

MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Volume 21 Number 3, April 2012

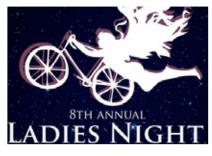
Is Spring Really Here? Lots of April Activities Say YES!

Tuesday Evening "Ramp-Up" Ride begins April 3

Everyone's favorite spring/summer evening ride begins again on April 3. Led by Doug, in April and May this is a learning ride for people who want to become comfortable riding in groups. The ride will break into groups of different speeds and skill levels during the first couple months, and will extend through the summer as a social practice ride. The ride begins at Whidbey Island Bank, corner of Bakerview and Northwest. (Park in the dirt lot on the north side of the bank.) Meet at 5:45 pm and the ride leaves at 6pm. Call Doug with questions: 410-6431.

MBBC April-Fool's Day Ride - April 1

In "celebration" of April Fool's Day, Ken and Marie will lead a ride to Alger on April 1. Meet at 9:45am and we will leave at 10 am from Fairhaven Park. We will ride to the Alger Tavern for lunch and then back to Fairhaven. The route back will depend on the weather so the total ride distance will be 25 to 40 miles depending on whether we take a long (scenic) return or a short (faster to get out of the rain) route.



Kulshan Ladies' Night - April 19 - 7-9pm

Kulshan Cycles hosts its 8th annual special evening for women cyclists. Enjoy delicious refreshments, beverages and fun while finding out about the latest gear and connecting with others who like to bike. Sign up for rides with friends and get ready to have more bike fun this summer. Door prizes will be awarded to attendees throughout the evening.

kulshancycles.com

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This month's contributors: Linda Blake, Donna Merlina, Doug Schoonover, Frederick Su. Thanks All!



the club online:

www.mtbakerbikeclub.org www.chuckanutcentury.org

and our social sites:



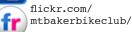
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sports.groups. yahoo.com/group/ MtBakerBicycleClub



twitter.com/mtbakerbike



Fanatik Fantastik Spring Fest - March 31 & April 1

To start off the season on the right pedal, Fanatik Bike Co SPRING FEST 2012 is celebrating with its 2nd Annual Community Event and Bike Expo, the Fantastik Spring Fest. Several community events are planned over the weekend, along with a raffle, door prizes and giveaways that benefit the Boys and Girls Club of Whatcom County. Activities include Demonstration Bikes to try, Celebrity riders and racers, Bunny Hop contest, Skills Clinic, Cruiser Ride, Mountain Bike Ride, Raffle prizes, and Barbecue.

9-5 Saturday, 10-3 Sunday

fanatikbike.com/sale/fantastik-spring-fest-pg1156.htm

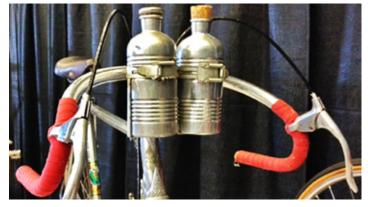
March 31 - April 1



more April activities on page 2

WEEKLY AND GROUP RIDES

Winter turning to Spring edition



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

Tuesday Evening Ride: "Ramp-Up" begins April 3.

Whidbey Island Bank, corner of Bakerview & Northwest. Meet 5:45pm leave at 6pm. Distance and speed will be determined by the ability of the group, but initially will average 14 to 15 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

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

Wednesday Group Workout Ride (back on the road): 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 and very fast groups. From mid-Sept-Mar this is a night trail ride with lights. Gather at brewery afterward (7:30p). 360-410-6431 info (Doug)

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

Recycled Arts and Sustainability Ride April 20 – 4-6pm

Bicycle Tour of the venues of recycled art and art suppliers participating in the Allied Arts *RARE* Expo. The first annual RARE Expo features



entertainment, exhibits, seminars, and workshops — plus an expo-hall full of remarkable artist and business booths with green ideas. Locations throughout downtown Bellingham include the Spark Museum of Electrical Invention, Whatcom Museum, Allied Arts of Whatcom County, The RE Store, Pickford Film Center, Mindport, and more. Inspire yourself through creative reuse. Events continue from the 20th to the 22nd of April.

