



MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Volume 14, Number 3, April 2005

Events

April 9: WWU North Shore Circuit Race (Pg5)
April 30: Bike Rodeo
July 10: Padden Mtn Pedal

Meetings

April 14: Ride leader training
April 27: Social Meeting (pg5)
May 7: Traffic Skills (pg3)

Rides (pg6)

April 9: Tulip Pedal
April 26: Tour de Lopez
May 2: Camano Climb
May 7: Skagit Classic
May 14: Bike Anacortes
June 11: Coast Millenium Trail Ride

Recurring Rides

Tuesday Social
Tuesday Training
WWU cycling club
Wednesday Social
Saturday Donut Ride
Saturday Recumbent Ride
Saturday Whimp Ride
Saturday Joy Ride (pg1)
Family Ride (pg 1 article)
Sunday Road Ride (pg 1)

Don't forget Bike to School and Work Day
May 20
PARTICIPATE!

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 98227

New Club Rides

Saturday "Joy Ride", 10:00 am

Meet at the North Bellingham Elementary School parking lot on the southwest corner of the intersection of Northwest and Smith Roads (across the street from the soccer fields). This road ride is intended to travel 25 - 40 miles on various routes throughout the North County at a "social" pace (14 - 16 mph average). However, riders of lesser and greater ability are welcome and every attempt will be made to foster, encourage and accommodate all. **For further information** contact Sonny Meehan at 366-7492 or e-mail lesliemeehan@yahoo.com

Sunday Road Ride

Sunday at 1:00PM starting April 10th, starting at Fairhaven Park. This is a road ride. The distance will be between 25 to 40 miles depending on the participants. We will regroup at predetermined locations. Speed will be 12 to 14 miles per hour, again depending on the abilities of the group. Rain cancels. **For more information:** Doug Schoonover, Ride Coordinator, at mbbcridecoord@prodigy.net or 733-1402.



Jim LeGalley--The solution to Gas Prices!

Family Rides From The Farmers' Market

Beginning Saturday, April 16, Bellingham bicycle commuters Rodd Pemble and Todd Ellsworth, the NW Cycling League, and the Mount Baker Bicycle Club, will be sponsoring monthly Family Bike Rides, starting and ending at the Bellingham Farmer's Market. Dust off that old Schwinn, grab the kids, and join us!

Each ride will be led by an experienced rider and will include approximately one hour of easy riding, with a playground break part way through each ride. Ride leaders will focus on bicycle safety and helping parents and their children use Bellingham's trails and quieter neighborhood streets to access parks, playgrounds, shopping, and more. Road or
Continued page 3

Ride Planning Meeting

On Monday, February 7th, we held our first ever ride planning meeting. We had approximately 20 people in attendance and discussed a number of issues. Some of the people were willing to become ride leaders but felt that they would need some type of training. With the help of materials from the Cascade Bicycle Club in Seattle we will conduct a ride leader training session on Thursday, April 14th, 6:30PM to 9:00PM. The location is still to be determined. Topics to be covered are routes, maps, what to do before, during and after the ride, injuries and other problems. If you are interested in attending or are willing to help with this training session, please contact Doug Schoonover, Ride Coordinator, at mbbcridecoord@prodigy.net or 733-1402.

Bike to School and Work Day News

Bike Week Challenge

Start the festivities early by bicycling all week long -- to work, school, church -- and win chances for even more prizes!

The Bike Week Challenge gives teams a chance to score points by participating in the many fun bike events throughout May. Win the Yellow Jersey (a yellow BTWSD 2005 t-shirt, that is) by being one of the first 20 people to sign up as a Bike Week Booster. Bike Week Boosters are the team leaders who sign up their colleagues to score points in the Challenge.

It's simple:

1. Sign up as a Bike Week Booster (instructions on form)
2. Get co-workers or kids or group members to be on your team
3. Score points for each Bike Month activity and for biking to work all week
4. Win prizes on Bike to Work and School Day, May 20!

See how easy? Everyone can have part of the fun and a chance to win. More information at www.bikefoothills.org/club

Continued page 3

Upcoming event Rides: More info on page 6

April 9: Tulip Pedal
April 27: Tour de Lopez
May 2: Camano Climb
May 7: Skagit Classic
May 14: Bike Anacortes
June 11: Coast Millenium Trail

Social Meetings

Monthly get together meetings at Boundry Bay on the fourth wednesday of the month--after the wednesday ride. See page 5 for more info.
First one scheduled for April 27 at 7:30PM.



