



# MBBC

**More Bicycling = Better Community!**

**Mount Baker Bicycle Club Newsletter, Volume 23, Number 5, June 2014**

**June 15: Fifth Year!**

## *Bill's Hills Returns!*

Some love to climb hills for the great views. Some for the slower pace. Some for the rush of the downhill after. Some because climbing is challenging. Whatever your reasons, if you are looking for hills, **Bill's Hills is your ride.** Some would say Bill's Hills riders are crazy. I completely agree, crazy like a fox!

Broken bikes, broken bodies, broken sweat. Bill's Hills is like a boot camp for your cycling self. But instead of taking weeks to accomplish, it is done in a day! When you finish, if you finish, you will see Bellingham in a different way. You may even see yourself in a different way.

“Nothing in the world is worth having or worth doing unless it means effort, pain, difficulty... I have never in my life envied a human being who led an easy life. I have envied a great many people who led difficult lives and led them well.” - Theodore Roosevelt

Bill's Hills 5th Edition will be on Sunday June 15th. Bill McCourt's route of 10,000+ ft of climbing in just over 100 miles around our beloved Bellingham is truly a classic. The ride is only open to Mount Baker Bicycle Club members, and if you're not yet a member, don't worry, you can sign up at the beginning of the ride. For the price of a \$15 membership, you can ride one of - if not *the* - most challenging centuries in the Northwest. With fully stocked rest stops and great routes, this is the cheapest organized century you will ever do! The routes are extremely challenging. There are three "loops" of approximately 30-40 miles with 3,000 to 4,000 feet of climbing each. Just think Sehome Hill, California Street, King Mountain, Emerald Lake, Squalicum Mountain and - well

you get the idea - just about every known hill in the Bellingham area. Ride one loop or ride them all, it is up to you.

When I'm climbing a seemingly endless hill, I think of the drill sergeant in the movie Full Metal Jacket. *"Private Joker is silly and he's ignorant, but he's got guts and guts is enough."* If you don't have guts at the start of this ride, you will certainly have some by the end, and you will be born again harder.

See Greg Rehm's review of the 2011 ride ([mtbakerbikeclub.org/news](http://mtbakerbikeclub.org/news) - it's in the July 2011 newsletter) for another perspective on the adventure.

There will be a \$25 Boundary Bay gift certificate, a \$15 Road ID gift certificate, and a free entry for the Chuckanut Century awarded in a drawing for all participants. Food stops will be provided courtesy of Judy McCourt, Kathy Whitmer, and Patti/Jennifer at strategic points along the course. Those finishing the entire course will receive a beverage gift certificate for Boundary Bay, which will likely be used trying to rehydrate after the ride.

If you're still interested (think of the bragging rights!) in the most difficult century in the Northwest, then plan on meeting at **6:45am on Sunday June 15th at Marine Park** just west of 6th and Harris in Fairhaven. For more information contact Bill McCourt: 360-201-9524.

- submitted by Tim Ryan,  
past *Bill's Hills* conqueror

*in this newsletter:*

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This month's contributors:  
Robert Ashworth, Mary Cole,  
Bill McCourt, John Okan,  
Mark Reimers, Tim Ryan,  
Whatcom SmartTrips' FB  
page. Thanks All!



*the club online:*


**[www.mtbakerbikeclub.org](http://www.mtbakerbikeclub.org)**  
**[www.chuckanutcentury.org](http://www.chuckanutcentury.org)**

*and our social sites:*

 [facebook.com/  
mountbakerbicycleclub](https://www.facebook.com/mountbakerbicycleclub)

 [sports.groups.yahoo.com/  
group/MtBakerBicycleClub](https://groups.yahoo.com/group/MtBakerBicycleClub)

 [twitter.com/mtbakerbike](https://twitter.com/mtbakerbike)

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

# WEEKLY AND GROUP RIDES



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

**Sunday Long-Slog Ride:** Group ride for slower, but serious, riders who want to build strength and endurance. Pace averages 11-14 mph, and distance begins with ~30 miles in May, increasing by 10-15 miles monthly to reach a goal of about 70-80 miles by the end of the summer. *There are hills on the routes!* Meet 8:50am, leave 9:00am from Boulevard Park, near the bike racks behind Woods Coffee. Check MBBC website for weekly ride details. info: mbbcnewsletter @ mtbakerbikeclub.org, 360-961-6684.