For event schedules and information: alliedarts.org or call 360.676.8548. Get details at: alliedarts.org/rare

La Conner's Safe Kids Tulip Pedal - April 21

Tulip Pedal offers three rides – a 20-mile course around the tulip fields between Mount Vernon and La Conner, and 40-mile and 60-mile courses that begin and end at La Conner Middle School in beautiful La Conner, WA. The courses take riders near our famous tulip fields, and also takes cyclists past breathtaking views of Samish and Padilla bays, Mount Baker and the Cascade foothills. The 60-mile course incorporate elements of the 20 and 40-mile rides, but offers a swing around Fir Island, too! Course is open until 4pm. www.skagitems.com/safe-kids-skagit-county/annual-tulip-pedal/

First Pedaler's Fair - April 21 & 22 11-5 both days

What would it look like to bring Washington's bicycle crafters under one roof for a weekend? Well, it's time to find out! Be a part of the first ever Pedaler's Fair on April 21-22, 2012. Washington-made Goods and Art for the Cyclist in Everyone. The two day event will highlight work from over twenty businesses, representing an amazing array of mediums and projects dedicated to bikes.

1415 NW 49th St in Seattle. pedalersfair.com



BIKE RIDES & EVENTS IN 2012 - check back each month as more are added

BikeMonth May 1-31

Procession of the Species parade - May 5 Summer Rides kick-off - May 6

Bike to Work and School Day - May 18

Adaptive Cycles Expo - May 19

watch for more Bike Month events to be announced in May.

Bike To Work & School Day planning meetings -April 4, May 2;

6-8 pm Council of Gov'ts Office, 314 E Champion St. Volunteer to help make this year's Bike Day the best ever! information: 671-BIKE or info@everybodyBIKE.com

Gatherings

- Kulshan Cycles Ladies' Night April 19
- Fanatik Bike Co Fantastik Spring Fest March 31 & April 1
- Bellingham Bike Swaps: May 12, September 1st thebikeshopl.org
- Pedaler's Fair (Seattle): April 21-22 pedalersfair.com

Races

May 27: Ski to Sea www.skitosea.com

July 14: Padden Mountain Pedal indieseries.org Sept 15: Bellingham Traverse bellinghamtraverse.com

Parks & Recreation Race Series

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

June 23: Lake Padden Triathlon July 21: Lake Padden Duathlon August 11: Bellingham Youth Triathlon October 14: Klicks Mountain Bike Duathlon

October 14: YMCA Youth Duathlon

Trail Building

Take some time this spring to get outside, volunteer, and improve the city trails and mountain bike trails that we all enjoy. There are trail-work parties being organized by the Whatcom Independent Mountain Pedalers (WhIMPs), by REI, and by the Bellingham Parks Department.

Trail maintenance dates from WhIMPs:

April 8- Kaiser Trail, meet at 9:30 at Lake Paddenl **April 14** - 9:45 FreeRide (see calendar for details) Check the events calendar on whimpsmtb.org

Earth Day trail work party sponsored by REI, NSEA, WLT:

April 21 9am-noon, Old Acme Landing Strip We will plant hundreds of native trees and shrubs along the stream banks of what used to be a landing strip. Salmon were seen using the partially restored creek this fall; take part in continuing the restoration. REI is donating a Half Dome 2 tent to one lucky volunteer. rei.com/stores/events/65

2012 RIDES - MOSTLY WESTERN WASHINGTON

April

- 1 April Fools' Day Ride (MBBC Club Ride) see p 1
- 15 Daffodil Classic (Puyallup) twbc.org
- 20 Recycled Arts & Sustainability Ride (Bellingham) see p 2
- **21** Tulip Pedal (LaConner) see p 2 www.skagitems.com/ safe-kids-skagit-county/annual-tulip-pedal/
- 28 Tour de Lopez (Lopez Island) lopezisland.com

