Cycle Moles 8-week sessions, beginning on dates:

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!

Call to reserve your spot! 360-733-5050

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.

Rides Events

Take a Kid Mountain Biking Day - October 2 Sunday afternoon, 2-5 pm, Lake Padden Ballfields. Bring a bike, a helmet, and a parent. Free event, including skills course, group rides with certified instructors, safety instruction. Presented by RRAD in association with WMBC. See p. 4 and wmbcmtnb.org

Cycling Documentary at the Pickford: November 1
Marinoni: A Fire in the Frame, 6:30 pm. see p. 7

Races

May - October BMX racing, Friday evenings; practice track open Tuesday & Thursdays. bellinghambmx.com



October 8 - Bellingham BMX

cascadecross.com

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

LAKEWAY DRIVE BIKEWAY STUDY

Bellingham's Bicycle Master Plan (BMP) went through many months in 2013-2014 of planning and public process, and was approved in October 2014. The BMP listed Lakeway Drive as the second highest priority link in the citywide bicycle network and two sections of the Lakeway Drive corridor between Ellis Street and Woburn Street were identified as needing further study before a specific type of bikeway facility could be identified as most appropriate. Lakeway Drive is a very complex corridor due to high traffic volumes (25,000+), congested intersections, Interstate 5 freeway on-/off-ramps, WTA high-frequency transit, side streets and commercial driveways, and physical space limitations, but it is also a very important link in the citywide bicycle network.

At the beginning of 2016, the City of Bellingham, the Washington State Department of Transportation, and Whatcom Transportation Authority began a multi-agency Lakeway Drive Bikeway Study to examine all of the competing needs, interests, and physical realities on Lakeway Drive, consider some options for installing a bikeway facility on Lakeway Drive, and make

recommendations that will be used to seek grant funding for bikeway improvements in the future. In addition to the input received at a September 13 Lakeway Drive Open House, the city would like to hear from the Bellingham bicycling community.

There is quite a bit of information available on the Lakeway Drive Bikeway Study project web page, including displays of some bikeway improvement options and public comment forms from the Open House.

The web page is on the COB site, and shortened URL alias is: <http://tinyurl.com/lakeway-study>

Chris Comeau, AICP Certified Transportation Planner for the City of Bellingham, encourages interested cyclists to view the Display Panels on the web page showing bikeway options that are being considered for different parts of the Lakeway Drive corridor. Please email written comments and/or questions to Chris at ccomeau@cob.org

Chris and the City of Bellingham thank you in advance for your participation!

HOW TO TRIGGER A GREEN LIGHT (ON YOUR BIKE)

vehicle detection at intersections by Amy Cloud, Communications and Outreach, City of Bellingham

In Bellingham, signals at some intersections - those with intermittent or variable traffic - may be triggered to change by vehicles, including bikes. That's because there are wires in the road to detect vehicles stopped at a light. Because bicycles have so much less metal than cars or trucks, it's important that bike-riders stop where they're most likely to be detected by the City's in-ground wiring.

Stencils, like the ones shown below, are placed on the road where bicyclists will be most easily detected. The bicycle stencils will most likely be in the center of the lane, a few feet back from the marked crosswalk.

Guidelines for the light-triggering bicycle detection:

- Riders should stay at the stencil until the light changes (if they leave, the light will not be triggered to change)
- Keep in mind that some traffic signals have long cycle lengths and it may take a while to get served on a side street
- Those traffic light cycles could be as long as two minutes (which can seem like forever, especially if there's little traffic)
- Finally, as always, cyclists are subject to traffic regulations - it is illegal to ride through a red light.



Take a Kid Mountain Biking Day!

Sunday, October 2nd
2:00pm - 5:00pm

Lake Padden Ball Fields
Please bring a bike, a helmet and a parent!

For more info:

Chris Mellick
360.920.9179
riderundig@gmail.com
wmbcmtd.org
facebook.com/riderundig

FREE EVENT!

