

MBBC

More Cycling = Better Community!

Mount Baker Bicycle Club Newsletter, Vol 24 No 9, Oct/Nov 2015

Fall Fling 2015! Ride to the Fruit Festival, Saturday, October 3

Meet @ 9:45am, ride 10am Meet in the 1700-block of Ellis Street (between N State and Kansas) near Sustainable Connections and Nu-u-Muu.



Celebrate the beginning of autumn with a ride to the **Cloud Mountain Farm Fruit Festival** on October 3. Ride 16 miles to the farm, taste fruit, have lunch, tour beautiful Whatcom County, and ride 16 miles back to Bellingham. Riders of all speeds invited; we'll split into groups according to speed. You must be comfortable riding 40 miles in a day. If the weather is challenging, we'll still meet and create another route.

Bring \$3.50 for admission to the festival, and money for lunch there. Route maps will be distributed at the start.

Information: Jennifer 360.961.6684, Laura 360.224.0116 - cloudmountainfarmcenter.org

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This month's contributors:
Marty Grabijas, Jed Reynolds, Robin Robertson, Laura Todd, Susan Willhoff. 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

 twitter.com/mtbakerbike

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

Boneshaker Bike Fest & Metric Century, La Conner, Oct 31, mass start 9am.

Come join our crowd of creepy creatures for a fun and spooky Halloween gathering. This scenic cycling event has everything a rider could want as you tour the boo-tiful Skagit Valley. Enjoy views of the countryside and hypnotic Cascade mountains as you pedal off 100 kilometers of this metric century on 3 mostly flat, fast & fun loops.

Enjoy the celebration with music and lots of crazy contests with great staff to make a spooktacular time for everyone! Bring out your alter ego and make sure to dress for the occasion. Put on a mask and show us your inner ghostie, ghoulie and long-legged beastie or anything that goes bump in the night. Costumes are strongly encouraged. www.boneshakerbikefest.com



Sixth Annual Bellingham Tweed Ride: October 24



Victorian era costume Ride Oct 24, gathering at city hall 12:00, ride begins at 12:30. Costume optional; leisurely paced. Will stop at a few historical buildings in Bellingham. Ending at Elizabeth park. Parents and kids encouraged!

Steampunk costumes fine. More details at hamstertweed.com blog, "Tweed Ride Bellingham" Facebook group, or contact Jed Reynolds: jed@bitratchet.com

Thanksgiving Ride? The 2015 Thanksgiving pre-dinner ride hasn't been organized yet, but most likely we'll meet at Cornwall Park (Squalicum entrance) at 10am on November 26 for a quick jaunt to Ferndale or Lynden.

Watch the MBBC website for definite details in November.



WEEKLY AND 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 by 8:30am (winter start time). 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 Trails Ride: Meet 5:45pm, leave 6pm from parking lot across from Boundary Bay Brewery. In winter months (October through mid-March) this is a trail ride with lights. Trail-capable bikes plus good headlights and taillights required. Socialize at Brewery afterward (7:30 pm) Info: Tim Ryan: t.ryan.2009 at gmail.com.



EVENTS IN 2015

Classes & Training

Bellingham REI Cycling & bike maintenance classes:

October 6: Bike Maintenance Basics

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

Cyclocross Practices: Wednesday evenings 6pm, continuing through November. David Neubeck, 360-738-2025, dneubeck@hotmail.com; Lake Padden Ballfields \$5 per practice, or \$30 for unlimited practices during the season. Kids are always free.

CycleMoles Training: cyclemoles.com winter camps (see below)



CYCLE MOLES TRAINING CAMPS

Progressive cycling workout to boost your stamina & power

<p>Healthy Knees Cycling Tue & Thu; 8:30-9:30am 5 wks, starts 10/20 & 12/1</p>	<p>Cycle Moles Level 1 Mon & Wed; 6:45-7:45am 11 wks, starts 11/30</p>
<p>Cycle Moles Level 2 Tue & Thu; 6:45-8:15pm 5 wks: starts 10/20 11 wks: starts 12/1</p>	



800 McKenzie Ave.
Bellingham, WA 98225
360.733.5050

www.cyclemoles.com

Thursday South Social Ride starts from Edison Elementary School parking lot. 30-40 miles, 10-14 mph, route varies. 10 am start time.

