

COMING EVENTS

MEETINGS: December 1: The Big Ride Meeting (REI Seattle) (see

page 5)

December 8: Banquet (Page 3)

January 11: John Whitmer
Across the US

February 15: Tour of France and Tour de France and Cycling in Cuba

February 19-20: Bike Expo (Seattle)

March 21: Carol and Paul's Liveable, Walkable, Bikable Europe and Gourmet Italy

(More Details on page 2)

RECURRING RIDES:

Tuesday Social
Tuesday Training
WWU Club(WWU cyling club)
Wednesday Social
Saturday Donut Ride
Saturday Recumbant Ride
Saturday Whimp Ride

SPECIAL-RIDES!!:

New Year's Day Ride

Please notify us of your upcoming program or event for inclusion in our schedule. You may email to pagoff@yahoo.com or mail to:

Editor Newsletter
Mt. Baker Bicycle Club
Post Office Box 2702
Bellingham, Washington
98225

MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Volume 13, Number 9, December 2004

NEW EMAIL LIST SERVE

The club's new list server and group site will help encourage and promote cycling in our community. The group site includes a shared calendar. a photo section, a file section including recent newsletters, cycling links to local and regional resources, and an Email archive. To join, go to http://groups.yahoo.com/ group/MtBakerBicycleClub/ join, or for Email access only, send a message to MtBakerBicycleClub-subscribe @yahoogroups.com.

Because our prior site has been abused by nonmembers, we will initially be accessible by members only. Any message you receive through the group site can be posted only by a member of the Mt. Baker Bicycle Club. Please try out the site and discuss what you'd like to see more or less of. Let's work together to make the best use of this club resource. All

ideas are welcomed! Mark Wheatley, volunteer MBBC

1236.

those of you who are considering whether or not to join us on a Saturday morning. I'll describe what happens most of the time, but that's no guarantee. Sometimes (Heaven forbid!) we don't ride out to Birch Bay at all, but go somewhere completely different.... We try to go rain or shine, it's a rare day that the weather gets the better of us.

I was asked to write a short description of the Donut Ride for

THE DONUT RIDE

We leave Kulshan Cycles at 7:30 a.m. (March through September its 7:00 a.m.), go left on Holly to Eldridge, then out Marine Drive to Bancroft and Country roads. After crossing the Nooksack, we turn right on Ferndale Road and shoot up to Ferndale. While an effort is made to keep the speed around 16-18 mph, there are times when we have found ourselves rolling along more rapidly. Many of us keep an eye out for new riders, and do our best to make sure that no one is left behind. If you are new to riding in a group, this part of the ride can be both rewarding and daunting, depending upon the size of the group. Many of us are more than happy to give you some pointers, especially if you let us know that you are new to riding in a group.

The ride generally splits up in Ferndale. A number of folks make a stop at Mount's before heading back to Bellingham (making a round trip of about 25 miles), and almost everyone makes the climb to the top of Vista (about a one mile long Hill). Just past the top of Vista hill we stop and regroup, since some folks go up the hill quickly, and other folks go up the hill less Continued Page 3



NEW BIKE CLUB JERSEYS!!

Isn't it time the Club members could boast their membership with an attractive and eyecatching new bicycling jersey? Contact Marie
Kimball to order yours 752-



Vintage cyclists wearing MBBC Jerseys from the 70's to the present

DECEMBER MEMBERSHIP THANK YOU BANQUET

The December meeting will be a celebration and a thank you for all the wonderful work of our members and volunteers in 2004.
Club members who have volunteered during the past year will be treated to a special toast and reward at Boundary Bay Brewery and Bistro after the weekly Wednesday evening ride on <u>December 8, 7 pm</u>. Come enjoy a bicycle evening as we honor the important contributions we've made as cyclists to make this a better community. Awards for

to make this a better community. Awards for those special individuals whose dedication helped create successful events: You've earned the applause. Guests welcome -- those who join or renew that

night will get a special bonus.