Bicycling in Italy

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), self-supporting 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: mbbcridecoord@prodigy.com 360-733-1402

Saturday **Donut Ride:** 24 – 45 miles, race pace, departs from Kulshan Cycles, 7:30 AM Oct thru Feb and 7 AM March thru Sept. Goes to Ferndale for coffee and return, or if you wish continue to Birch Bay and return. (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 MB Ride** 10:00AM. Meet at the tennis courts at Lake Padden. Intermediate to advanced ride. Contact Darren at Clark's cycle for more information.

Saturday **Joy Ride:** 10:AM North Bellingham School parking lot. 20-40 miles social pace 14-16 mph. Sonny Meehan at 366-7492 or lesliemeehan@yahoo.com

Saturday **Family Ride goes on April 16, May 7, June 11, July 16, August 6 and Sept 10.** Starts at Farmer's Market. Routes and times vary. See article page 1. Rodd Pemble at 734-2441 or rodd@sscinc.com.

Sunday **Road Ride:** Starts April 10. Meet at Fairhaven Park. 25-40 miles, 12-14 mph. Rain cancels. Doug Schoonover, mbbcridecoord@prodigy.net or 733-1402.

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 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. 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 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 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.



More Italy

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:

1. Increase the number of people bicycling regularly
 - conducting and supporting recreational and educational bicycle events and rides
 - helping all types of people enjoy bicycling
2. 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:

John Hill, Physician, mountain and road cyclist
Paul Clement, Tecaher, road racer
Jamie Starks, Physical Activity professional, bike commuter
Donna Merlina, Educator, car-free advocate
Marie Kimball, Real Estate professional, recreational rider
Jim LeGalley, Industrial Safety professional, bike tourist and commuter
Dave Neubeck, Attorney, cyclocross racer
Doug Schoonover, rider extraordinaire

Mt. Baker Bicycle Club officers:

Ellen Barton--President –Transportation Planner, daily bike commuter-- raleigh3speed@hotmail.com (734-8540)
Jim LeGalley--Treasurer – bike tourist and commuter
Marie Kimball--Membership – Training to do STP in one day 2005-- bikebham@yahoo.com (752-1236)
Doug Schoonover--Ride Coordinator - mbbcridecood@prodigy.net (733-1402)
Paul Goff--Newsletter Editor –slow recreational roadster-- pagoff@yahoo.com

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

New Rides from page 1

trail bikes are suitable. Suggested guidelines are children 7-years and older may ride their own bikes, with younger children on a "trail-a-bike" or in bike trailer. Helmets are required for ALL participants. Gloves recommended.

Kulshan Cycles will provide a trained mechanic at the beginning of each day's ride, to help with a spare tube or adjusting brakes or derailleurs. Thank you to Baker's Breakfast Cookies and Albertson's on Birchwood for generously providing cookies and juice for all participants.

Meet at the NW Cycling League tent at the Farmer's Market at 9:30am on the dates below, at the corner of Chestnut Street and Railroad Avenue (note June 11 ride starts at the south parking lot of Larrabee State Park!). Rides proceed rain or shine – dress appropriately! Questions? Contact Rodd Pemble at 734-2441 or rodd@sscinc.com.

Sat, April 16 (9:30am-11:00am) South loop to Fairhaven & Boulevard Park

Sat, May 7 (9:30am-11:00am) RR Trail to Roosevelt School playground and back
(11:30am -1:00pm) South loop to Fairhaven & Boulevard Park

Sat, June 11 (9:30am-11:30am) Ride from Larrabee State Park to Maritime Heritage on Interurban Trail

Sat, July 16 Same as May 7, but reverse loops (S first, then N)

Sat, Aug 6 Same as May

Sat, Sept 10 Same as July

Visit the NW Cycling League at www.getoutthebike.com and the Mt. Baker Bicycle Club at www.bikefoothills.org/club/ after April 1st for printable Family Ride Route Maps and more information and links to other bicycling opportunities in Whatcom and Skagit County

Bicycle Safety Bill HR1108

Currently this bill is before the Senate Transportation Committee and we are waiting to see if it will be re-written or changed in anyway while there. It has received bi-partisan support and we will keep everyone posted as this is something cyclists have needed for a very long time. Please contact our senator and encourage his yes vote. For more information: <http://www.leg.wa.gov/wsladm/billinfo1/dspBillSummary.cfm?billnumber=1108&year=2005>

Summary of Amended Bill: The driver of a motor vehicle approaching a pedestrian or bicycle that is on the roadway or on the right-hand shoulder or bicycle lane of the roadway must pass at a safe distance to the left. The driver must also be safely clear of the overtaken pedestrian or bicyclist before returning to the driver's original position on the roadway.