Skills Course

Group rides with certified mountain bike instructors!
Rides will leave at 2:45pm

TAKE A KID MOUNTAIN BIKING DAY

October 2, 2-5pm
Sunday afternoon

Lake Padden Ballfields

Bring a bike, a helmet, and a parent

Hey Kids! Bring your bike, helmet and a parent to Take a Kid Mountain Biking Day. This is the second TKMBD this year - our spring session was very well attended and this one will be even better! Learn new skills and trail knowledge from Whatcom County's most accomplished riders and coaches. Play on the skills course and join group rides through some of Bellingham's many trails. Please come prepared with a bike in safe working order.

Hosted by Chris Mellick of Ride Run and Dig (RRAD) in association with WMBC. Chris is always looking for volunteers to help with his programs for outdoor recreation for youth.
riderundig@gmail.com



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

IT'S TIME TO LIGHT THE BIKE!

It's the law!

Dig out your bike lights and charge them up or put in new batteries. The sun is setting at 6:45 pm now and will be setting as early as 4:15 pm in early December! Cycling at dusk and at night can be done safely if you can see and be seen.

Washington law RCW 46.37.020 states that all vehicles on the road (including bicycles) after sunset and before sunrise must be clearly discernible at a distance of one thousand feet ahead. To be discernible, lights are required.

RCW 46.61.780 states that bicycles must be equipped with a front headlight (on the bicycle, not on helmet - though an additional light on the helmet is a good idea). Front headlight must emit a white light visible from a distance of at least 500 feet. Rear of bike must include a red reflector. Rear red taillight viewable from 500 ft to the rear may be used in addition to the red reflector.

wsdot.wa.gov/bike/laws.htm

SEE & BE SEEN



LIGHT THE BIKE. SEE THE BIKE.

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
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 -- 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.



Welcome new members

Warren Bursick
Colin Campbell
Francie Gass
Ronald Sawyer
Don Shank

We're glad to have you in the MBBC!

SHOOT THE TRAILS AWARDS

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

Submissions must be in by October 3rd.

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



Double-Month Newsletters

This month's newsletter covers October and November; the next newsletter will be out at the beginning of December and will be another double-month, covering December and January. Regular monthly newsletters will begin again in February 2017 with the annual "Mark your calendar" master schedule of next year's rides!

MBBC Quarterly Board Meeting

The Bike Club's Board of Directors will meet on Monday, October 24 for our final meeting of this year.

In this meeting we will review the events of 2016 and finalize this year's remaining winter rides: Thanksgiving, Black Friday Ride and the Christmas Lights Ride in December. We'll also schedule the Annual Membership Meeting for January. Looking ahead to 2017, we'll discuss events, fundraising and sponsorship, as well as club programs we might want to undertake next year.

Club members with any agenda items or discussion items to bring to the board's attention may contact a board member before the 24th. This is your opportunity to give your input into plans for 2017. See list of board members on page 6.