**Tuesday Evening Summer Ride: "Ramp-Up" through June** NEW starting location this year: WCC northeast parking lot north of Kellogg and Eliza. Meet 5:45pm leave at 6pm. Distance and speed of the "ramp-up" group will initially average 15 to 17 mph, distance 15-20 miles. Ride focus on the skills necessary to ride in groups. We will concentrate on safe riding practices, paceline skills, how to overtake other riders and pass them in a safe manner, and how to deal with traffic. information: Doug Schoonover 410-6431 or chuckanutcentury@mtbakerbikeclub.org. A faster, more skilled group will ride a different route and average 18+ mph.

**Wednesday Group Workout Ride:** Race/Training Pace, 30 mile distance, meet at 5:45 pm, leave at 6pm from Boundary Bay Brewery at Railroad Avenue. Ride separates into fast (18+ mph) and very fast (21+ mph) groups. A moderate group (15-17 mph) leaves a bit earlier. Gather at brewery afterward (7:30p). information: Tim via email: t.ryan.2009@gmail.com

**Thursday "Going Up the County" Ride** 14 -17 mph pace, 20 miles, April - September. Gather at 6pm at Immanuel Lutheran Church parking lot, 1/2 mile N of Mt. Baker Hwy on Hwy 9/Lawrence Road. This is a convenient ride for all you county folk in Everson, Nooksack, Deming... Led by John Okan and Rick Jacoby. more information: Joka001@Luthersem.edu or 360-393-2435

## OTHER LOCAL GROUP RIDES

**Sunday Edison Social Ride** starts from Edison Elementary School parking lot. 30-40 miles, 10-14 mph, route varies. 10 am start time. For additional info: Alfred Arkley arkley@comcast.net or 360-527-8638

**Sunday Rabbit Ride:** 32mi road ride, South on Chuckanut, back via Colony and Lake Samish. All welcome; come prepared to push yourself. Pace varies by individual. Small similarly-paced groups leave from Fairhaven Bike & Ski. Those who estimate a 2-or-more-hour ride time leave at 8am. Faster groups leave at 8:15 and fastest at 8:30 am. Info: John Hauter, johnh@fairhavenbike.com 733-4433.

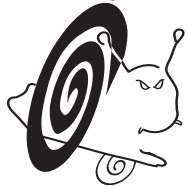
**Tuesday Ferndale Social Ride:** starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. Start time either 9am or 10am. To check time and other info: Bob Parker rmp-4724@hotmail.com or 360-671-6910

**Tuesday Hot Laps** 30-40 miles, race pace. Training ride departs from Kulshan Cycles at 6pm to a practice road race course. Summer months only.

**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

**Saturday Donut Ride:** 24 - 45 miles, race pace, departs from Kulshan Cycles, beginning March 1st will be back to the 7am start time. Goes to Ferndale and return, or if you wish continue to Birch Bay and return. Every week of the year!!

**Saturday Recumbent Ride:** Second Saturday of the month at 10 am. 14 mile intown course begins at Kulshan Cycles. Weather-dependent. Robert Parker at rmp-4724@hotmail.com or 360-671-6910



# BIKE RIDES AND EVENTS IN 2014

## Classes & Training

**Bellingham REI** Cycling related classes: check the monthly calendar at [rei.com/stores/bellingham.html](http://rei.com/stores/bellingham.html).

June 4: Overnight Bike Touring

June 22: Roadside Bike Repair

June 23: Bike Maintenance Basics

**everybodyBike** Cycling safety and confidence classes: check the classes list at [everybodybike.com/classes/](http://everybodybike.com/classes/)

## Races

**June 14:** All-girl Alley Cat, Seattle [menstrual-monday.com](http://menstrual-monday.com)

**June 21:** Kulshan Quest

[recreationnorthwest.org/quest-adventure-races/kulshan-quest/](http://recreationnorthwest.org/quest-adventure-races/kulshan-quest/)

**June 21:** 9-to-5 all night scavenger hunt, Seattle [gomeansgo.org](http://gomeansgo.org)

**June 28:** Lake Padden Triathlon

[www.cob.org/services/recreation/races/padden-triathlon.aspx](http://www.cob.org/services/recreation/races/padden-triathlon.aspx)

**June 29:** Bellingham Kids' Traverse

[recreationnorthwest.org/bellingham-kids-traverse](http://recreationnorthwest.org/bellingham-kids-traverse)

**July 13:** Padden Mountain Pedal

[nwmtbseries.com/RaceDetails/Padden](http://nwmtbseries.com/RaceDetails/Padden)

