



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Vol 24 Number 7, August 2015

see you August 9th!

Bill's Hills is back for the 6th year

Bill's Hills *The Sixth Edition* is in August this year!

Unlike previous years when we rode at the beginning of the season, this year everyone is in great climbing shape by now, ready to conquer the Hills of Bellingham!

Early Sunday morning, August 9th, 2015 Bill's Hills will begin at Marine Park: just west of 6th and Harris in Fairhaven. Meet at 6:45, ride leaves at 7am. Bill McCourt's route of 10,000+ ft of climbing in just over 100 miles around our beloved Bellingham is truly a classic. The ride is only open to Mount Baker Bicycle Club members, and if you're not yet a member, don't

worry, you can sign up at the beginning of the ride. For the price of a \$15 membership, you can ride one of – if not *the* – most challenging centuries in the Northwest. With fully stocked rest stops and great routes, this is the cheapest organized century you will ever do! The routes are extremely challenging. There are three "loops" of approximately 30-40 miles with 3,000 to 4,000 feet of climbing each. Just think Sehome Hill, California Street, King Mountain, Emerald Lake, Squalicum Mountain and – well you get the idea – just about every known hill in the Bellingham area. Ride one loop or ride them all, it is up to you.

continued on p.7

in this newsletter:

Rides coming up!	1
Weekly Rides	2
Events in 2015	3
Rides in 2015	3
Tandem rally wrap-up	4
Bike Kiosk in the news	5
North Cascades pics!	5
Club Administration	6
Membership form	6
Welcome new members	7
Rides, continued	7
August Calendar	8


This month's contributors:
Nathan Butcher, Rick Dubrow, Hilary Higgins, Bill McCourt, Kathy Salisbury, Doug Schoonover Thanks All!



the club online:


mtbakerbikeclub.org
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

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

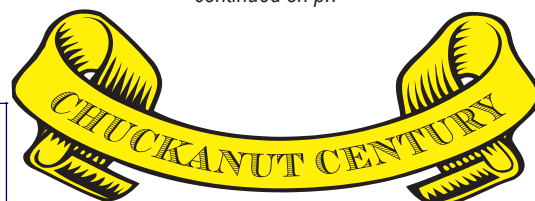
WOODS2WOODS Giant Redwood Classic is on Sunday, August 30th



Join Whatcom County's own local coffee chain, Woods Coffee, and the MBBC for the fifth annual Giant Redwood Summer Classic Ride, on Sunday August 30th.

There are now 15 Woods Coffee locations in Whatcom County plus two locations in Skagit County, and the goal of the day's ride is to ride from shop to shop and check in at as many of them as you can! Pick up a passport at your first stop and have it stamped at every shop you visit. If you complete the 15-stop Whatcom circuit, turn in your completed passport to be entered into a prize drawing. The two Skagit shops are not required to

continued on p.7



2015 Chuckanut Century!

Early sign-up special until September 1st for this year's Chuckanut Century, which is on Sunday, September 20th this year. Sign up by September 1st to get a discount and to guarantee you'll get a tech T-shirt with your registration. MBBC members also get an additional \$5 off your registration fee!

Don't miss the MBBC's signature ride, with your choice of well-supported scenic routes of 25, 38, 50, 62, 100, or 124 miles. Details including sign-up instructions at chuckanutcentury.org.

For other information, and especially to volunteer to help between now and ride day, contact Doug Schoonover: chuckanutcentury@mtbakerbikeclub.org or 360.410.6431.

WEEKLY AND GROUP RIDES

MBBC CLUB RIDES - participants are asked to sign a waiver and try out the ride -- then join the club after deciding if you'll be attending regularly. Helmets are required on MBBC Rides.

Sunday Long-Slog Ride: Group ride for slower, but serious, riders who want to build strength and endurance. Pace averages 11-14 mph, distance began with 30 miles in May, working up to 60-70 miles by end of summer. Meet 9am by the bike racks behind the Boulevard Park Woods Coffee.

Ride leaders Jennifer Longstaff and Matt Vann, info 961-6684.

Tuesday Evening Summer Ride: Start at WCC northeast parking lot. Meet 5:45pm leave at 6pm. Riders group by ability and average speed. (14-16 mph, 16-18 mph, 18+). 15-20 miles. information: Doug Schoonover 410-6431; call or text.

Wednesday Group Workout Ride: Meet 5:45pm, leave 6pm from parking lot across from Boundary Bay Brewery. Road ride, split into fast (16-18mph) and faster (18+) groups. Socialize at Brewery afterward (7:30 pm) Info: Tim Ryan: t.ryan.2009 at gmail.com.

