



MBBC

More Bicycling = Better Community!

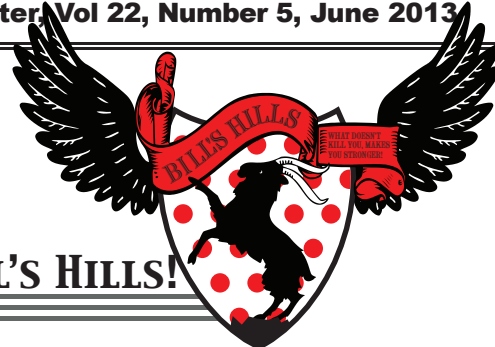
Mount Baker Bicycle Club Newsletter, Vol 22, Number 5, June 2013

JUNE MEANS:

- Longest days of the year
- Warm weather on the way

and...

Testing our winter legs by riding **BILL'S HILLS!**



in this newsletter:

Bill's Hills and BBBBH! ...	1
Weekly Rides	2
Naked Ride	2
2013 Events & Rides	3
Everson Station	4
Ride Leaders	5
Looking for Talent	5
Welcome New Members..	6
Club Administration	6
Membership form	6
BHS Senior Project	7
June Calendar	8

This month's contributors:
 Bob Ashworth, Mary Cole,
 Marie Kimball, Bill McCourt,
 John Okan, Jessie Pemble.
 Thanks All!



the club online:

www.mtbakerbikeclub.org
www.chuckanutcentury.org

and our social sites:



It's back for the fourth year! 10,000 ft of climbing in just over 100 miles around our beloved Bellingham. "Bill's Hills IV" will be on Sunday June 9th, giving riders the opportunity to see whether their overwinter training was meritorious enough.

The route is extremely challenging! There are three "loops" of approximately 33 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. Previous year's riders think the steepest grades were 22% but in some cases it was so steep no one could look at the Garmin to check for fear of falling over.

Every year, this ride draws a larger number of participants and finishers. This is a testimonial to the toughness of the Whatcom County riders (or to their collective insanity). There will be prizes awarded via a drawing for all participants. Food stops will be provided at strategic points along the course. Those finishing the entire circuit 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, plan on meeting at 6:45am on Sunday June 9th at Marine Park in Fairhaven. This ride is intended to attract new members to the MBBC, so if you're not a member yet, come on out and join the club (membership sign-up forms will be available at the start), then meet the rest of the gang during a day of suffering! For more information contact Bill McCourt at 380-3262.

MBBC QUARTERLY GATHERING TO COINCIDE WITH BILL'S HILLS

It's time for another club gathering. This quarter's MBBC "meeting" is a bike tune-up party called "Bikes, Buds and Beers Before Bill's Hills" (BBBBBH) and will be in the evening on Friday, June 7th. Even if you're not going to ride Bill's Hills (how could you not?), you can bring your bike to do some maintenance with others to help. Or just come have a beer and talk plans and get excited about the upcoming summer riding months.

The BBBBH is going to be held from 6-8pm Friday, June 7th. Final details, including location, directions, and parking instructions, will be posted on the MBBC website and on the Yahoo Listserv in the days leading up to the 7th.

WEEKLY AND GROUP RIDES

- EARLY SUMMER EDITION



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

Tuesday Evening Ride: "Ramp-Up" April-September, begins Whidbey Island Bank, corner of Bakerview & Northwest. 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 from ride leader: Doug Schoonover 410-6431 A faster, more skilled-at-pacelining group will ride a different route and average 18+ mph, and a 12-14 mph group goes also.

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) has begun as of May 2013, with Doug, John, or Patti leading. Gather at brewery afterward (7:30p). 360-410-6431 info (Doug) - (in the winter, the Wednesday ride is a trail ride with lights.)