The driver of a motor vehicle may not drive on the left side of the roadway when a bicycle or pedestrian is within view of the driver and is approaching from the opposite direction, or is present, in the roadway, shoulder, or bicycle lane within a distance unsafe to the bicyclist or pedestrian due to the width or condition of the roadway, shoulder, or bicycle lane.



Bike to School and Work: from Page 1

Big Wheel Sponsors and Publicity

Thanks to a terrific publicity committee, Bike to Work and School Day (BTWSD) is being trumpeted in a 10 week ad series in the [Bellingham Weekly](#) and the [Whatcom Independent](#), two of the wonderful sponsors for BTWSD 2005. A local artist has donated a snazzy design for the 2005 T-shirt and posters to promote this fun and festive local event.

A-1 Builders is our first Big Wheel Sponsor for BTWSD 2005. A-1 is committed to sustainable

and environmentally friendly building practices and is a founding member of Sustainable Connections. They received the Governor's Award for Sustainability in 2003 and continue to take innovative steps to reduce waste and support choices that keep our community healthy. For example, A-1's owner, Rick Dubrow, picked up Mayor Mark Asmundson for the award presentation on a tandem bicycle. A-1 is also in the process of establishing a fleet of work bicycles, featuring customized signage front and rear.

SSC (Sanitary Service Corporation) is our Sprocket Hero sponsor, donating a brand new Trek 4300 bicycle for the top raffle prize on Bike to Work and School Day. The bike is featured on display at Kulshan Cycles. Thanks to Pedal Pusher sponsorships from Lori Brion Dental Clinic and Fairhaven Cycles, a cool kid's bike will be awarded for the top prize for kids biking to school. Check out the bike at Fairhaven Bike and Mountain Sports. For more information on how your business can support Bike to Work and School Day, call 676-6974 or e-mail raleigh3speed@hotmail.com.



Riding Chuckanut

Bike Rodeo at Hagen Safety Fair: April 30

Whatcom Safe Kids Coalition in partnership with Bellingham Kiwanis Club and the annual Hagen's Community and Safety Fair are hosting a bike rodeo at Barkley Village on April 30. Ride the railroad trail to Barkley Village and enjoy a fun and festive bike skills course on your way to the Bellingham Herald Family Fitness Day events at Bellingham Bay.

Traffic Skills for Cyclists: Saturday May 7

Take this one day course and enjoy cycling more! Learn how to operate your bike smoothly in traffic – the difference lies in the skill, knowledge, and confidence level of the cyclist. Taught by a nationally certified cycling instructor, combines classroom, parking lot, and on-road training. It is intended to build traffic cycling proficiency for adult recreational, commuter, touring, club and utility cyclists.

You will learn:

- How to ride comfortably and safely in heavy traffic
- Tips for riding at night and in the rain
- How to maneuver around obstacles and make sudden stops
- Proper bike fit and how to do your own bike safety check
- Practical advice on equipment, clothing and route

For more details or to register, see <http://www.cob.org/documents/parks/recreation/2005-spring-leisure-guide.pdf>. TIME: 8:30 a.m.–4:30 p.m.

LOCATION: Fairhaven Park Pavilion

Advocacy

Seattle Group Health Bike Expo Best Ever

Mt. Baker Bicycle Club and Ken Meyer Memorial Foundation teamed up to host a booth at the February Bike Expo where we featured the Chuckanut Century and the Mt. Baker Hill Climb events. Hundreds of cyclists flocked to the booth cleaning us out of all the Club brochures, newsletters and water bottles and purchasing bike maps and posters. Bellingham Welcomes RSVP – the barbecue and camping festival on August 5 – is featured in Cascade’s RSVP registration and about a thousand riders are looking forward to the fun they’ll have in Bellingham. Thanks to the terrific volunteers who staffed the booth. The Expo was located at Magnuson Park, just off the Burke-Gilman Trail and this venue attracted more attendees than ever, and more that bicycled there, too.