NEWS YEAR DAY RIDE

Time to try it again Well, a different type of Saturday Donut Ride (sorry to miss it). Meet at Fairhaven Park at 10 AM on Saturday, January 1, 2005, for a ride to Edison for lunch. Trip length is about 35 miles. For those wanting a shorter ride (as Kathleen and I did last year) you can park at Chuckanut Manor. This ride has gone even in horrible weather and teaches real tolerance. Pray for no ice. What a way to start the New Year. Bob Lindquist, 738-8565

BIKE EXPO

Gourmet Italy

February 19-20, 2005: Sponsored by Group Health and Cascade Bike Club of Seattle. Bike Expo will be held in the historic Hanger 27 at Warren G. Magnuson Park, located at Sand Point in Seattle. Maanuson Park

WINTER SHOW SCHEDULE

We've lined up some impressive bicycle travel shows this winter, offered in partnership with the Western Washington University Outdoor Center at the presentation room at the WWU Wilson Library. (Programs start at 7:30 PM. Dates are tentative at press time, please call 734-8540 to confirm.)

Tuesday, January 11, 2005: John Whitmer's solo bike trip Across the USA

Tuesday, February 15: Pictures of the 2004 Tour de France and bicycling in France AND Susan Kroll on Cycling in Cuba Monday, March 21: Carol and Paul's "Liveable, Walkable, Bikeable Europe" slide show AND Marie Kimball's bicycle trip to

REGULAR WEEKLY RIDES AND OTHER GROUP RIDES

- Tuesday Social Ride: 30-40 miles, 13-16 mph, starts from Pioneer Park in Ferndale, route varies. Contact Robert Parker at rmp4724@az.com or 360-676-6910
- Tuesday Training ride: 30-40 miles, 18 mph (race pace), selfsupporting ride departs from Kulshan Cycles to a practice road race course (summer months)
- Wednesday WWU Club Ride: 25 miles, 13-15 mph (casual, social pace), departs from Boulevard Park on South State Street, Bellingham, length varies, 1-2 hours. details: www.wwucycling.com/club info.html
- Wednesday Social Ride: varied distance, varied abilities; departs meet at 5:45 pm leave at 6PM Boundary Bay Brewery at Railroad Avenue, Bellingham. Ride separates into slow, intermediate, fast groups. Re-group at brewery afterwards (7pm). Contact: Kai Bretherton at Kaibretherton@aol.com
- Saturday **Donut Ride**: 24 45 miles, race pace, departs from Kulshan Cycles, 7 am, to Ferndale for coffee and return, or continue to Birch Bay. (Runs every week of the year!!)
- Saturday Recumbant Ride: Once a month at 10 AM. 14 mile intown course. For more miles bike to Kulshan Cycles starting point. Sporadic depending on weather--Contact Robert Parker at rmp4724@az.com or 360-676-6910
- Saturday Whimp Ride 10:00AM. Meet at the tennis courts at Lake Padden. Intermediate to advanced ride.

We are indebted to Sunshine Printing in Bellingham for their printing of the MBBC newsletter

We're Much More Than a Club!

Recreation -Mt. Baker Bicycle Club hosts weekly, monthly and a variety of annual recreation rides for members and guests throughout the year. Rides are oriented to all levels of ability including beginners, social riders, commuters, touring and

including beginners, social riders, commuters, touring and high level race training. Check the newsletter for current rides and come along as our guest!

Education – Bicycling safely is a learned skill. The Club offers courses in partnership with the Bellingham Parks Department by instructors certified by the League of American Bicyclists. We work with local groups to host bike skills rodeos at annual community fairs. Funds raised by club activities help support training of more teachers, training bicycle skills to kids means a lifetime of safer roads.

Encouraging bicycling is an important part of the Club's

Encouraging bicycling is an important part of the Club's education work. Our

annual Bike to Work and School Day promotion has helped hundreds of commuters "Be part of the solution" launching careers of folks bicycling to work or cycling their kids to school.

Trails - In partnership with

Whatcom TrailNet and Tanzania the Whatcom Independent

Mountain Pedalers, the Club helps advocate for development of a complete trail and mountain-bike network throughout Whatcom County. The Club works with Bellingham Walks to improve the system of walking paths connecting communities both in cities and rural areas so that our children have safe routes to get to school.

Race Training - Weekly club rides offer new and seasoned high-level riders the chance to improve team riding skills. In partnership with the Ken Meyer Memorial Foundation, the Club hosts annual Criterium Bike Race events. Whether training for professional-class races or for endurance events or tours, these weekly training rides give Club members the extra edge to compete and win.

Mt. Baker Bicycle Club vision:

Residents and visitors of all ability levels enjoy frequent and safe cycling throughout the Whatcom County region.