Thursday "Going Up the County" Ride 14-16 mph pace, 20 miles. Gather at 6pm at Immanuel Lutheran Church parking lot, 1/2 mile N of Mt. Baker Hwy on Hwy 9/Lawrence Road. This is a convenient ride for you county folk in Everson, Nooksack, Deming and...There have been requests for a shorter/slower option and that may happen later in the summer. Ride leaders: John Okan and Rick Jacoby. more information: Joka001@Luthersem.edu;360-393-2435

alternate Sundays "The Long Slog" Ride - begins June 16, runs every other Sunday through September. 12-14 mph pace, 40-50 miles in June, increasing to 70-80 miles by September. Start 9am at Boulevard Park. This is a group for slower riders who want to build strength and endurance. This may sound like a "social" pace but we'll be pushing ourselves with some hills and sprints. Ride leader: Jennifer Longstaff. information: mbbcnewsletter@mtbakerbikeclub.org; 360-961-6684. Dates: June 16, 30; July 14, 28; Aug 11, 25 (on 8/25 we'll do the Woods2Woods Ride); Sept 8, 22.

More weekly rides in the area:

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 beginning at 8am (spring/summer start time). Faster riders leave between 8:15-8:30. Leader John Hauter, info: 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 Ride: 30-40 miles, race pace. Training ride departs from Kulshan Cycles at 6pm to a practice road race course. Summer months only. Check at Kulshan for when the ride will start up in 2013.

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, 7:30 am Oct thru Feb and 7 am March thru Sept. 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. Sporadic depending on weather. Info: Robert Parker at rmp-4724@hotmail.com or 360-671-6910



and now for something different...

We report all sorts of local bike news in the MBBC newsletter, and here's a first for us: Announcing the **5th annual Bellingham Naked Bike Ride**: June 7. Part of the *World Naked Bike Ride* phenom!

Starting point near corner of Astor & I St in Lettered Streets District. Not far from W. Holly.

- 1:30 - 3:30 pm: Body painting and legal briefing.
- 4:00 pm: Ride.
- 5:00 (:30?) pm: Dance!

More information: bellingshamnakedbikeride.com

Contact Zachary Robertson: 509-679-4194

BIKE RIDES AND EVENTS IN 2013

Classes, Training, Gatherings

Tandem 101 - June 15 in Seattle. The Evergreen Tandem Club offers this workshop every year to introduce tandeming to those who are curious about giving it a try. Bob Sneed, 425-283-9697 t101@evergreentandemclub.org; evergreentandemclub.org

Cycle Moles Summer Training - "Moles" focused training sessions start in June, and don't forget **Ride the Tour** starts June 29 for Tour de France 2013. Contact Fairhaven Fitness: cyclemoles.com or 360-733-5050



Gain an edge with focused training rides!

Level 2 | June 4 - August 27
Tuesdays; 6:45 - 8:15pm
Race & Climb Rides (12 sessions); \$197

Level 1 | June & August
Mon & Wed; 7:00 - 8:00am; \$120/mo

Ride the Tour | June 29 - July 21
Every day; 7:00 - 8:00am; \$127





Register online!

800 McKenzie Ave.
Bellingham, WA 98225
360.733.5050
www.cyclemoles.com

The Hub presents bike maintenance classes, 6:30 pm June 10 & 17, instructed by Melanie Swanson.
info: 360-255-2072. Suggested donation: \$10

Bellingham REI Cycling maintenance classes: check the monthly calendar at rei.com/stores/bellingham.html. REI Bellingham is offering a series of intensive hands-on bike maintenance classes in which a very small group of students gets personal guidance from an REI Certified Bike Technician.

- **June 9 & July 7:** Hands-On Bike Maintenance: Drive Train
- **July 21:** Hands-On Bike Maintenance: Wheel Truing
- **July 22:** Bike Maintenance Basics

Computrainer sessions at Core Physical Therapy, June 26 & July 24. with Spin Scan: a biofeedback program that analyzes pedal stroke and efficiency. Information: Emily Eggers, emilyaeggers@hotmail.com, 360.752.2673.

early-morning **Tour de France Viewing** at Mount Bakery, June 29 to July 21. mountbakery.com/special-events/tour-de-france

continued on p. 4

Check back every month as rides are added and dates are finalized!