Chain of Trails Plan

Whatcom TrailNet has submitted the completed Chain of Trails plan to the Whatcom Bicycle Pedestrian Advisory Committee (BPAC) to request that the committee adopt it as part of the long-range vision for bicycle and pedestrian transportation in the Mt. Baker Foothills. The BPAC will consider the plan at its April 20 meeting along with beginning the process of updating the County Bicycle Plan. Chain of Trails proposes a mix of shared low-traffic roads as well as off-road trails and gravel roads to form a non-motorized travel network. Implementation of the plan is expected to be part of the long-term strategy of the Mt. Baker Foothills Economic Development Association and its partners.

Bike Club Meetings without Slides?

March 21 marks the end of the winter monthly slide show series for the Mt. Baker Bicycle Club, but why not continue meeting monthly without slides? As days begin to lighten and lengthen, more of us spend time out on the road or trails. It’s still good to have a chance to get together, so we’re going to try this: Meet after the Wednesday night ride on the Fourth Wednesday of the month at Boundary Bay Bistro, about 7:30 pm. This will be a

MBBC Membership Form

New Member Renewing Member This is a change of address

Last name: _____ First name: _____

Address: _____

City: _____ State: _____ Postal Code: _____

E-mail: _____

Home telephone: _____ Work telephone: _____

Associate member: _____

(An associate member can be any person living at the same address as the individual member)

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:

Ride Leader Newsletter Mailings or Data

Bike to Work and School Day Chuckanut Century

Special events Website Maintenance Education

I can provide discounts on _____

Mail to:

Mt. Baker Bicycle Club
Post Office Box 2702
Bellingham, Washington 98227

chance to meet and connect with new and long-time riders and hatch new plans. Next monthly get-together: Wednesday, 27 April.

Non-Motorized Arterial Summit

Whatcom Bicycle Pedestrian Advisory Committee (BPAC) and the Community Transportation Advisory Group (CTAG) hosted the February 10 Summit to bring greater seriousness to the transportation function of trails. Top officials attended from County and City engineering, planning and parks departments to hear from Clallam County Public Works how they funded and built at least 60 miles of trail using funds that otherwise get used to build wider or more roads. Participants at the Summit agreed that a top priority for transportation trails is the loop route formed by the Nooksack River Trail from Bellingham to Everson then south via Cedarville and Dewey Valley on the Bay to Baker Trail back to Bellingham. The first section of this loop is part of the Coast Millennium Trail and County Parks is working to ensure continued public access on the existing dike trail from Marietta to Ferndale. Will public works take up the challenge of building the next section, a Nooksack River dike trail from Ferndale to Lynden?



Nick Clayville and Ryan Rickerts (both WWU) at the Icebreaker TT start line

MBBC Volunteer Needs

- Newsletter Mailing assistant: help maintain the mailing label list and coordinate the stuffing, folding and mailing each month (about 2 hours per month).
- Website Maintenance and Update: help keep the Mt. Baker Bicycle Club website from becoming cob-webbed. About 3 or 4 hours per month.
- Assistant Treasurer: basic bookkeeping help to keep track of different funds and develop reports for the board (about 2 hours per month)
- Board Secretary: write meeting summaries and keep records of decisions (4 hours every 2 months)
- Bellingham Welcomes RSVP: Hosts for homestay guests overnight August 5.

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.)

Questions?

Check out our web site: www.bikefoothills.org/club
 or email us at bikebham@yahoo.com
 or call at 7521236

Biketown

Here's a little story of some newbies to bicycling from the March 2005 Bicycling Magazine. It is called Biketown.

Bicycling magazine did this in 2003 in Portland, Maine with 50 participants and then again in 2004 in Irvine, CA, Redmond, WA, Chatham/ Madison, New Jersey, Chicago, IL and Racine, WI, this time with 250 participants. They gave each person a Giant or GT bike to ride for 3 months and just simply watched them. They saw and heard some amazing stories of lives transformed and perhaps more importantly they saw communities created and cities changed. Of course, not everyone continued but it was a very gratifying experience for most.

Participants:

Ages 13 to 80, average 39
 54% female, 46% male
 Married 60%, single 24%, divorced/widowed 14%, living together 2%
 Employed full-time 78%, part-time 11%, not employed 6%, homemaker 3%, retired 1% and student 1%

How they rode:

Alone 66%
 With others 34%
 For exercise 77%
 For transportation 43%

Average miles per week 10

15+ 26%
 11-15 20%
 6-10 23%
 < 6 30%
 0 1%

Biketown improved my...