**August 3:** Bellingham Youth Triathlon

[www.cob.org/services/recreation/races/bellingham-youth-triathlon.aspx](http://www.cob.org/services/recreation/races/bellingham-youth-triathlon.aspx)

**Sept 20:** Bellingham Traverse

[recreationnorthwest.org/bellingham-traverse](http://recreationnorthwest.org/bellingham-traverse)

## Gatherings

**Bellingham Naked Bike Ride** June 6, see p. 5

[bellingshamnakedbikeride.com](http://bellingshamnakedbikeride.com)

**Blessing of the Bicycles** June 7, noon, see p. 5

[echoesbellingham.org/events/](http://echoesbellingham.org/events/)

**Kids' Safety Fair**, 11-3, Barkley, see p. 5

**Gigantic Bicycle Festival** (Snoqualmie): Aug 22-24

[giganticbicyclefestival.org](http://giganticbicyclefestival.org)

## Trail and Track Work Parties

- Whatcom Mountain Bike Coalition (WMBC)

[wmbcmtb.org/trail-days/](http://wmbcmtb.org/trail-days/)

June 7 - National Trail day – Blanchard

- Bellingham Parks Dept. 360-778-7105 and [cob.org/government/public/Volunteer/parks/schedule.aspx](http://cob.org/government/public/Volunteer/parks/schedule.aspx)

June 7; Happy Valley with NSEA

June 14; Park Operations

- Bellingham BMX - course work - [bellingshambmx.com](http://bellingshambmx.com)

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

## 2014 Rides

### June

**1** Summer Rides Series begins (Bellingham) [everybodyBIKE.com](http://everybodyBIKE.com)

**1** Gran Fondo (Leavenworth) [rideviciouscycle.com/events/](http://rideviciouscycle.com/events/)

**7** High Tide Ride (Anacortes) [hightideride.com](http://hightideride.com)

**7** Apple Century (Wenatchee) [applebikeride.com/](http://applebikeride.com/)

**14** Girls of Summer AlleyCat (Seattle) [menstrual-monday.com](http://menstrual-monday.com)

**14** Petal Pedal (Portland) [petalpedal.com/](http://petalpedal.com/)

**14** I Made The Grade (Clarkston - ride the Lewiston Grade!) [prideofclarkston.com/#!\\_\\_i-made-the-grade](http://prideofclarkston.com/#!__i-made-the-grade)

**15** Summer Rides Series (Bellingham) [everybodyBIKE.com](http://everybodyBIKE.com)

**15** Bill's Hills of Bellingham - MBBC Ride - see p. 1

**21** Chelan Century Challenge (Chelan) [centuryride.com](http://centuryride.com)

**21** Cycle de Vine (Chelan) [cycledevine.com](http://cycledevine.com)

**21** CHaFE 150 (Sandpoint ID) [chafe150.org/](http://chafe150.org/)

**22** Gran Fondo (Winthrop) [rideviciouscycle.com/events/](http://rideviciouscycle.com/events/)

**22** 2- County Dbl Metric (Tumwater) [capitalbicycleclub.org/2County](http://capitalbicycleclub.org/2County)

**28** Red-Bell 100 (Redmond to BHHam) [cascade.org/ride/major-rides](http://cascade.org/ride/major-rides)

**28** Mt. Adams Country Bicycle Tour (Trout Lake) [troutlakewashington.com/business/events-2/mt-adams-bicycle-tour/](http://troutlakewashington.com/business/events-2/mt-adams-bicycle-tour/)