2013 Rides	
June	
1	High Tide Ride (Anacortes) hightideride.com
2	That 70's Summer Ride (Bellingham) everybodyBike.com
8	Flying Wheels (Redmond) cascade.org
9	Bill's Hills of Bellingham - MBBC Club Ride- mtbakerbikeclub.org
16	Neat Trees & Neck Ties (Bellingham) everybodyBike.com
22	Chelan Century Challenge (Chelan) centuryride.com
29	World Bicycle Relief Red-Bell 100 (Redmond to Bellingham) shop.cascade.org/content/red-bell-100
29	Emerald City Lights Ride (Kent) emeraldcitylightsbikeride.org
30	Mystery Summer Ride (Bellingham) everybodyBike.com
July	
13-14	Seattle to Portland cascade.org
14	Cows on Bikes Summer Ride (Lynden) everybodyBike.com
17-21	RedSpoke (Redmond to Spokane) redspoke.org
25	Ride Around Mount Rainier in One Day - RAMROD redmondcyclingsclub.org/
27	Tour de Whatcom (Bellingham) tourdewhatcom.com
27-28	ALS Doubleday Ride (Mount Vernon) webwa.alsa.org/site/PageNavigator/WA_Bike_homepage.html
28	History Ride Summer Ride (Bellingham) everybodyBike.com
August	
3-10	Ride Around Washington (Republic WA) cascade.org
4	Ride the Hurricane (Port Angeles) portangeles.org/ride-the-hurricane.html
9-11	Ride for Cancer Research (Seattle/Tacoma) obliteride.com
10	O'Donnell's Tour de Poker (Everett) bicyclepokerrun.com/odonnells
11	Roasters & Red Tails Ride (Ferndale) everybodyBike.com
16-17	RSVP 1 (Seattle to Vancouver BC) cascade.org * sold out
17-18	RSVP 2 (Seattle to Vancouver BC) cascade.org
18	Retro Ride & Concours d'Elegance (La Conner) kayakfit@fidalgo.net
25	Woods to Woods x 14 Coffee Classic Summer Ride Finale (Bellingham, Lynden, Ferndale) everybodyBike.com
September	
2	Perimeter Ride of Seattle (PROS) cyclistsofgreaterseattle.org
7-8	MS 150 Bike Ride (Mt Vernon) bikewas.nationalmssociety.org
8	Mt Baker Hill Climb (Glacier) norka.us
14	Passport to Pain (P2P) (Vashon Island) vashoncrew.com/p2p/
15	Chuckanut Century (Bellingham) chuckanutcentury.org
21	Tour de Whidbey (Oak Harbor) whidbeygen.org/wgh-foundation/tour-de-whidbey
22	Tour de Victoria (Victoria BC) tourdevictoria.com
29	Kitsap Color Classic (Kingston) cascade.org



EVERSON BIKE TO WORK STATION HAS ANOTHER SUCCESSFUL YEAR



▲ Cyclist Gorilla in Everson library encourages riders! ▼

▼ Terry Underwood, Mary Cole, and Cynthia Rogers staff the Everson Bike Station ▲



2013 EVENTS

continued from p. 3

Races

Parks & Recreation Race Series

see www.cob.org/services/recreation/races/

June 22: Lake Padden Triathlon

July 20: Lake Padden Duathlon

August 10: Bellingham Youth Triathlon

October 13: Klicks Mountain Bike Duathlon

October 13: YMCA Youth Duathlon

June 29: Bellingham Kids' Traverse

recreationnorthwest.org/bellingham-kids-traverse

July 14: Padden Mountain Pedal

Sept 21: Bellingham Traverse

recreationnorthwest.org/bellingham-traverse

Trail Work Parties

Trail Days - June 1 is National Trails Day!

- led by WhIMPs and the Bellingham Parks Dept.