Info: Alfred Arkley: arkley@comcast.net or 360-527-8638

TNR (Thursday Night Ride) Thursday evenings, will be starting up for winter on gravel soon, contact Casey at Fairhaven Bike for details. caseym@fairhavenbike.com

Saturday Donut Ride: 24 – 45 miles, race pace, departs from Kulshan Cycles, switching to winter start time of 7:30 in October. 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

2015 EVENT RIDES

October 2015

3 Fall Fling: Ride to the Fruit Festival (Bellingham) see p. 1

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)

Races

Cyclocross: Cascade Cross Series Oct 3, Oct 10, Dec 5&6 (Thanks Given'er), Jan 9 (Bandit Cross). cascadecross.com

Oct 17: Enduro of Subdued Excitement by the WMBC:

wmbcmtb.org/2015/09/17/2015-enduro-of-subdued-excitement/

Gatherings

October 4 - Take a kid mountain biking Day. 1-4pm Lake Padden. Rides with Certified Mountain Bike Instructors, all ages and abilities welcome. Bring: A Bike, A Helmet and A Parent! Information: Chris Mellick 360-920-9179; riderundig@gmail.com

October 10 - WMBC Shoot the Trails Awards in a new location: Settlemeyer Hall at Bellingham Technical College. 6pm. wmbcmtb.org/shoot-the-trails-awards/

October 16 - Chuck Robinson presents photos and highlights from his Big-Ride to Illinois this summer. 7pm at Village Books villagebooks.com/event/chucks-big-ride-recap-10/16/15

October 24 - Bellingham Tweed Ride 12:30pm see p. 1

October 25 - Bike tour of new Bellingham road facilities, 1pm start at Bellingham High School. cob.org/bike

Trail Work Parties

- Parks Dept Work Parties in city parks trails. Details: 360-778-7105 and see the Fall Schedule PDF file at cob.org/government/public/Volunteer/parks/schedule.aspx
Fall work dates: **Oct 3, 10, 17, 24, 31; Nov 7, 14, 21; Dec 5.**

What's it like...

Cycling Idaho and the Rockies in Montana?

Awesome! I'd say it was the best tour in my life and worthy of repeating.



checking in with the SAG

I planned the road bike trip route and logistics for a small group of friends to bike in early July. In twelve days, we connected Spokane, WA, and Livingston, MT. The group varied in size from day to day and one friend was our trusty SAG wagon driver.

Ride highlights were: old friends doing something new, the hospitality, Idaho's Trail of the Coeur

d'Alenes, the many mountain passes, the hot springs, the long, unhindered stretches of riding through Montana's sweeping valleys, the history and seeing how Idahoans and Montanans are building an economy around bicycling.

Idaho's Trail of the Coeur d'Alenes is 72 miles of 10-foot wide, asphalt paved bicycle trail on railroad grade that gets you across the state through a sample of landscapes. It leaves an impression that you can bicycle across a state continuously through industrial wasteland, and have a good time doing it. After over 100 years of intensely mining in Idaho and "The Gem State," there is no sugar coating the barren landscapes left behind. In Idaho, there is a lot of bicyling past piles of tailings and plentiful signs warning the public not to touch the soil or drink the water beyond miles of fencing. In Montana the signage tends to be about the mining culture that once was. There are also parks interpreting Ghost Towns.



bike bridge over Lake Coeur d'Alene

The Adventure Cycling Association in Missoula, MT, promotes nationwide bike routes through advocacy and mapping. They have a staff of 40 people, a cycling library, and a shop with maps and gear. The walls are a museum of bicycle touring. Bicyclists can visit for free ice cream and to get their picture put on a wall of fame. I do digital GIS mapping and found it cool to learn how the mapping staff filters the routes they promote.