Thursday Going Up The County Ride: 16 -18 mph pace, 20 miles. Gather at 6pm at Immanuel Lutheran Church parking lot, 1/2 mile N of Mt. Baker Hwy on Hwy 9/Lawrence Road. This is a convenient ride for all you county folk in Everson, Nooksack, Deming... Led by John Okan & Rick Jacoby. more information: Joka001 @ Luthersem. edu or 360-393-2435



OTHER LOCAL GROUP RIDES



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

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 Fast Ride: 6pm from parking lot across from Boundary Bay Brewery. Not affiliated with the MBBC ride that leaves from the same parking lot; this group is led by local racers and will sometimes work with the MBBC riders.

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 evenings. Meet in front of Fairhaven Bike, mid-March to mid-October, leaving right at 6pm on a 30 mile road ride loop around the Lake Whatcom north shore. 18+ mph pace. 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

EVENTS IN 2015

Classes & Training

Bellingham REI Cycling & bike maintenance classes:

August 9: Hands-on Maintenance: Basics

August 23: Hands-on Maintenance: Drive Train

check the monthly calendar at rei.com/stores/bellingham.html

Cycle Moles Training Camps: beginning **September 15**
cyclemoles.com

Races

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

August 2: Bellingham Youth Triathlon - cob.org/services/recreation/races/bellingham-youth-triathlon.aspx

Sept 19: Bellingham Traverse
recreationnorthwest.org/bellingham-traverse

Gatherings

Fanatik Women's Rides by Fanatik Bike Co, Bellingham:

August 5 MTB Ride, Tolt MacDonald Park, Carnation

August 16 Seattle Beer Cruiser social ride

August 27 Bellingham Beer Cruiser social ride
see "Fanatik Women's Rides" on Facebook

August 14: Bike-In Cinema at the Parkade by the Pickford Cinema FREE! Live music, local food, prizes, Beer Garden sponsored by: Kulshan Brewing Co. The Gigantic Bicycle Film Festival: An annual travelling film series featuring bicycle inspired short films from the Pacific Northwest.

7:30 pm – Gates open! Beer garden, Food Court, Vendors open

8:15 pm – Live Music

DUSK – Movie Begins pickfordfilmcenter.org/programs/pickford/the-bike-in-movie-rooftop-cinema

August 21-23: Gigantic Bicycle Festival Snoqualmie WA
giganticbicyclefestival.org

Trail Work Parties

- Parks Dept.
Work Parties in city parks trails. Details:
360-778-7105 and see the Summer Schedule PDF file at cob.org/government/public/Volunteer/parks/schedule.aspx
August 4th Squalicum Creek Park 6:30-8:30pm



2015 RIDES

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

August 2015

1-2 Tour de Lavender (Sequim) tourdelavender.wordpress.com

1 8 Lakes Leg Aches (Spokane) lcsnw.org/8lakesride/

1 Portland Century (Portland OR) portlandcentury.com

2 Ride the Hurricane - portangeles.org/pages/RideTheHurricane

2-8 RAW (Ilwaco to WallaWalla) cascade.org/raw

7-9 Obliteride (Seattle) obliteride.org

9 Bill's Hills of Bellingham (MBBC ride) mtbakerbikeclub.org

14-15 RSVP 1 (Seattle-B'ham) cascade.org/ride-major-rides/rsvp

15-16 RSVP 2 (Seattle-B'ham) cascade.org/ride-major-rides/rsvp

15 Crater Lake Century (Klamath Falls OR) craterlakecentury.com/

23 Tour de Victoria (Victoria BC) tourdevictoria.com

29-30 RAPSody (Tacoma) wabikes.org/rapsody

29 Vancouver Century (Vancouver WA) vancouvercentury.com

30 Woods2Woods (B'ham) mtbakerbikeclub.org/woodsrides.html

31 High Pass Challenge (Packwood) cascade.org/hpc

September 2015

6 Tour de Lab (Portland) tourdelab.com

12-13 MS 150 (Mt Vernon) bikewas.nationalmssociety.org/

12 Tour de Blast (Mt St Helens) tourdeblast.com

13 Spokefest (Spokane) spokefest.org

19 Ride Around the Sound (Seattle-Normandy Park - Tacoma - Bremerton) RideAroundtheSound.org

19 Tour de Whidbey (Whidbey Island) facebook.com/tourdewhidbey

20 Chuckanut Century (Bellingham) chuckanutcentury.org

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

26-28 Lake Wenatchee weekend (MBBC ride)