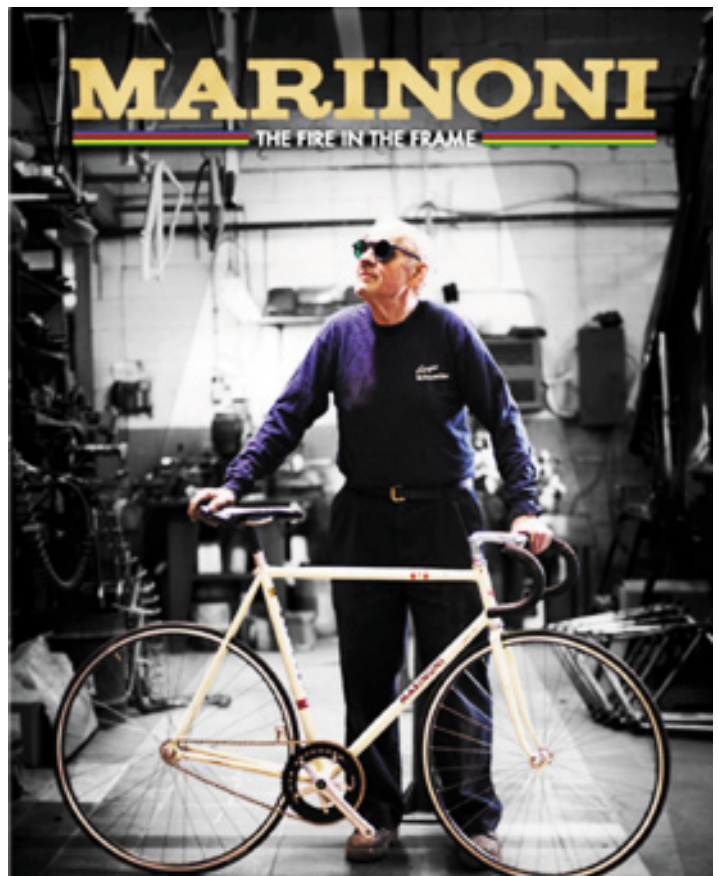
Cycling Documentary at the Pickford - November 1

See *Marinoni: A Fire in the Frame* at the Pickford Film Center. 6:30 pm on November 1st.

Giuseppe Marinoni found his calling when he transitioned from champion cyclist to master bike craftsman. But after years hunched over toxic fumes, his passion almost killed him. Now age 75, Marinoni is back in shape, and decides to attempt the world hour record for his age group on a legendary bike he built almost 40 years ago.

pickfordfilmcenter.org/programs/pickford/marinoni/

see trailer at: marinonimovie.com/



Mount Baker Bicycle Club - October/November 2016 7

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						October 1 Donut Ride Manastash Metric
2 <i>Rosh Hashanah</i> Rabbit Ride Edison Social Ride Take a Kid MTB Day	3	4 Ferndale social ride	5 Wed Trails Ride Cyclocross practice	6 Edison Social Ride	7	8 Donut Ride Recumbent Ride CX: B'Ham BMX Shoot the Trails
9 Rabbit Ride Edison Social Ride	10	11 <i>Yom Kippur</i> Ferndale social ride	12 Wed Trails Ride Cyclocross practice	13 Edison Ride	14	15 Donut Ride
16 Rabbit Ride Edison Social Ride	17	18 Ferndale social ride	19 Wed Trails Ride Cyclocross practice	20 Edison Ride Strong Towns	21	22 Donut Ride CX: Woolley Cross
23 Rabbit Ride Edison Social Ride	24	25 Ferndale social ride	26 Wed Trails Ride Cyclocross practice	27 Edison Social Ride	28	29 Donut Ride
30 Rabbit Ride Edison Social Ride	31 <i>Halloween</i>	November 1 Ferndale social ride Film at Pickford	2 Wed Trails Ride Cyclocross practice	3 Edison Social Ride	4	5 <i>Standard Time Begins</i> Donut Ride CX: Delta Tech
6 Rabbit Ride Edison Social Ride	7	8 Ferndale social ride	9 Wed Trails Ride Cyclocross practice	10 Edison Social Ride	11 <i>Veteran's Day</i>	12 Donut Ride Recumbent Ride
13 Rabbit Ride Edison Social Ride	14	15 Ferndale social ride	16 Wed Trails Ride Cyclocross practice	17 Edison Social Ride MBBC December Newsletter Deadline	18	19 Donut Ride
20 Rabbit Ride Edison Social Ride	21	22 Ferndale social ride	23 Wed Trails Ride Cyclocross practice	24 <i>Thanksgiving</i> Thanksgiving Ride	25 Black Friday Ride	26 Donut Ride CX: SSCX Pre World
27 Rabbit Ride Edison Social Ride CX: SSCX Pre Worlds	28	29 Ferndale social ride	30 Wed Trails Ride	December 1 Edison Social Ride	2	3 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..