There was high cycle traffic on the roads and trails. Fully loaded bikes were a common sight. Many of them likely regretted the choice to head west, into the strong winds.

We were following a route in Montana described to me by my formerly Montanan neighbors. They advised that we

bike up the Bitterroot Valley and then ride over several mountain passes to check out all the hidden historic



a bike camp, Twin Bridges, MT

treasures and enjoy beautiful places they love. We went to Thompson Falls from Wallace, ID, then down to Missoula, then to Hamilton, Lost Pass, Wisdom, Jackson, Dillon, Ennis, Bozeman and Livingston. Despite all the amazing printed and web based routing

maps, Montana has the charm of finding the best routes by talking with the locals in each town. Without their knowledge of local roads, we would have ridden a lot of frontage roads and gravel.

Road maintenance is not good in Montana and the shoulders are worse. Be prepared to jump off the road if oversized loads of mining equipment are coming up behind you. The equipment drivers have wiped out a couple bicyclists in the past. Wear a mirror and be noticeable. Many roads have poorly constructed rumble strips that are located too far over on the shoulder, restricting bikes to limited space. We quickly depended on a statewide map that Adventure Cycling makes of shoulder widths and rumble strips. Be prepared to need mental focus to steer between rumble strips and cliffs in strong side winds after a long day.



rumble-stripped MT road

To train for long days including multiple mountain passes, I thank my buddies in the Sunday "Long Slog" MBBC group. They are super friendly, encouraging and fun to ride with. I trained 100 miles a week for two months prior to the tour and did well. My husband and coworkers accommodated the 2 week vacation and were great cheerleaders. A MBBC member lent a bicycle for our Alaskan rider to use.

Surviving the early summer heat and long distances between towns was easy with a SAG wagon. Self-supported cyclists that I saw had all manner of water & food hauling techniques. If you go, plan food, water and lodging ahead of the trip. And do your training!

Ride was 620 miles. Longest day 78 miles. Shortest day 20 miles.

-- contributed by Susan Willhoft

HEALTHY KNEES CYCLING

BY ROBIN ROBERTSON

I know plenty about knee pain and have helped many get on their bikes and ride to alleviate that pain. But what if you experience knee pain only when you are **ON** your bike?

More than likely your knee pain is being caused by your bike setup or the wrong sized frame on your bike. If you want to be comfortable on your bike, I highly recommend that you invest in a professional bike fit. It is amazing how much a quarter of an inch adjustment can change your entire experience on a bike. Here are a few symptoms, causes, and fixes.

(1) Top of Knee Pain

If you feel pain at the top of your knee, your saddle height may be too low. This pain is primarily felt when you are pushing down on the pedals.

To explain why this happens requires a small anatomy lesson. Your four quadriceps muscles are all connected by a common tendon which includes your kneecap imbedded within it. Technically speaking, the tendon above the kneecap is called the quadriceps femoris tendon and below the kneecap is the patellar ligament connecting it all to the tibia in your lower leg.

When your saddle is too low, your thigh bone (femur) pushes forward over the bottom half of your knee (tibial plateau) putting stress on your quads and the attaching tendons, giving pain at the top of your knee.

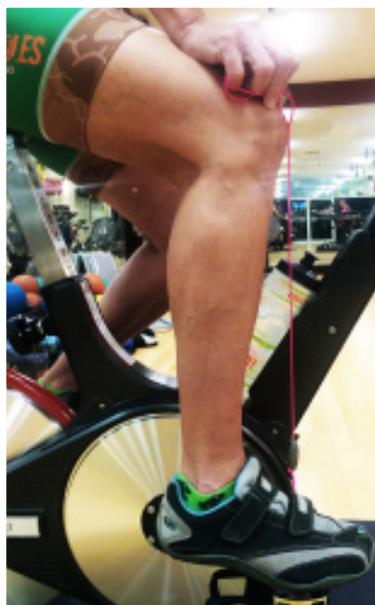
The Suspect: Saddle Too Low

The Fix: Raise your saddle height so that you have a 25-35 degree bend in your knee when your leg is at full extension.