Relationship with my kids 47%
 My emotional life 46%
 The amount of quality time with my family 37%
 My relationship with my spouse/ partner 34%
 My social life 23%

Personal results:

Biketown had a positive impact on my life 92%
 I'm more satisfied with my fitness level after Biketown 70%
 I lost weight during the three months 33%
 I will continue to ride regularly or occasionally after Biketown 98%

Ride farther, be happier---

Riders who rode more than 10 miles vs. those who rode less than 10. Biketown helped my...

General happiness 88% vs. 69%
 Confidence 74% vs. 43%
 Self esteem 70% vs. 50%
 Emotional life 59% vs. 36%
 Weight loss 43% vs. 24%
 Satisfaction at work 34% vs. 12%

Does any of this surprise you? !!!!!



Adam Schwind (Whatcom), Celeo Guifarro (WWU), and Alex Brede (BVC) at Escape Velocity

The team and WWU are hosting the event but will need the help of dedicated cyclists throughout the community to ensure a safe and organized race. Mt. Baker Bicycle Club members have the expertise to assure proper course setup, registration, marshalling, motorpacing, and cleanup. You're invited to sign up and volunteer! It's a great way to see bike racing up close and get a free lunch.



Dave Fayram (BVC) at Escape Velocity

By volunteering for our event, you would:

- Promote a healthy and active Bellingham community,
- Support our dedicated team of student athletes, and aid us in meeting our financial goals for the year,
- Encourage the growth of collegiate and non-collegiate cycling in the Pacific Northwest.

The specific volunteer positions and times are listed below. If you or any friends or family members are interested in helping our team, please get in touch with me as soon as possible. For more information about the race or our team, visit www.wwucycling.com/events.asp and call me!

Zach Guy
 zachguy@charter.net
 (360) 788-1260



Jeff Cummins (BVC) at Escape Velocity

WWU Cycling Team NEEDS YOU!!!

The 35 members of the WWU cycling team are hosting a collegiate competition in Bellingham to raise funds for the team and also to contribute to NW cycling. Mt. Baker Bicycle Club members and friends are invited to help make this event an even bigger success.

The North Shore Circuit Race, will be held on April 9. and will include the collegiate racing event as well as races for non-collegiate amateur riders.

Volunteer Opportunities--

Course Setup: Involves sweeping corners and setting up signs. 6:30 a.m. – 9:30 a.m.

Course Marshals: Flagging and stopping traffic at intersections while the racers pass by. Shifts from 7:30 a.m. to 6:00 p.m.

Registration: Checking race licenses, taking payments and registration forms, and handing out race numbers at a booth. Shifts from 6:45 a.m. to 3:00 p.m.

Motorcade: Driving in front of or behind the main field of racers. (You will be compensated for gas and your vehicle will be insured by USCF) Shifts from 9:45 a.m. to 6:00 p.m.

Upcoming Rides

Need a Lift?

In past years there have been a number of us who have car pooled to the various organized rides in the area. On Saturday, March 12th a number of people from Bellingham did the McClinchy Mile ride in Arlington. Some of the upcoming rides in April are the Tulip Pedal, April 9th, Tour de Lopez: April 27th, and Camano Climb: May 2nd. For more information, contact Doug Schoonover, Ride Coordinator, at or 733-1402.

Tulip Pedal: April 9

www.skagititems.com

The 2005 Tulip Pedal will attract hundreds of cyclists from British Columbia to California and all places elsewhere to ride amidst our beautiful Skagit County tulip fields during the 2005 Skagit Valley Tulip Festival. This is Skagit County Medic One's premier fundraiser. Every dollar from this ride goes toward injury prevention efforts in Skagit County, with emphasis placed on preventing head injuries in children who ride their bikes in our area. Riders will be pleased that we have dropped the cost from last year. All riders will pay \$20. Shirts will be guaranteed for all riders (with the exception of children) who register prior to April 2, 2005. T-shirts will be mailed at a nominal fee to those who register after April 2 and on ride day. Along with a T-shirt, riders will receive a tulip from Washington Bulb Company -- one of the world's largest growers of tulips. There are two courses. One is 20 miles and the other is 40 miles; both begin and end near the Skagit Valley tulip fields.