October 2015

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

31 Boneshaker Bike Festival (La Conner) boneshakerbikefest.com

November 2015

26 Thanksgiving Ride (MBBC Ride - Bellingham)

December 2015

16 Lighted Neighborhoods Ride (MBBC Ride - Bellingham)



CYCLE MOLES TRAINING CAMPS

Progressive cycling workout to boost your stamina & power

<p>Healthy Knees Cycling</p> <p>Tue & Thu; 8:30-9:30am 5 Weeks; Starts 9/15/15</p>	<p>Cycle Moles Level 1</p> <p>Mon & Wed; 6:45-7:45am 11 Weeks; Starts 9/15/15</p>
<p>Cycle Moles Level 2</p> <p>Tue & Thu; 6:45-8:15pm 5 Weeks; Starts 10/20/15</p>	



800 McKenzie Ave.
Bellingham, WA 98225
360.733.5050

www.cyclemoles.com

Successful event after 2 years of planning!

NORTHWEST TANDEM RALLY 2015 *WRAP-UP*

If you were in Whatcom County over the July 4th weekend, it's very likely you saw tandem bicycles everywhere. Over 800 riders visited Bellingham from 28 states and 3 provinces, and even with a few glitches in the rally's execution here and there, attendees had a great time and loved our city and our riding. The highlight of the weekend for most everyone seemed to be the Birch Bay Park rest stop on the July 4th ride. A beautiful day, rest stop right on the water, and plentiful Rainier cherries had riders exclaiming "the best rest stop in 30 years of tandem rallies." But we all know that - we get to ride there all the time! Lucky us to live here!

The MBBC owes thanks to so many people and groups for their generosity and work to put on this huge event!

Thanks to the Rally Committee, working since March 2013:

Andy Day	Jim Kruse
Chris Owings	Kim Moskowitz
Cindy Gabriel	Kirsten Wert
Dina Soda	Laurie Nesheim
Doug Schoonover	Linc Nesheim
Eric Stromerson	Mark Owings
Jennifer Longstaff	Scott Dorough

and to the army of "*I'll do the labor!*" volunteers. Many, many people jumped in to help whenever they had some spare time. The list is so long we may have missed someone; if so, sorry for any omissions. Be assured we're grateful to all who stepped up to make the event a success; we couldn't have done it without you!

Bryn Frazier	John Whitmer	Marty Moskowitz
Bunny Finch	Jon Roney	Mary Cole
Carol Landt	Judy McCourt	Matt Vann
Cathy Brooking	Kathy Foster	Pam Fonda
Cathy Campbell	Kathy Steele	Pete Sallee
Connie Cogburn	Kathy Whitmer	Peter Neubeck
Constantine Rigas	Ken Giffin	Phil Jones
Dan Earley	Ken Wagner	Rita Jensen
Denis Foster	Kerri Kuljis	Rob Turner
Gary Dodson	Kurt Haas	Sharon Collander
Greg Hope	Leticia Aviles	Spencer Beard
Hilary Higgins	Lori Turner	Susan Willhoft
Jay Copp	Magnus Collander	Terry Wiederhold
Jim Steele	Marco Hubert	Tim Ryan
Jochen Dwersteg	Marie Kimball	Tony Freeland
Joe Wiederhold	Marshall Will	Yvonne Jones

Thank you to support services provided by volunteers from Bellingham and Whatcom chapters of:

Girl Scouts of Western Washington: Two Bellingham troops
Our Treehouse
Sterling Bike Works
Sustainable Connections
Operation Courage is Beautiful

And huge thanks to our long list of generous sponsors, who provided cash, discounts, and products, allowing us to keep the rally's entry fees low, which brought more people to town!

Allstate: Steve Waiss	Ken Harrison (BellinghamWOW)
ATOC Cartop Racks	Kulshan Brewing
Aqua Island Technologies	Mad Dog Drag Brake
Aslan Brewing	Mallard Ice Cream
Bay City Supply Company	Massage Envy Bellingham
Bellewood Distillery	Miles John McClelland
Bellingham Police	Natural Light Photography

Bellingham/Whatcom Tourism

Ben Mann Studio
Boundary Bay Brewery
Calfee Design
Chamois Butt'R
Chuckanut Brewery
Chuckanut Century
Cirrus Cycles
City of Bellingham
Co-Motion Cycles
Community Food Co-Op
Cruisers Cache
Cycle Moles
E-Hydrate
Evergreen Tandem Club
Fairhaven Bicycle
Fanatik Bike Co
Frito Lay
Glassisum Designs
Good's Produce
Great Harvest Bread
Grocery Outlet Bellingham
Hardware Sales
Honey Stinger
The Hop Grenade
KAFE Radio 104.1 FM
KeyBank
KIND Snacks
Kaidel Sportswear