**29** Summer Rides Series (Bellingham) [everybodyBIKE.com](http://everybodyBIKE.com)

**29** Tour de Pierce (Puyallup) [piercecountywa.org/parks](http://piercecountywa.org/parks)

### July

**12-13** Seattle to Portland [cascade.org/ride/major-rides](http://cascade.org/ride/major-rides)

**16-20** RedSpoke (Redmond to Spokane) [redspoke.org](http://redspoke.org)

**26** Tour de Whatcom (Bellingham) [tourdewhatcom.com](http://tourdewhatcom.com)

**27** Tour de Kitsap (Silverdale) [westsoundcycling.com](http://westsoundcycling.com)

**31** Ride Around Mount Rainier in One Day - RAMROD [redmondcyclingclub.org/](http://redmondcyclingclub.org/)

### August

**2 - 3** Tour de Lavender (Kingston/Sequim) [tourdelavender.com](http://tourdelavender.com)

**3 - 9** Ride Around Washington (LaConner to Ilwaco) [cascade.org](http://cascade.org)

**3** Ride the Hurricane (Port Angeles) [www.portangeles.org](http://www.portangeles.org)

**9** O'Donnell's Tour de Poker (Everett) [bicyclepokerrun.com](http://bicyclepokerrun.com)

**15-16** RSVP 1 (Seattle to Vancouver BC) [cascade.org](http://cascade.org)

**16-17** RSVP 2 (Seattle to Vancouver BC) [cascade.org](http://cascade.org)

**24 TBD** Woods to Woods Coffee Classic (Bellingham, Lynden, Ferndale) [everybodyBike.com](http://everybodyBike.com)

### September

**6 - 7** MS 150 Bike Ride (Mt Vernon) [nationalmssociety.org](http://nationalmssociety.org)

**14** Chuckanut Century (Bellingham) [chuckanutcentury.org](http://chuckanutcentury.org)

**14** Retro Ride & Concours d'Elegance (La Conner)

**20** Tour de Whidbey (Oak Harbor) [whidbeygen.org/wgh-foundation/](http://whidbeygen.org/wgh-foundation/)

**21** Kitsap Color Classic (Kingston) [cascade.org/ride/major-rides](http://cascade.org/ride/major-rides)

### October

**4** Manastash Metric Century/Half (Ellensburg) [drier-ride.org](http://drier-ride.org)

**4** Kettle Mettle (Penticton) [kettlemettle.ca](http://kettlemettle.ca)



# BIKE MONTH SIGHTS



▲ "Bike to Work" is "Unicycle to Work" for this pilot heading to the airport

photos: Whatcom Smart Trips



▲ Nuu-Muu-wearing Biker Chicks at Kulshan Ladies Night



▲ Mount Baker Theatre loves Bike Day!

▼ Bike Day Celebration station setup at the Courthouse



▼ Doug stops for treats at the Public Market



## 2014 EVENTS

*continued from p. 3*

- Washington Trail Association [wta.org/volunteer](http://wta.org/volunteer)  
June 7-8 - Horseshoe Bend - Deming  
June 21 - Excelsior Pass - Glacier  
June 28-29 - Swift Creek - Baker Lake  
July 5 - Hannegan Pass  
July 12 - Yellow Aster Butte



Watch for everybodyBike's report on Bike Day 2014, plus thank-you list of sponsors, in the MBBC July newsletter.





Let's face it: the world isn't measurably decreasing fossil fuel consumption. We can make a difference for the planet, and simultaneously improve personal health by riding our bikes more! Bike riding, though, can be dangerous, and bikes can be fiddly, aggravating, and really tough to ride up Alabama Hill!

So come join an eclectic bunch on Saturday, June 7th, noon at the Farmer's Market, to have your bike blessed. Why not? Our bike can become (or already is?) our valued companion, so why not pronounce good will on it, and on our efforts to be better stewards of our bodies and our planet.

-- submitted by John Okan of Immanuel Lutheran Church and [echoesbellingham.org/events/](http://echoesbellingham.org/events/)

## COMING UP IN JUNE

### Free family fun at the 5th Annual Safe Kids Safety Fair!

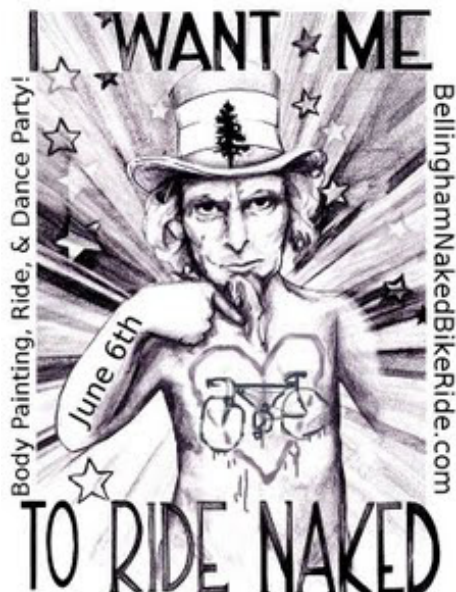


**Saturday, June 7th, 2014**  
11 a.m. to 3 p.m.  
**Barkley Regal Cinemas**  
**Parking Lot**  
**Bellingham**

**Fire safety**  
**Poison Prevention**  
**Water safety**  
**Disaster preparedness**  
**Bike safety —**  
**Bring your bike and helmet!**  
**Riding the bus**  
**Child passenger safety**  
**Electrical safety**  
**Games, prizes**  
**and more!**



# SMART TRIPS



The sixth annual Bellingham Naked Bike Ride is Friday, June 6th, part of the World Naked Bike Ride celebration! Starting location: the Hub Community Bike Shop, 903 1/2 North State Street.