Starts at the Rexville Grange, Mount Vernon

Tour de Lopez: April 27

<http://www.lopezisland.com/tour.html>

The Lopez Island Chamber of Commerce is hosting the second annual "Tour De Lopez" on Saturday April 23, 2005. This ride is a non-competitive road tour with 10 & 26 mile routes through the scenic landscape of Lopez. We encourage participants to consider making this a weekend getaway. Why not come Friday and stay thru the weekend? There will be several other events and activities for you to enjoy on the Island. More information and details will be available soon. Please browse our website for more information on accommodations and camping options available. The tour is open to bicycle clubs and individual participants throughout the Pacific Northwest. "Tour De Lopez" will start at 10:00am at Odlin County Park -- a short ride (.5 mile) from the Lopez Ferry landing. Check-in will be in the park to pick up route map details and lunch vouchers. The tour routes will include marked designated halfway points with snacks, water & restrooms available. The Port Stanley Schoolhouse is your first rest area and will feature an art show by members of the Lopez Artist Guild. Your ride will conclude in the Village Park, next to Lopez Village Market, with a lunch presented by the Bay Cafe from 1-3pm for bicyclists as well as local residents. For those on a day trip, the ride back to the ferry landing is about 4.5 miles from the Village. Registration forms will be available online at www.lopezisland.com after Feb. 15th. If you would like to have a registration packet mailed to you, please fill out the attached form and one will be sent.

Camano Climb: May 2

http://www.stanwoodvelosport.com/Camano%20Climb/camano_climb04.htm

This ride is fast becoming one of the true classic rides in Western Washington. Now in it's 8th year, it has become a tune-up ride for both STP and Ramrod. Some of our participants make it into a century by riding two laps. Come join us on this great ride!

Start/Finish will be at the Camano Senior Center on Camano

Island. Free Spaghetti dinner for all riders following the ride at the Camano Senior Center. This start location eliminates the bridge leaving Stanwood resulting in a safer course. Registration will be from 7:30am - 10am, start riding from 8am - 10am. Course to close by 4pm. Cost is \$20 pre-registration post marked by April 23, 2004, \$25 day of ride registration.

The Ride: 50 miles of scenic bicycling around the perimeter of Camano Island (approx 1 hour north of Seattle) with an escape route of about 35 miles for those who wish a shorter ride. Spectacular views of Cascade and Olympic Mountains, Skagit Bay, Port Susan, Saratoga Passage and Whidbey Island. No Ferry ride required.

T-Shirts: Camano Climb 2004 T-shirts will only be available with completed registration postmarked by April 23, 2004. The cost of this year's T-shirt will be \$14.00. No T-shirts will be available on day of event.

Directions: Take the I-5 Stanwood/Camano Island exit #212. Take Hwy #532 west approximately 11 miles on to Camano Island. Turn right at traffic control light at Cross Island Road and immediately right again on Arrowhead Road. Go approximately 300 feet and turn right into the Camano Island Senior Center and Utsalady Elementary School parking lots.

Skagit Spring Classic: May 7

www.skagitbicycleclub.org

The 2005 Skagit Spring Classic will be held on May 7th. More details coming soon! This is an enthusiastically supported ride through the Skagit flats and foot hills. Last year 25, 40, 62 and 100 mile routes were included. Used to be known as the Cookie Ride because of the home made cookies at the rest stops.

Bike Anacortes: May 14

www.pioneernet.net/pool and fitness

The Fidalgo Pool and Fitness Center will be sponsoring a biketour through the streets of beautiful Anacortes as a fundraiser to renovate the fitness center. There are three routes to choose from: 1) a challenging, hilly, 24-mile ride, 2) a challenging, hilly 12-mile ride, and 3) a 3+ mile, flat, family fun ride. The cost is \$25 per rider (for the 24- or 12-mile rides) and that includes a lunch from Gere-A-Deli to be enjoyed after the ride. The day of the event, the cost will be \$30 and your lunch will not be provided. The family fun ride is free but you must still register to take part in the ride and no lunch is provided. Stop by the Fidalgo Pool and Fitness Center for an entry form or download the registration form from the FPFC site.

Coast Millennium Trail National Trails Day Ride

Whether you want a slow paced family trail ride or a longer distance afternoon ride, the Coast Millennium Trail National Trails Day Ride is for you. This year the ride is being conducted in conjunction with the popular non-profit fund-raising event Whatcom Human Race, on Saturday, June 11. Bicyclists will depart from Larrabee State Park at 10 am and travel along the Coast Millennium Trail to Maritime Heritage Park for the festive lunch, music, and awards. This 10 mile off-road course is comfortable for families or new riders. After lunch, continue north along scenic riverside and coastal-view trails and roads to Blaine. Return to Bellingham via a marine dinner cruise on board the Great Orca Adventures high speed catamaran. A perfect way to start the summer. More information available at the Human Race kick-off dinner on March 30 at the Cruise Terminal or at www.whatcomvolunteer.org/events.race05new.html.