Mount Baker Bicycle Club

Mount Baker Theatre
NUUN Hydration
Nuu-Muu
Orfos Flares
PeaceHealth Medical Center
Petal & Coast
Pure Alaska Salmon
R&E Cycles
REI Bellingham
Raw Revolution
Roger Jobs VW
Rolf Prima Wheel Systems

SSC

SoyJoy
Sportique
Stewart Mountain Honey
Tandem Diversity
Threshold Documents
Trader Joe's
WECU
Wander Brewing
Whatcom County
Whatcom County Sheriff
Whatcom Events
Whatcom Smart Trips
Woods Coffee
Youngstock's Produce
Zone Perfect

BELLINGHAM'S NEW BIKE KIOSK IS IN THE NEWS!

There's a new bike repair kiosk on the 3300 block of Northwest Avenue, thanks to longtime community bicycling supporter, A-1 Builders.

This summer as we've ridden along Northwest we've been watching the progress of the kiosk, from excavation to pouring the concrete base back in April and May, to constructing the structure and installing equipment. Its official grand opening was at the end of July, even though it has been in use by grateful cyclists since early June!

A-1 Builders has been part of the Bellingham community for 60 years. To celebrate their 60th anniversary, they constructed the 11' x 11' kiosk featuring a bike stand with air pump and enough tools for basic bike maintenance. The kiosk also includes local maps and commuter information, plus books and even a QR code which will pop up basic bike maintenance instructions when scanned in on a smart phone. Motion sensors turn on lights when people enter the kiosk at night - for safety plus so commuters can continue using the kiosk during our dark months.

The kiosk was built entirely with volunteer labor—employees, subcontractors, vendors, and clients all pitched in.

Rick Dubrow, owner of A-1 Builders and champion of the project, says "Bicycle commuting is good for everyone. HG Wells said, 'When I see an adult on a bicycle, I have hope for the human race.' That's how I feel. Cycling is one of the best things that anyone could do for the environment, and it has tremendous health benefits—something that I've experienced personally."



Bellingham is getting some good "Bicycle Friendly City" press thanks to the new kiosk. Seattle's KING5 news reported the story on their July 28 evening broadcast. Included in the story was a report on several plans for additional kiosks in town: three are scheduled to be installed on the WWU campus, and another will be installed near the WTA downtown bus station.

Rick hopes this kiosk will serve as proof-of-concept for a network of stations throughout the area. Perhaps the MBBC would like to champion another station in town, using the A-1 Builders kiosk design?

Meanwhile, Rick invites cyclists to use the new kiosk, as A-1 Builders' gift to the cycling community. Thank you A-1 Builders!!

North Cascades Ride 2015 MBBC RIDE REVIEW

July's North Cascades Highway ride was a resounding success. Ten intrepid riders and two SAG vehicle drivers started off from the gravel parking lot in Newhalem and rode/drove 75 miles over the North Cascades Pass. We enjoyed several rest stops along the way, had fantastic weather (not too hot), no major mechanicals or accidents. The traffic was heavier than usual, with lots of motorbike riders and RVs heading to the Winthrop Blues Festival. We all met at the top of WA pass for a group photo and enjoyed a speedy and fun descent. The North Cascades Mountain Hostel was a good stop for the night, centrally located, clean, nice deck and yard. Except for the barking dog in the middle of the night, it worked out very well. The ride back over the pass on day 2 was a bit more difficult with tired legs and hotter temperatures, but we all made it back to Newhalem in one piece. A very happy group it was, too! Thanks to all riders and our SAG drivers Patti and Lauren for a great trip. To those MBBC members who missed it this year, we hope you'll plan to join us in 2016!

- Hilary



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: 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 have 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 bikebeh@gmail.com.

Contacts:

Information-- bikebeh@gmail.com
Chuckanut Century -- (360 410-6431)
chuckanutcentury@mtbakerbikeclub.org
Newsletter -- mbbcnewsletter@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 (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

see member benefits and download membership form
at: mtbakerbikeclub.org/membership

☐ 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:

- ☐ Board Member ☐ Ride Leader ☐ Newsletter
☐ Chuckanut Century ☐ Bike to Work and School Day
☐ Special Events ☐ Membership ☐ 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



Welcome new members

Andy Bokor
Christie Bokor
David Cohn
Deborah Elliott
Carole Herrin
Laurie Nesheim
Linc Nesheim
Dina Soda
Joseph Sparaga
Bill Walker
Michael Whitlock
Marshall Will

We're glad to have you in the MBBC!