Schedule is as follows:

4:00 pm-Body painting! (but show up early if you want) We'll have a tutorial. Come prepared to get creative and become someone's canvas!

6:00 pm-Let the naked bike riding begin! A map of the route through town is available on the website.

7:30 or 8:00 pm-Time for the dance party!

Volunteer opportunities are available.

To speak with an organizer, call 509-679-4194 or email [Be\\_The\\_Rock@hotmail.com](mailto:Be_The_Rock@hotmail.com)

[BellinghamNakedBikeRide.com](http://BellinghamNakedBikeRide.com)

-- submitted by Robert Ashworth "the slow lane guy"

# MBBC ADMINISTRATION



## **Welcome new members**

Megan Britson

Phil Jones (welcome back!)

Jonathan Schilk

Teela Taki

Susan Willhoft

***We're glad to have you in the MBBC!***

## **Mount Baker Bicycle Club Board of Directors and Officers:**

(position open) - President

Scott Dorough - Vice President

Jennifer Longstaff - Secretary/Membership

Brian Christensen - Treasurer

Eric Stromerson - Rides Coordinator

Hilary Higgins, Bill McCourt, Patti Mullin, Tim Ryan

-- at large

## **Committees:**

Chuckanut Century: Doug Schoonover

Media; Bellingham Marathon Escorts: Greg Rehm

Media; NW Tandem Rally 2015: Jennifer Longstaff

Graphic Design: Tim Ryan

## **Contacts:**

Information-- bikebeham@gmail.com

Chuckanut Century -- (360 410-6431)

chuckanutcentury@mtbakerbikeclub.org

Newsletter -- mbbcnewsletter@mtbakerbikeclub.org

Tandem Rally 2015 - director2015@nwtr.org

## **Contribute to the MBBC newsletter submission guidelines:**

Articles, editorials, photographs, and artwork are welcome for inclusion in the newsletter. Anything related to bicycling will be considered; please discuss ideas with the editor (mbbcnewsletter@mtbakerbikeclub.org) in advance to reserve newsletter space or if you have questions. Final materials are due the last Friday before the last full week of every month, though earlier submissions are appreciated. Text can be submitted in any common format, for example: plain text, HTML, MS Word, etc. Please use JPG, PNG, or TIFF format for photos, and ensure they are at least 250 ppi. Articles may be edited for grammar, spelling, and space considerations.

Please notify the MBBC of upcoming cycling events for inclusion in the events list/calendar. Provide details plus contact information.

Classified ads are a MBBC member privilege and are printed as space is available.

## **MBBC Membership Form**

see member benefits and download membership form  
at: [mtbakerbikeclub.org/membership](http://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    ☐ Tandem Rally 2015    ☐ 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



# EVERSON BIKE TO WORK AND SCHOOL DAY 2014

Plus an editorial about NVHS's "no cycling" rule.

It was a dark and stormy night....well, we actually got sunshine for a change on Friday, May 16, 2014! And not the liquid kind! I and my intrepid volunteers – Kathy and Jim Steele of MBBC, and Terry Underwood, frequent helper for EverybodyBike events – welcomed throngs of students and many adults at Nooksack Valley Middle School for this year's Bike Day. As before, local businesses and groups were amazingly generous in donating for prizes, slated for a raffle drawing of participants at the Everson/Nooksack Celebration Station. A big Thank You to MBBC for donating a box of cool little versatile lights for prizes, as well! Thank you, willing volunteers, you are invaluable as always!

The middle school staff is enthusiastic about promoting Bike Day to the students, so we always get a great turnout from the kids. This year we had a teacher riding in from Bellingham and another from Canada! I have heard from the school secretaries that the students get really pumped about this event and the prizes. Sure, it's a bit of a bribe to participate, but we're hoping that idea of riding to school opens their eyes to new possibilities and creates lifelong bicyclists out of many of them.