MOUNT BAKER BICYCLE CLUB JERSEY DESIGN IS COMPLETED!

Bob Lindquist and I have spent lunches and breaks over the past month going over Sean Samuelson's of Techhaven's designs to come up with our new club jersey and it has been sent off to Atac Sportswear for proofing.

As some of you know, the design that we have uploaded on Yahoo Groups and the one you see here in the newsletter does not represent the "color" vibrancy that the proof will include or that your jersey will ultimately have.

Sizing jerseys will be at Kulshan Cycles by the end of the month.

Currently we are over the necessary order amount but since we are receiving a sizable discount due to sponsorship...if you thought you would want one in the future...now is the time to get on board at the discounted price of \$55.00 each.

TO ORDER JERSEYS CONTACT MARIE KIMBALL @ bikebham@yahoo.com or mykimball@comcast.net or 360 752-1236



.....Marie Kimball

Endurance Cycling: Five Mistakes to Avoid

For more information on endurance cycling go to www.ultracycling.com Can you ride a century every month including two makeup rides for winter? Sign up for the YearRounder Century Challenge at www.ultracycling.com/standings/year-rounder.html

MISTAKE #1: NOT USING SPEEDWORK

You only get faster by riding faster! In practical terms, you need one or two days a week focused on high intensity speed training. Though hill repeats, interval training against the clock, or even a spinning class can be effective speed training, the best way to increase your speed is to ride with those who are much faster than you are. Joining a weekly racer club workout or weekly crit series is the ticket here. Get out and hammer with the big boys and girls in the pacelines, sprint for the city limit signs, and do your best not to get dropped. Be forewarned, though: it can be humbling for a while, if not for a long while. But you'll get faster for the long haul.

MISTAKE #2: DOING LONG SLOW MILES

- "Keep it steady and keep it moving" should be the mantra while riding LSD: Don't dilly-dally while refueling, fixing a flat, or reading the route sheet. Don't bog down while riding, either, whether on the hills or flats. Use your bike computer to push yourself to maintain an average speed; use your heart rate monitor to see how low you can keep your heart rate while maintaining a challenging average speed. When quicker riders pass you, pick up the pace; riding steadily doesn't mean you shouldn't push it sometimes, too.

- Base Fitness Training: LSD rides will allow you to slowly, but surely, rebuild your body from the inside out. You'll increase the efficiency of your cardiovascular system and get in touch with your heart rate and breathing patterns. This is particularly important in the early season, when you're laying the foundation for the year.

- Equipment Testing: If you're not comfortable on your bike, you won't ride far. Use your LSD rides, not events, to test saddles, shoes, pedals, aerobars, and such, plus variations on their position.

- Nutrition Testing: Use your long rides to see which fuel and hydration systems work for you. Whatever you eat and drink, it should be portable, go down well, provide consistent energy (no highs and lows), and keep you hydrated. If you don't want to

carry 100 or 200 miles' worth of food and drink during your events, find out what the event promoters will serve and train on that. Then when you do the event you won't need to carry all your own fuel. (But if the event is going to serve Danishes and hot dogs, as some do, you'll want to carry your own fuel.)

MISTAKE #3: DOING THE SAME THING ALL THE TIME

The third common mistake is doing the same workout on the same day, week after week. This is boring and unnecessary, so lose those crazy "Tuesdays are for speed work, Wednesday are for hill-climbing" kinds of rules or club ride schedules. Finally, don't skip training days during the week with the intention of making up for it on the weekends. Use your lunch hour, bike commuting, and even night training so that you are training, on the bike, four or five days a week, no matter what.

MISTAKE #4: NOT ALLOWING RECOVERY

The complementary ideas of "rest days" and "recovery rides" are lost on most athletes. In training, you're either improving by pushing yourself or recovering by resting or going easily so that you're ready to push yourself again. Training at a mid-level intensity is only useful during LSD rides. The rest of the time, either hammer or go very, very easy (or don't ride at all). Each week should include one true recovery ride and one day of complete inactivity except perhaps a walk after dinner (a good habit every day).