Our Mission: Encouraging and assisting everyone to experience safe and healthy cycling for recreation, transportation, or racing on roadways and trails in and around Whatcom County.

Mt. Baker Bicycle Club goals:

- Increase the number of people bicycling regularly

 conducting and supporting recreational and educational bicycle events and rides
- helping all types of people enjoy bicycling
 Encourage safe and enjoyable bicycling
 - - educate the public on safe bicycling skills and sharing the road
 - communicate issues of interest to bicyclists
- 3. Advise decision makers on facilities and policies that maintain or improve safe bicycling conditions on roadways and trails
- 4. Promote bikes as environmentally friendly transportation partnering to reduce environmental damage of transportation

Mt. Baker Bicycle Club Board of Directors:

Jamie Starks, Physical Activity professional, daily bike commuter

Donna Merlina, Educator, car-free advocate Marie Kimball, Real Estate professional, recreational distance rider

Jim LeGalley, Industrial Safety professional, bike tourist and

Dave Neubeck, Attorney, cyclocross racer

Mt. Baker Bicycle Club officers:

Ellen Barton, President – Transportation Planner, daily bike commuter

Jim LeGalley, Treasurer – bike tourist and commuter Marie Kimball, Membership – Training to do STP in one day 2005 Newsletter Editor –Paul Goff, slow recreational roadster Ride Coordinator - Doug Schoonover quickly. From the top of Vista we go a little faster, usually averaging 17-19 mph. When everyone is quite fit (mid-summer and early fall) we can find ourselves going somewhat faster than that. During the winter, the ride is a bit more relaxed generally, and we go slower. (This means: If you are considering riding out to Birch Bay with us and are not sure about your abilities, it is best to start in the winter or early spring when we are going slower.) We head out Vista to Bay Road, then sweep north to Birch Bay.

We take a bathroom break at Birch Bay State Park, then continue along the water for a short while before entering "Area 51," otherwise known as Point Whitehorn Road. It's a rough road, but there are no cars. After riding 1/2 way past the refinery we turn right and head to Gulf and Rainbow Roads. We then sweep left onto Mountain View Road near Intalco, making a right turn shortly thereafter onto Lake Terrell Road. After crossing Slater we drop down to Red River Road and sing along to Haxton. We take a zig and a zag until we find ourselves on Lummi Shore Road, from which point we retrace the route we took on our way out of Bellingham. The round trip from Kulshan Cycles is about 45 miles, and we roll into town at about 10:00 to 10:30 a.m. depending upon the time of the year, the number of flat tires that we have had to stop for, and/or the weather (rain doesn't slow us down as much as a strong head wind).



Dhaka Bangladesh

MBBC NEWS

See you!

Member Directory: The club is planning to publish a member directory including name, phone and city in each listing. The hope is that the directory will facilitate organization of rides with people in your area. If you don't want your name included please contact Marie Kimball at 752-1236 or mykimball@worldnet.att.net. Email Newsletter: We are able to deliver a PDF version of this newsletter if you prefer. Please let us know if you are interested in the email version. Contact pagoff@yahoo.com.

Volunteers needed: MBBC NEEDS YOU!!!

Slow & Beginner Ride Leaders: Help develop new less brisk rides for members

MBBC Board Secretary: Keep the Board organized **Publicity Coordinator:** For Bike to Work and School day. Will be active between February and May 2005.

Slide Show Coordinator: Will contact venue, arrange for room and A-V equipment. Should be there the evening of the show.

If Interested in any of the above opportunities contact Ellen Barton at 734-8540; raleigh3speed@hotmail.com