Bill's Hills Returns! Sunday, August 9th



continued from p. 1

Past Bill's Hills riders have had comments such as:

- *Bill's Hills is a boot camp for your cycling self. But instead of taking weeks to accomplish, it is done in a single day!*
- *The very idea of this ride is an exercise in self-inflicted humiliation.*
- *I thought no one would choose to go the whole route but I had underestimated just how much fun this crazy ride (and crazy riders) would be.*

To read some reviews from prior years, look at past newsletters at mtbakerbikeclub.org/news.

(1) Greg Rehm's review on p. 7 of the July 2011 newsletter.

(2) Tim Ryan's review on p. 1 of the June 2014 newsletter.

There will be a drawing for Boundary Bay Brewery gift cards and a Chuckanut Century entry. Those finishing the entire course will receive a beverage certificate for Boundary Bay which will likely be used trying to rehydrate after the ride.

If you're interested (think of the bragging rights!) in the most difficult century in the Northwest, we'll see you at **6:45am on Sunday August 9th at Marine Park**. For more information contact Bill McCourt: 360-201-9524.

ARTIST POINT RIDE ON AUGUST 4TH?

Be sure to subscribe to the MBBC's Facebook page (facebook.com/mountbakerbicycleclub and "Like" the page) so you can find out about impromptu rides and events announcements. This one was posted on July 29:

Here's yet another cycling adventure: Ride to Artist Point, Tuesday, August 4, meet at 9:00 am behind Graham's restaurant in Glacier. Weather permitting (it's looking good). Beer and burgers at Graham's afterwards. Non-supported, bring ride food. -- Hilary



Fairhaven Bicycle
1108 11th Street
fairhavenbike.com
360.733.4433

Professionally trained Bike Fitters



WOODS2WOODS Giant Redwood Classic Sunday, August 30th

continued from p. 1

be eligible for the drawing, though if you want to hit all seventeen shops, the Skagit stores will welcome you!

The full Whatcom County loop (including all the locations in Bellingham, Lynden, Birch Bay, and Ferndale) is approximately 65 miles. The optional down-and-back to the Skagit County stores adds another 25 (!!) miles each way, and will include roads with some heavy traffic.

Water, snacks, and both hot and cold-brew coffee will be served along the way. The official starting time is 9am on Sunday, August 30th, with completed passports to be turned in no later than 5pm. Official starting location is the Woods Boulevard Park location, but you're welcome to start at any shop you choose. More details, as well as maps and suggested routes, are available at:

mtbakerbikeclub.org/woodsrides.html

Watch the Woods Coffee website and Facebook page for additional information as the date gets closer.

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
SUMMER!!!						August 1 Donut Ride Tour de Lavender 8 Lakes Leg Aches Portland Century
2 Slog Ride Edison Social Ride Rabbit Ride Ride the Hurricane B'Ham Youth Triathlon	3	4 Tuesday Eve Ride Ferndale Social ride	5 Wed Group Ride Fanatik Women's Ride	6 TNR Up-County Ride Edison Social Ride	7 Obliterate day 1	8 Donut Ride Recumbent Ride
9 Bill's Hills Slog Ride Edison Social Ride Rabbit Ride REI Bike Maint class	10	11 Tuesday Eve Ride Ferndale Social ride	12 Wed Group Ride	13 TNR Up-County Ride Edison Social Ride	14 Pickford Bike-In RSVP 1	15 Donut Ride Crater Lake Century RSVP 2
16 Slog Ride Edison Social Ride Rabbit Ride Fanatik Women's Ride	17	18 Tuesday Eve Ride Ferndale social ride	19 Wed Group Ride	20 TNR Up-County Ride Edison Social Ride	21 Gigantic Bike Fest day 1	22 Donut Ride MBBC September Newsletter Deadline
23 Slog Ride Edison Social Ride Rabbit Ride Tour de Victoria REI Bike Maint class	24	25 Tuesday Eve Ride Ferndale social ride	26 Wed Group Ride	27 TNR Up-County Ride Edison Social Ride Fanatik Women's Ride	28	29 Donut Ride RAPSody Vancouver Century
30 Rabbit Ride Edison Social Ride Woods2Woods Ride	31 High Pass Challenge	September 1 Tues Eve Ride Ferndale social ride	2 Wed Group Ride	3 TNR Up-County Ride Edison Social Ride	4	5 Donut Ride



Mount Baker Bicycle Club

Post Office Box 2702
Bellingham, Washington 98227



If you are a club member and wish to receive a printed version of the newsletter rather than online, please inform mdbcnewsletter@mtbakerbikeclub.org. Club members are entitled to a printed/mailed version sent to a US address..