If you're not recovered, your resting heart rate will be elevated and/or you'll feel listless on the bike. If that's you, park the bike and rest another day; training on tired legs is a waste of time. Make your training time count, but also make your recovery time count. The point is to keep building, ever higher!

MISTAKE #5: STAYING ON THE BIKE ALL THE TIME

All cyclists can improve their cycling comfort, endurance, and speed by training off the bike, as well as improve their overall health and fitness.

I'm amazed at the number of overweight endurance riders I see. Either the extra weight is a result of poor dietary habits (fast food for breakfast, lunch, and/or dinner?) or these riders are stuck on a plateau, no matter how many miles they train, or how many long events they finish. They need to incorporate more intensity into their training and they need some cross-training to shock their bodies into pushing itself to a higher level. So do the rest of us!

Off bike training should include yoga, Pilates, and/or strength training (i.e., weight lifting). Swimming and running are two other great complements to cycling that will not only increase your overall health, but also your cycling ability through increased muscular endurance, strength, and overall joint, muscle, and connective tissue health.

On-the-bike cross-training variations are great, too: mountain biking and spinning classes can do wonders for your road riding. I cross-train in all of these manners regularly and they pay off for me, not only when doing an Ironman Triathlon, but also as I ride doubles, and even as I sit at my desk writing this article.

Avoid the five mistakes outlined above and you should be able to say "make mine another century or double" with a smile and confidence. Enjoy!

By Chris Kostman, UltraCycling magazine Copyright 2004 by the UltraMarathon Cycling Association. Reprinted with permission.

Chris Kostman began riding doubles in 1983. Besides producing the Furnace Creek 508 each October since 1990, he also organizes the Death Valley Century and Double Century in March and October each year. Visit www.adventurecorps.com for all the info.

Notes from the Back of the line

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

MBBC Pendulum

I've been a member of MBBC for about a year and a half. In this time I've met interesting people (at times very briefly as they've gone by), joined challenging rides, discussed advocacy issues, worked as a volunteer at the MBBC fair booth and have become the editor of the newsletter.

As I understand it, the over the years the pendulum has swung back and forth with the club becoming intermittently more active and then near moribund. We appear to be in a more active stage at present with club's profile in the community increasing. There are more rides and better attendance at club functions. The group has become more involved in advocacy and many club activities including this newsletter (thanks Bob Lindquist!) have been reinvigorated.

Compared with other areas of the State however, we lag in membership and vitality. It seems inconceivable to me in this community with over 160,000 people, that the most visible bicycle group (that may be arguable but stick with me) should have just 75 members. The donut ride alone on some Saturdays has almost 50 riders. Considering the hundreds of road cyclists, mountain bikers and casual adult recreational cyclists and the number of bicycle stores in town that are all thriving, our membership should be several times what it is. Other clubs in the area seem to have more members and as result more varied activities.

I don't have a clue why we aren't doing better. Maybe my



expectations are too high and I should just cool it. I do sense, however that the pendulum will continue to swing unless we increase our membership and get more people involved both as members and officers.

The club's representation of cycling interests in our area is vital for the health of our sport and the continued development of cycling. What can we do? I'd welcome your thoughts..pagoff@yahoo.com

Mc Clinchy Mile

The folks in Arlington each year tempt fate by having a bicycle ride in early March. This year's ride took place on March 7th and the Gods were forgiving.

I went down to meet some folks with whom I will ride cross country this summer. The sign-in at 8AM was hectic with 50 people or so waiting for the opening of the course. We got together promptly and our enthusiasm was rewarded by wonderful weather, cloudless in the 60's, and a very pleasant ride. Go figure! We did the 47 mile loop to Granite Falls and Machias, returning by the Centennial trail to Arlington. Other less strenuous (I'm told) shorter loops to Granite Falls and Stanwood were also available.

On our ride for the first 30 or so miles we were in rolling hills with a few not too difficult climbs.

At the rest stop which was nicely organized, we had refreshments and were able to refill our water bottles (interestingly the only source were the sinks in the rest rooms). The organizers thoughtfully had a bicycle mechanic available and indeed one of our group had mechanical problems which were efficiently handled.

We returned to Arlington via the Centennial trail which is a rails to trails route. It is nicely paved but it's difficult to get into any rhythm because of the frequent barriers at cross roads.

The ride was a great start to the cycling season for those who passed up the Chilly Hilly in February. May the Gods be as kind to our Chuckanut Century in September.Paul Goff

Bike Maps make great gifts!

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