June 1 (WhIMPs & REI); details at: whimpsmtb.org/

June 1 & 8 (B'Ham Parks) 360-778-7105 or

cob.org/documents/parks/volunteer/work-schedule.pdf

More Rides in June - further away

1 Apple Century (Wenatchee) applebikeride.com/

2 Peninsula Metric Century (Southworth, Gig Harbor) twbc.org/

15 I Made The Grade (Clarkston - ride the Lewiston Grade!)
prideofclarkston.com/#!__i-made-the-grade

22 Chelan Century Challenge (Chelan) centuryride.com

22 Cycle de Vine (Chelan) cycledevine.com

22 Cannonball (Seattle to Spokane) redmondcyclngclub.org

23 2- County Double Metric (Tumwater) capitalbicycleclub.org

29 Mt. Adams Country Bicycle Tour (Trout Lake)

troutlakewashington.com/business/events-2/mt-adams-bicycle-tour/

30 Tour de Pierce (Puyallup) piercecountywa.org/parks

4 Mt Baker Bicycle Club - June 2013

report from Everson coordinator Mary Cole

To get the word out about bicycling and Bike Day, I turned to several venues. WECU kindly agreed to hang the EverybodyBIKE banner, 'May is Bike Month', on the side of their Everson building for the entire month. I posted the details about our middle school station on the readerboard at the Everson shopping center, and put up a display for Bike Day in the Everson Library, to get local folks big and little to think about hopping on their bikes. From the feedback library patrons gave, it did, indeed, draw their attention when they spotted the gorilla on a kid's bike about to launch into the air, with a front basket filled with friends like Tiger, Shrek, Yoda, Curious George, and an alien!

We had a good turnout at the Everson/Nooksack Celebration Station on Bike to Work and School Day, Friday, May 17. Lots of students braved the damp early morning chill and threatening drizzle to bicycle to school. There was even one teaching assistant who rode all the way from Canada! Our crew of 3 volunteers greeted more adults this year than last, along with the help of 2 Nooksack Valley Middle School students who participated before school and fulfilled some of their community service requirements.

We had the support of so many businesses and the local library friends group for our raffle that we were able to award over 50 prizes! Fanatik Bike also allowed me a discount on the purchase of their bike accessories as prizes, which included a variety of locks, lights, and a horn. Local businesses contributed gift cards for prepared food, groceries, oil changes, books, and cash for prizes. Thanks to MBBC, we also had 3 helmets to provide to students at the middle school. We appreciate the support of our wonderful county community! You can see all of our community partners listed separately for Everson on the Bike to Work and School Day web page, under *Sponsors and Prizes* at biketoworkandschoolday.org/sponsors.

If any MBBC members would like to help with the Everson/Nooksack Celebration Station next year, please email the event coordinator, Mary Anderson, at mary@everybodybike.com We hope to see more county folks stop by the station in 2014!

MBBC RIDE LEADERSHIP PROGRAM UP AND RUNNING STARTING APRIL 2013

In March 2013 the Mount Baker Bicycle Club conducted our first Ride Leadership Training Program, adopting the training format created by the Cascade Bicycle Club which is the largest membership bicycle club in the United States.

The leader-training was conducted to do the following:

- Provide Ride Leaders specific to speed/ability groups for the weekly ride groups on Tuesday and Wednesday night MBBC rides.
- Provide the opportunity for new types of rides to be created and led in all ability/speed groups by trained Ride Leaders.
- Increase the safety and educational platform for cycling in our community.
- Comply with the regulatory requirements of our League Insurance coverage.