(2) Front of Knee (kneecap area)

If you feel pain at the front of your knee, your saddle may be too close to your handlebars forcing your knee past your toes when your pedals are parallel to the ground or in the 3 o'clock and 9 o'clock position.

Again, like in the description above, the pain is likely due to the pressure of your thigh bone pressing toward your knee cap as it passes through the rotation in the power part of the down stroke.



The Suspect: Saddle too Close to Handlebars

The Fix: Move your saddle away from your handlebars. When you are sitting on your saddle with your feet parallel to the ground, the knee of your forward leg should not go past the point at which the pedal connects to the pedal arm. When you look down, you should be able to see the front 1/3 of your foot (ball of foot to your toes). If you were to hang a plumb-bob from your knee, the weight should hover over the center of the pedal or the ball of your foot.



(3) Back of Knee (and possibly lower back)

Back of knee pain often indicates that your seat is too high and you may be hyperextending your knee. The pain comes from overextending your leg.

Remember, you'll want to maintain that nice slight bend in your knee even when your leg is fully extended. If your saddle is too high, you might even be having some lower back pain from rocking your hips to help your legs at their full extension reach the pedals.

The Suspect: Saddle too High

The Fix: Lower your saddle. At full extension, you want a slight bend in your knee (about 25 to 35 degrees) when the ball of your foot is placed on the pedal next to the pedal arm. To gauge a 25 degree bend without a measuring tool, sit on the floor with your legs extended in front of you. Slide your fist underneath one knee and that will cause about a 25 degree bend in your knee.

(4) Inner or Outer Knee Pain

If you use clipless pedals and have inner or outer knee pain only when you ride, this may be caused by inaccurate alignment of your cleats mounted on your shoes. There are three directional factors to consider when mounting your cleat to your shoe: position along length of of your foot, width of foot, and toe to heel direction.

continued on p.5

Welcome

HEALTHY KNEES CYCLING

continued from p. 4

The Suspect: Wrong Cleat Alignment

The Fixes:

- Length of foot: Most people want the cleat mounted so that the widest part of your foot is positioned next to where the pedal connects to the pedal arm.
- Width of foot: Some shoes allow for a little adjustment side to side on the foot. Rule of thumb is to keep it neutral and place it to the center of your option.
- Toe to Heel Direction: align the cleat so that if you drew a line from the center of the toe to the center of the heel, you would cross through the center of the top and bottom of the cleat.



All of that said, I recommend pedals with “float” (cleats that allow for limited rotational movement) for anyone with knee problems. This allows your foot to find its natural position while accommodating your knee conditions.

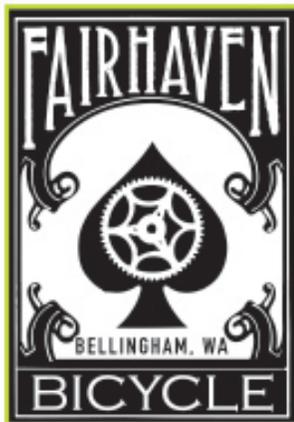
Robin Robertson is a USA Cycling Coach Level 2, ACE Personal Trainer, Developer of Cycle Moles and Healthy Knees Cycling Programs, Owner & Manager Bellingham Tennis Club & Fairhaven Fitness.