SAFE BICYCLING TIPS

- 1. Watch for oncoming vehicles turning left, especially when traffic in your direction of travel has stopped.
- 2. Follow lane markings, don't go straight in a right-turn-only lane. Move left to position yourself in the right-most through lane. Keeping the right-turn lane clear, motion drivers to come forward to complete their right turn, drivers may be apprehensive about coming up on your right.
- 3. Never ride against motor traffic; instead, always ride in the same direction as the motor vehicles.
- 4. Learn to ride on the roadway. Bicyclists have all the rights and responsibilities of any vehicle (RCW 46.61.755). Riding on sidewalks is legal (except in downtown areas where posted). But sidewalk riding should be slow and can be more hazardous than road riding because of potential collisions at driveways or with pedestrians.
- 5. Ride to the right, pass on the left. On the road and trails, ride to the right of faster-moving traffic. When passing slower vehicles, parked cars, pedestrians or other bicyclists, pass on the left. Don't ride too closely to parked cars to avoid colliding with a suddenly-opened car door. Allow about 3 ft. (1 m) of distance.
- 6. Equip your bike appropriately. Keep your bike is in good working order. You should have front and rear lights, reflectors, and a horn or bell. A white front light and a red rear reflector are required by law for night riding. A flashing red rear light is even more visible.
- 7. Exercise caution when turning left. Either walk your bike through the crosswalk like a pedestrian, or signal and turn from the left lane like a motor vehicle.
- 8. Take the whole lane. When riding through narrow lanes, sharp curves, or busy intersections, ride in the middle of your lane to reduce potential conflicts with vehicles approaching from behind.
- 9. Ride carefully in wet conditions. When it's wet or frosty, tires are more likely to skid or slip especially when braking or turning. Reduce speed or avoid riding on wet grates, steel construction plates, sewer covers, leaves, sand and painted roadway symbols such crosswalk stripes or bike lane symbols.
- 10. Ride in a predictable manner. Don't weave between parked vehicles, ride in as straight a line as possible while avoiding road hazards.
- 11. Use loop detectors. If the sensor does not respond to your bike, treat the signal as a stop sign. Wait through an entire cycle, and proceed with caution when safe to do so. Report malfunctioning sensors to Public Works Engineering.
- 12. Obey all traffic signs and signals. Each bicyclist is an ambassador for cycling. Following rules of the road earns all cyclists greater respect from other road users.
- 13. Share the path. Show respect for other trail and sidewalk users. On trails, bicyclists must yield to pedestrians and to horseback riders, on sidewalks, bicyclists must yield to pedestrians."
- 14. Use hand signals to turn. Inform others of your intended actions, usingSl left arm up(preferred) or right arm straight out are legal.

BELLINGHAM BICYCLE PEDESTRIAN ADVISORY COMMITTEE NOTES

WSDOT Public Meeting Closure of 32^{nd} Street, related to improvements on I-5 on- and off-ramps: Audience expressed diverse opinions relating particularly to increased traffic on Donovan if 32^{nd} is closed, and how much these changes are going to cost beyond the state's contribution. Happy Valley residents, concerned about recent heavy development in their neighbor, advised the City to thoroughly study traffic there. Heavier traffic on Happy Valley streets is causing some to reconsider their aversion to sidewalks.

Questions about bike/ped safety included exploration of freeway improvements on the ramps connecting Sehome-Samish at the next I-5 exit north. WSDOT made is also altering the on- and off-ramps on Old Fairhaven Parkway and state funding available in that project to make bike/ped improvements may be hard to come by if these improvements are not make nowCity engineers suggested that BPAC prioritize its recommendations for improved bike/ped crossings of I-5.

<u>Bike Lockers</u>. The Port's unused bike lockers will be installed in the downtown Parkade. The City parking Dept. will manage the lockers; BPAC will help them come up with a management plan.

WWU Updates: The new signals at the corner of W. College Way and Bill McDonald Parkway were discussed. Alternating, serial pedestrian activation of the walk lights insured sufficient safe opportunities for both vehicles and pedestrians to proceed.

New posters have been developed to educate bikers about safety, The posters will go inside WTA buses; suggestions that they also be posted on the outside of buses met concerns of cost.

WHATCOM BICYCLE PEDESTRIAN ADVISORY COMMITTEE NOTES

The committee is preparing to campaign for funding of the county-wide non-motorized arterial system. We will be holding a meeting with planners across the county in January in order to polish the bicycle plan and start submitting projects for funding.

The top priority remains the Ken Hertz Trail connecting link between North Lake Whatcom trail and Blue Canyon Road. This property is key to completing parks plans and a loop trail around Lake Whatcom. The committee voted to urge the County Council to put a high priority on obtaining a right of way to connect these properties by whatever means is necessary, including condemnation if that is the only recourse.