Here are your qualified Ride Leaders for different speed/ability levels:

Super Strenuous: 22+ mph

Contact Stewart Bowmer at Shukshan Velo for High Performance Training Rides in Whatcom County: surepost.com/fanatik/

Strenuous: (18-21 mph)

Greg Rehm
Brian Christensen
Marie Kimball (continuing Leader)
Ken Giffin
Eric Stromerson

Brisk: (16-18 mph)

John Okan (County Ride-Thursdays Evening)
Rick Jacoby (County Ride-Thursdays Evening)
Doug Schoonover (continuing Leader)
John Enyeart
Patti Mullin
Marc Ambers (continuing Leader)
Bill McCourt (continuing Leader)



Moderate: (14-16 mph)

Scott Dorough (can also lead Brisk)
Karen Zacharias (can lead Brisk)
Bunny Finch (can lead Brisk)

Steady: (12-14 mph)

Cindy Gabriel
Constantine Rigas
Jennifer Longstaff (alternate Sunday Long Slog)
Judy Murphy (Tuesday Ferndale Social Ride)

Currently we do not have ride leaders for the **Easy** pace so we encourage easy-riders to join everybodyBIKE's Summer Rides series which provides social rides of under 10 mph. everybodybike.com/calendar/

A formal Ride Leader program is a change as the club grows. Change can be hard, but it is the MBBC's hope that the cycling community will appreciate the guidance these ride leaders provide and will support the MBBC by becoming a member and enjoying the rides. See benefits of membership at mtbakerbikeclub.org/membership.html.

- submitted by Marie Kimball, MBBC president

MOUNT BAKER BICYCLE CLUB IS RECRUITING TALENT AS WE ARE GROWING!

Our club is experiencing rapid growth and with that we need to adjust our Board of Directors and our Committee Structure to ensure that we still have time to ride our bikes while we help our community grow in its cycling diversification.

If you have a few hours a month that you can donate we could use you!

Areas of interest and skills needed are:

Events coordination and assistance: both single and multi-day
Marketing
Advertising
Sponsorship - recruiting sponsors and working with them to provide benefits and win-win for sponsor and the MBBC
Grants

Membership Benefits

Ability to set up payments and donations online

Insurance

Liaison/contact with all sorts of types of cyclists and groups in addition to road cyclists and commuters:

Mountain Bike Liaison
CycloCross
Tandem
BMX
Touring (including randonneuring)
Recumbent
Children/family riding
Bicycle Racing



Welcome new members!

Ronald Booth
 Cindy Burroughs
 Bill Gorman
 Taimi Gorman
 Travis Kimes
 Joseph Knight
 Amy Lawson
 Thomas Lawson
 Brian Stotts
 Karen Zacharias

and welcome back:

Rick Nolan
 Peter Scott

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

MBBC ADMINISTRATION

Mount Baker Bicycle Club

Board of Directors and Officers:

Marie Kimball - President; Patti Mullin - Vice President;
 Scott Dorough - Secretary; Brian Christensen - Treasurer;
 Eric Stromerson - Ride Coordinator;
 Doug Schoonover - Event Coordinator (open)
 Marc Ambers, Ken Giffin, Bill McCourt -- at large

Graphic Designer: Tim Ryan

Newsletter Editor: Jennifer Longstaff

Contacts:

Marie Kimball -- bikebham@yahoo.com (360 927-2332)
 Doug Schoonover -- (360 410-6431)
 ridecoordinator@mtbakerbikeclub.org
 newsletter --mbbcnewsletter@mtbakerbikeclub.org

Contribute to the newsletter: submission guidelines:

Contributions of 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 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, RTF, 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.

Email the newsletter editor:
 mbbcnewsletter@mtbakerbikeclub.org, or drop a note to
 Editor, MBBC Newsletter; PO Box 2702; Bellingham WA 98227



MBBC Membership Form

also available at: www.mtbakerbikeclub.org/files/membershipform.pdf

☐ 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 by (choose one): ☐ printed & mailed, or ☐ on-line

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 ☐ Board Member
☐ Bike to Work and School Day ☐ Chuckanut Century
☐ Special Events ☐ Website Maintenance ☐ 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

BIKE RACK PROJECT GETS A JUMP START FROM BHS SENIOR

Jessie Pemble is a senior at Bellingham High School and like other seniors, is required to complete a Senior Project. Well, as many of us know, the Pemble family is nothing less than remarkable within Whatcom County (work in sustainability, parks, Galbraith, bike commuting, mountain biking and bicycle racing) so we were not surprised to receive an email from Jessie regarding installation of covered bike racks at the entrance to Bellingham High School, as well as starting a covered bicycle rack program for other schools in the Bellingham Public Schools District. She asked if the MBBC could support her efforts and of course, the club was thrilled to do so!