*This article is an excerpt out of Robin's upcoming book: **Healthy Knees Cycling**, due out in December!*

Welcome new members

- Paul Berube
- Amanda Comeau
- Michael Flittie
- Jenn Good
- Dawn Groves
- Mercedes Hudson
- Kelley Jackson
- Michael Jackson
- Bob King
- Tami Laughlin
- Peter Machule
- Charles Pelletier
- Mark Pollack
- Becky Prikril
- Barbara Schmitt
- Barbara Stiner
- Dana Stiner
- Pamela Theriault
- Christina Van Wingerden
- Jay Van Wingerden
- Janice Willis

We're glad to have you in the MBBC!



Fairhaven Bicycle
1108 11th Street
fairhavenbike.com
360.733.4433

Professionally trained Bike Fitters



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 -- 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 \$50 (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.

Contacts:

Information-- bikebeham@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 for 2016

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

Bay to Baker Trail

NEWLY FORMED ASSOCIATION IS REVIVING THE LONG-PLANNED PROJECT

Mount Baker, by its very presence, has framed and defined Bellingham since Ensign Manuel Quimper sailed our waters in the 1700's. Since at least 1992, Whatcom County has had plans to build a pedestrian pathway from Bellingham to Artist Point, the terminus of Mount Baker Highway.

Due to its beauty, the highway attracts heavy traffic during the winter skiing and summer hiking seasons. RVs, families coming up to recreate in SUVs, sports cars, sport motorcycles, and road cyclists all share this road. To compound the mix there are residential communities on the highway with limited options for safe walking or cycling to local destinations. At the local middle school, if children arrive at school on bikes they are sent home due to the hazards of riding on the local roads.

This year's Pacific Northwest mild winter was a shock to the small tourist dependent communities in the shadow of Mt Baker. Businesses closed and residents watched as skiers, snowboarders and snowmobilers, who bring much needed revenue, disappeared. It was a call to action as the area realized that perhaps some diversification of recreational opportunities was in order.

Consequently, a group of residents and business owners has banded together to form the **Mt Baker Trail Association**, whose purpose is to take action on the long-planned pedestrian pathway. John Adam, owner of Glacier Ski Shop, believes that pedestrian infrastructure will not only make the area more attractive to visitors, but will also provide residents a safe alternative to using a vehicle and burning fossil fuels when they need a quart of milk. Paul Engel, owner of Wild and Scenic River Tours added: "Hundreds of reports show that when pedestrian pathways are created in a community it brings nothing but good – the population is healthier, vehicular traffic is reduced, property values are stable and local businesses see more activity. Everyone benefits."

The Mt Baker Trail Association first met in May of 2015 and has been conducting due diligence during the summer. Besides creating its corporate structure and securing tax deductible charitable status, the Association conducted surveys of both residents and visitors, with 97.87% of residents and 95.71% of visitors supporting such a trail. The Association also brought David Kayley of The Progress Fund, a not-for-profit that serves businesses on the 355 mile Great Allegheny Passage, to Bellingham to speak to the County Planning Committee. One attendee noted that they've never seen the Committee so engaged. The Association has also started dialogue with funding sources through federal and state governments.

To show your support for this pedestrian pathway please contact your Whatcom County Council member. For more information on the Mt Baker Trail Association, contact mtbakerta@gmail.com.

Breaking News: *Whatcom County Planning Commission axes bike trails and road shoulders from the County Comprehensive Plan*

The news originated as a rumor, heard while waiting for a county meeting on September 15th. It was confirmed at a Whatcom County Parks & Recreation Commission meeting on September 17th – the County Planning Commission has scuttled all bike trails and meaningful shoulders for pedestrians from the County Comprehensive Plan.

This is significant because the County Comprehensive Plan is a compass to future actionable items. It serves as a point of validation when seeking state or federal funding. If not in the "Comp" Plan, state and federal funding entities will question the validity and feasibility of a project.

The rationale for this move is not presently understood, because minutes of the meeting have not been published as of this writing.

From individuals whom I have spoken with, the move is most likely not an overt action against pedestrians and bicyclists, but rather a lack of understanding. Speaking to some who have been in county politics for decades, they opine that this group has little experience in strategic planning. Others from the county politico arena call the move a "hatchet job."