Tokyo

MBBC MEMBERSHIP FORM

□ New Member	□ Renewing Member	☐ This is a change of address	
Last name:	ne: First name:		
Address:			
City:	State:	Postal Code:	
E-mail:			
Home telephone:	Work telephone:		
Associate member: (An associate member.)	er can be any person living	g at the same address as the individ	
of the boxes that app Ride Leader Bike to Work and Special events	o? Volunteers are our most veal to you and we will be in the Newsletter to School Day to Chuck the Website Maintenance ounts on the Counts on the Newslets are our most or the Newslets are ou	Mailings or Data kanut Century Education	

MEMBERSHIP TYPE:

Individual: \$15	
Associate: \$25	
Additional Donation:	
to support bike safety	education
Total enclosed: \$	

Please enclose a check payable to Mt. Baker Bicycle Club (There will be a \$20 fee for all returned checks.)

Mail to:

Mt. Baker Bicycle Club Post Office Box 2702 Bellingham, Washington 98225

NOTES FROM THE BACK OF THE LINE



An collection of facts, anecdotes and reviews from my usual location......at the back of the line.

CROSS COUNTRY RIDES

At the January 11th MBBC meeting John Whitmer will show pictures and discuss his unaccompanied self-contained cross country ride. He averaged 100 miles/day and stayed mostly at motels. He carried camping gear for those times when accommodations were unavailable. For those considering a similar adventure this meeting will be mandatory.

If you a planning a cross country ride there are a several options each with advantages and disadvantages depending on your tolerance for adventure, finances and desire/need for comfort.

Option 1: Self contained traveling by yourself. Adventure Cycling Association has route maps with distances, elevation changes and a limited listing of accommodations and resources available along the way.

Train, plan your route and leave when you are ready.

Option 1.5: Self contained with a group. Adventure Cycling Expeditions (www.adventurecycling.org) —Northern Tier, Southern Tier and Trans Am routes (2-3 months duration)

Adventure Cycling's first cross country trip was in 1976 when over 3,500 people participated in all or part of the Bike Centennial ride. "Packing everything you need onto your bike and hitting the road under your own power can be a deeply rewarding experience. This type of touring requires group cooperation and the spirit of adventure. You'll go home with a strong sense of accomplishment, heartfelt camaraderie, and lifetime memories." Participants carry camping gear, personal gear, clothing, and food in a trailer or panniers. One or two leaders ride along with a small group of eight to 14 participants. No vehicles accompany self-supported tours. All group members contribute to a cooking rotation and participate in planning the tour."

Option 2 Camping with support: American Lung Association (www.alaw.org/support_alaw/big_ride/across_america): The Big Ride covers 3,300 miles in less than 7 weeks.

"The ride in 2005 will be smaller than past years and will be managed entirely by the American Lung Association of Washington. 40 riders will share the experience of riding cross-country while helping out with a few of the camp duties to help keep costs down and increase the fund raising return for the ALAW. A single truck will carry the riders camping gear, clothing and cooking gear. Cooking duties will be shared with small teams of 3-4, meaning that each team will cook no more than once a week for 7 weeks. Riders will get breakfast and dinner each riding day and can also make sandwiches to take with them on the road. Hot showers will be available each day. A sag van provides water and snacks as required and will transport riders if they are unable to ride that day."

If you are interested there will be an informational meeting on December 1 at 7 PM at the REI main store in Seattle. You will be able to view pictures, hear about the event, talk with others who have done the ride and have your questions answered. Go to WWW.BIGRIDE.ORG (www.bigride.org) or call 1-800-732-9339 for more information.

Cycle America (www.cycleamerica.com): Seattle to Gloucester Mass 63 days. Cycle America's Coast-to-Coast tour is divided

into nine Cross-State segments that make it possible to cycle a week or more, or ride all the segments for the complete trip.

You bring your bike, tent, sleeping bag and personal gear. They will carry your luggage and make camping arrangements. Hot showers are available each night. Locally catered meals, snacks, sag support with picnic stops at the ride's midpoint are provided.

Option 3 Motels with support: America by Bike (www.abbike.com): Tours include a Fast America ride 32 days (Irvine Ca to Boston); The Cross Country Challenge a 52 Day Coast to Coast Tour! (San Francisco to Maine); Across America North50 Day Northern Coast to Coast Tour (Astoria, OR to Portsmouth, NH); Fast America South 27 Day (Irvine, CA to Savannah, GA).