The Mount Baker Bicycle Club has a fund to create memorials for cyclists who are no longer with us and have affected our community in a positive way. Our memorials list includes some great people, such as Ken Meyer, Bob Lindquist and Michael Ratayczak. The club has been working this year to donate some of these memorial funds to the cause of bike racks in the public schools. Jessie's project is perfect for this purpose.

With the help of supportive teachers John Stockman and James Yoos, Jessie has made amazing progress on her project throughout the winter and spring, contacting and partnering with groups near and far. WTA dedicated decommissioned transit shelters to the project, and agreed to transport the shelters twice so Jessie could get them retrofitted prior to the delivery installation trip. Paul at Carson Steel agreed to help by donating some materials to make bike hangers and teaching Jessie to weld them! Alan at Hardware Sales is providing special deals on cables and crimpers for the hangers construction. Vermont Manufacturing agreed to donate 20 mini-mum bike hanging systems. With additional offers of support from A-1 Builders and Bike Solutions, now Jessie has accumulated the promise of enough bike-rack materials to begin extending the memorials project to other schools in the district.

The Mount Baker Bicycle Club is looking for more support to make sure that Bellingham High School is the first but not the last school in the district to get covered bike structures. The Bellingham School District needs to be convinced that covered shelters encourage safe bike commuting for students. In exchange for support of the shelters, the MBBC asks only that a small plaque be placed, dedicating the shelter to a cycling hero in our community.



▲ Decommissioned transit shelters from WTA


◀ Mini Mum hanger from Vermont Manufacturing

▼ Bikes stored on Mini Mum hangers



Contact Marie Kimball if you are interested in volunteering some time or money for this very worthy community project: 360 927-2332 or bikebham@yahoo.com.



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
						June 1 Donut Ride High Tide Ride BHamParks Trail Work WhlMPs Trail Day
2 Rabbit Ride Summer Ride Edison Social Ride	3 Summer Cycle	4 Ferndale social ride Tuesday Ramp-Up Moles begins	5 Wed Group Ride	6 Edison Social Ride Up the County Ride	7 BBBBBH quarterly mtg B'ham Naked Bike Ride	8 Donut Ride Recumbent Ride Flying Wheels BHamParks Trail Work
9 Bill's Hills Rabbit Ride Edison Social Ride REI bike maint: drive train	10 Bike Maintenance class:The Hub	11 Ferndale social ride Tuesday Ramp-Up	12 Wed Group Ride	13 Edison Social Ride Up the County Ride	14	15 Donut Ride Tandem 101
16 Rabbit Ride Summer Ride Edison Social Ride Long Slog Ride <i>Father's Day</i>	17 Bike Maintenance class:The Hub	18 Ferndale social ride Tuesday Ramp-Up	19 Wed Group Ride	20 Edison Social Ride Up the County Ride	21 MBBC July Newsletter Deadline	22 Donut Ride Chelan Century <i>Summer Begins</i>
23 Rabbit Ride Edison Social Ride	24	25 Ferndale social ride Tuesday Ride	26 Wed Group Ride SpinScan session Computrainer	27 Edison Social Ride Up the County Ride	28	29 Donut Ride Red Bell 100 Emerald City Lights Tour de France begins
30 Rabbit Ride Summer Ride Edison Social Ride Long Slog Ride	July 1	2 Ferndale social ride Tuesday Ride	3 Wed Group Ride	4 <i>Independence Day</i> MBBC LaConner Ride	5	6 Donut Ride S2S



Mount Baker Bicycle Club

Post Office Box 2702
Bellingham, Washington 98227



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