One student from Nooksack Valley High School also showed up, our first high school student since we started this in Everson. Sadly, it probably won't happen again until the all roads around the high school are re-engineered for safe cycling (bike lanes or at least paved shoulders). As it is now, the high school does not allow cycling to school, in the interest of 'safety.' I feel there already ARE routes to bike to the high school and stay off some dangerous, high-speed roads around it (think Badger Rd.). I remember biking there for parent-teacher conferences when my kids attended the high school a few years back, and wondering where the bike racks were and why they weren't a little more progressive in their thinking about transportation. I understand their safety concerns, but a lot of students get in their cars and get in accidents, and I know of car-pedestrian accidents in the high



Kathy, Jim, Mary, and Terry at the Everson Station on Bike Day

school parking lot. From what I've read, statistics show that the roads become safer for cyclists when there are more cyclists on them. So maybe the school's safety worries would be better addressed by encouraging safe routes to school for those who want to ride, and providing a few good bike racks, instead of negating the whole idea. Who knows, the 'one car, one driver' culture at the high school could change, and we'd all be better for it.

If you haven't been by the Everson/Nooksack station on Bike Day, you're missing out! Eastern Whatcom County people, check us out next year. Come by and say hello, grab some snacks and goodies, and chances are pretty good that you will win a raffle prize in our own local drawing. See you then!



-- submitted by  
Mary Cole, annual  
Everson Bike Day  
organizer

Front page ▲  
of the Lynden Tribune!

## SUMMER RIDES ARE BACK!



EASY, SOCIAL, BIKE RIDES—EVERY OTHER SUNDAY.

everybodyBIKE

WhatcomSmartTrips.org



## everybodyBIKE presents Summer

**Rides**, easy themed social rides of about 7 miles. The 2014 series begins Sunday June 1st, and runs every other Sunday through August. Coming up in June:

June 1: 1pm, Bellingham Public Market

June 15: 1pm, Lenny's Bike Shop, Ferndale

June 29: 1pm, City Bible Church North Sound, Lynden

everybodyBike.com

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>June 1</b> Rabbit Ride Edison Social Ride Long Slog Ride eBike Summer Ride	<b>2</b>	<b>3</b> Tues Ramp-Up Ride Ferndale social ride	<b>4</b> Wed Group Ride REI class: planning overnight bike tour	<b>5</b> Up-County Ride Edison Social Ride	<b>6</b> Bellingham Naked Bike Ride	<b>7</b> Donut Ride WMBC, COB Trailday High Tide Ride Kids' Safety Fair Blessing the Bicycles
<b>8</b> Rabbit Ride Edison Social Ride Long Slog Ride WTA Trail day	<b>9</b>	<b>10</b> Tues Ramp-Up Ride Ferndale social ride	<b>11</b> Wed Group Ride	<b>12</b> Up-County Ride Edison Social Ride	<b>13</b>	<b>14</b> Donut Ride Recumbent Ride Parks Dept Trail work Seattle Girl's Alley Cat Petal Pedal I Made the Grade
<b>15</b> <i>Father's Day</i> MBBC Bill's Hills Rabbit Ride Edison Social Ride Long Slog Ride eBike Summer Ride	<b>16</b>	<b>17</b> Tues Ramp-Up Ride Ferndale social ride	<b>18</b> Wed Group Ride	<b>19</b> Up-County Ride Edison Social Ride	<b>20</b> MBBC July Newsletter Deadline	<b>21</b> Donut Ride Chelan Century Cycle de Vine CHaFE 150 9-5 Scavenger hunt Kulshan Quest
<b>22</b> Rabbit Ride Edison Social Ride Long Slog Ride 2 County Dbl Metric REI: roadside repair	<b>23</b> REI class: bike maintenance basics	<b>24</b> Tues Ramp-Up Ride Ferndale social ride	<b>25</b> Wed Group Ride	<b>26</b> Up-County Ride Edison Social Ride	<b>27</b>	<b>28</b> Donut Ride RedBell 100 Lake Padden Triathlon
<b>29</b> Rabbit Ride Edison Social Ride Long Slog Ride eBike Summer Ride Tour de Pierce	<b>30</b>	<b>July 1</b> Tuesday evening Summer Ride Ferndale social ride	<b>2</b> Wed Group Ride	<b>3</b> Up-County Ride Edison Social Ride NW Tandem Rally Pendleton 2014	<b>4</b> <i>Independence Day</i> July 4th Ride	<b>5</b> Donut Ride WTA Trail day

Summer Solstice



### Mount Baker Bicycle Club

Post Office Box 2702  
Bellingham, Washington 98227

Welcome to Bellingham  
Now Get on Your Bike!  
[www.mtbakerbikeclub.org](http://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](mailto:mdbcnewsletter@mtbakerbikeclub.org). Club members are entitled to a printed/mailed version sent to a US address..