Regardless, the Planning *Commission* is a group of appointed citizens which provides recommendations to the County Council (a group of which form the County Planning *Committee*). According to Whatcom County Parks & Recreation Commission Director Michael McFarlane, there will be an opportunity for the public to comment at County Chambers on 10/22/15, with the Planning Commission's recommendation going to the County Council on 11/12/15.

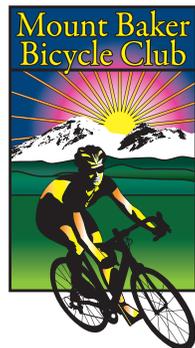
CALL TO ACTION: What you can do!

- Voice opposition to this recommendation in person at the meeting on October 22. When checking their dedicated web site, I found that the meeting times & places seems to be out of date. Best to call the County for verification.
- Contact your council person and communicate opposition. Your County Council person will be the ultimate "Go / No Go" for this recommendation. County council members are: Barbara Brenner, Rud Browne, Barry Buchanan, Pete Kremen, Ken Mann, Satpal Sidhu, and Carl Weimer.

Author: **Marty Grabijas**, mtbakerta@gmail.com

MartyG is an outdoor industry veteran with over 40 years invested in bringing us the gear that we play with. Most recently he owned an independent product development / manufacturing firm that produced for some of the world's top brands. These days he is gainfully retired and lives in Glacier, where he mainly rides a 'cross bike set up to rock Glacier's sublime gravel grinding, and teaches alpine skiing and whitewater kayaking across the US and Internationally.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				October 1 Edison Social Ride	2	3 Donut Ride Fall Fling Ride CX BBMX Work Party
4 Edison Social Ride Rabbit Ride Take a Kid Mtn Biking	5	6 Ferndale Social ride REI Bike Maint Basics	7 Wed Group Ride CX Practice	8 Edison Social Ride	9	10 Donut Ride Recumbent Ride Shoot the Trails CX on BBMX Course
11 Rabbit Ride Edison Social Ride	12	13 Ferndale Social ride	14 Wed Group Ride CX Practice	15 Edison Social Ride	16 Chuck's Ride Recap show	17 Donut Ride Enduro/Excitement
18 Rabbit Ride Edison Social Ride	19	20 Ferndale ride CycleMoles sessions	21 Wed Group Ride CX Practice	22 Edison Ride County Council mtg	23	24 Donut Ride Tweed Ride B'Ham
25 Rabbit Ride Edison Social Ride BHam Facilities Tour	26	27 Ferndale Social ride	28 Wed Group Ride (with costumes) CX Practice	29 Edison Social Ride	30	31 <i>Halloween</i> Donut Ride Boneshaker
November 1 Rabbit Ride Edison Social Ride	2	3 Ferndale Social ride	4 Wed Group Ride CX Practice	5 Edison Social Ride	6	7 Donut Ride
8 Rabbit Ride Edison Social Ride	9	10 Ferndale Social ride	11 Wed Group Ride CX Practice	12 Edison Social Ride	13	14 Donut Ride Recumbent Ride
15 Rabbit Ride Edison Social Ride	16	17 Ferndale Social ride	18 Wed Group Ride CX Practice	19 Edison Social Ride	20 MBBC December Newsletter Deadline	21 Donut Ride
22 Rabbit Ride Edison Social Ride	23	24 Ferndale Social ride	25 Wed Group Ride CX Practice	26 <i>Thanksgiving</i> Thanksgiving Ride	27	28 Donut Ride
29 Rabbit Ride Edison Social Ride	30 CycleMoles sessions	December 1 Ferndale Social ride	2	3 Edison Social Ride	4	5 Donut Ride CX: Thanks Given'er



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 mdbcnewsletter@mtbakerbikeclub.org. Club members are entitled to a printed/mailed version sent to a US address.

**SMART
TRIPS**