Accomodations are AAA approved motels/hotels with triples as standard accommodation—single and double are available at extra cost. The trips offer leaders, sag, mechanical support (at extra cost), medical support, and luggage transportation. Breakfast and dinner are provided daily with snacks along the way. Vegetarians are accommodated and welcomed.

Crossroads (www. crossroadscycling.com): LA to Boston 50 days

Crossroads says they use only larger, well known motels. Standard accommodations for all tours is double occupancy. Private room upgrades are available for an additional fee. Breakfast, snacks and beverages are included on all riding days, and dinner on most. They say their menus for all meals have been developed specifically for long distance cyclists and their unique nutritional needs.

If you know of other alternatives let us know at pagoff@yahoo.com

BICYCLE TIPS Continued from page 3

15. Avoid road hazards and scan the road for hazards such as railroad crossings, vehicles, and opening car doors. Watch out for drainage grates, broken glass, potholes, and standing water. Cross railroad tracks as perpendicular as possible to avoid catching a wheel and falling.

- 16. Watch your speed. Do not exceed posted speeds on roadways. On trails go 15 mph (20 kmh) or slower when pedestrians are present. Bicyclists traveling at the speed of traffic may use the middle of the lane. When traveling slower than traffic, ride to the right side of the right through lane as is safe. If turning, passing or on a one-way street, it is legal to ride to the left.
- 17. Exercise caution at trail heads, driveway crossings or intersections; slow down and watch for cross-traffic, and pedestrians.
- 18. Make your presence known. To alert others when passing (especially pedestrians and horseback riders) use your bell, horn or voice and say in advance "on your left" and, after passing, "thank you." Avoid passing on the right, if possible.
- 19. Dress appropriately. Never wear headphones while riding, but always wear a helmet. Keep your pant legs out of chains with straps or reflective bands. Wearing bright clothing, i.e., yellow jacket or safety harness, etc., makes you more visible, especially at night.
- 20. Crossing busy streets dismount and move to the far right and act as a pedestrian walking a bike. Drivers must then stop and let you cross.

WHIMPS

Since 1988, almost every Saturday of the year, you can find some WHIMPs meeting at the Lake Padden tennis courts at 10: 00 a.m., rain, snow or shine for an Intermediate to Fast ride. Don't be shy. If the group is big, we break off into smaller groups based on fitness level. It's a great way to learn about the sweet rides in the area and network with fellow bikers.

WHIMPs Trail Work Parties: 1st and 3rd Sunday of each month from October-May. Visit our website for where we will be working on which days if you have a favorite trail you would like to work on. Currently we are working on the extension of the Naughty Nellie. Meet at the Upper Lake Padden Parking Area on Samish Way across from Galbraith lane.

Cyclocross Practice Hosted by Runningshoes.com @ Lake Padden Softball fields. Under the lights at 6:00pm on Wednesdays until December 8th, 2004.

More info on the club can be found at www.whimpsmtb.com

BIKE CLUB MEMBERSHIPS MAKE GREAT GIFTS!

Why join the Mt. Baker Bicycle Club?

Whether you've been riding forever or are only beginning, the best thing about bicycling is just being out there: enjoying the outdoors, the fun, the sense of discovery, the freedom. A membership in the Mt. Baker Bicycle Club helps you just get out there and ride.

How does the Club make riding more fun?

We help **smooth the road** for bicycling in many ways -- even literally! -- by working with the local bike committees and engineers to get streets and shoulders swept regularly and maintained properly. Club membership can help make sure you purchase the right equipment for your needs

The Club **eases the stress** of traffic for bicyclists by helping educate drivers and other cyclists on sharing the road safely and legally. When you become part of the Club, you help **spread the fun** by introducing bicycling to new people of all ages through recreational rides and community events.

And most important, through the Mt. Baker Bicycle Club we can make sure that bicycling remains a **safe and fun** part of growing up **for children**. We all want to see cycling as a big part of America's future.

When it's a beautiful day and you want to get out and ride, you don't want to worry about the big picture. That's why your **club membership** is important:

together we can do all of this so you can just ride.

For more information, contact

Mt. Baker Bicycle Club

Post Office Box 2702, Bellingham, Washington 98227 (360) 734-8540; raleigh3speed@hotmail.com www.bikefoothills.org/club

Bike Waps make great holiday gifts!

Mt. Baker Bike Club PO Box 2702 Bellingham Wa 98227