- **5** Camano Climb (Camano Island) stanwoodvelosport.com
- 5 Ride Around Clark County (Vancouver WA) vbc-usa.com/racc
- 6 Summer Rides Kick-Off (Bellingham) everybodyBike.com
- 6 May Day Metric (Federal Way) maydaymetric.net
- 12 Skagit Spring Classic skagitspringclassic.org
- 13 Rhody Tour (Port Townsend) ptbikes.org
- 19 Reach the Beach (Portland, OR) reachthebeach.org
- 28 Seven Hills of Kirkland www.7hillskirkland.org

- 2 Swan Century (Sedro Woolley) swancentury.org
- 2 High Tide Ride (Anacortes) hightideride.com
- 3 Peninsula Metric Century (Southworth) twbc.org
- **TBD** Fort2Fort (Port Townsend) fort2fortride.org
- 9 Flying Wheels (east side) cascade.org/EandR/flying/
- **TBD** Bill's Hills of Bellingham (MBBC club ride)
- 23 Tour de Blast (Mount St. Helens) tourdeblast.com
- 23 Cannonball (Seattle to Spokane) redmondcyclingclub.org
- 23 Chelan Century Challenge (Chelan) chelancentury.com
- **30** Red-Bell 100 (Redmond) cascade.org

- **7** S2S (Seattle to Spokane) redmondcyclingclub.org
- **14-15** Seattle to Portland/STP cascade.org
- **18-22** RedSpoke Redmond to Spokane redspoke.org
- **26** RAMROD (Mt. Rainier) redmondcyclingclub.org
- 28 Tour de Whatcom (Bellingham) tourdewhatcom.com
- 28 Seattle Century seattlecentury.com

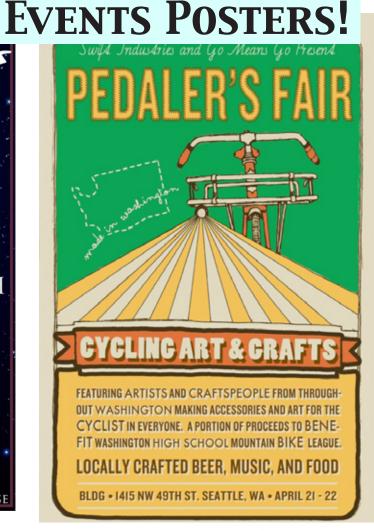
August

- 4-10 RAW (eastern WA, ID) cascade.org
- **5** Ride the Hurricane (Port Angeles) portangeles.org
- **11** Bellingham Urban Mayhem Ride "BUMR" (MBBC Club Ride)
- 19 Retro Ride (LaConner) Ken Rasmussen kayakfit@fidalgo.net
- 25-26 RAPSody Ride Around Puget Sound (Tacoma)
 - rapsodybikeride.com

September

- 8 Whatcom County Farm Tour by Bike sustainable connections. org/foodfarming/whatcom-county-farm-tour-1/
- **8-9** MS 150 Bike Ride (Mt. Vernon)
- 9 Mt. Baker Hill Climb (Glacier) www.norka.us
- 9 High Pass Challenge (Packwood) cascade.org
- **16** Chuckanut Century (Bellingham) chuckanutcentury.org
- **22** Tour de Whidbey (Greenbank Farm)
- **30** Kitsap Color Classic cascade.org
- **TBD** Skagit Valley Bicycle Farm Tour (probably Oct 6 or 7) festivaloffamilyfarms.com
- TBD Fall Bike Festival (Winthrop) www.mvsta.com







FANTASTIK SPRING FEST 2012

Saturday & Sunday, March 31 - April 1



Start this riding season with a bang at our 2nd annual Spring Fest! Demo bikes, hot dogs, celebrity riders, group rides, swag raffles, and LOTS more planned!

Saturday, March 31st: 9:00 AM - 5:00 PM

- 9:00 AM Doors open
- 9:00 AM 4:00 PM Demo bikes from Intense, Norco, Felt, and more take 'em to the trails!
- 11:00 AM Road skills clinic Learn the basics of road riding
- 11:30 AM 1:00 PM Fanatik's grills will be fired up, cookin' up free hot dogs
- 1:00 PM Bunny hop contest Prizes for top three finishers, don't forget your helmet!
- 5:00 PM Cruiser ride All riders invited to the Fanatik Cruiser Ride, finishing at Chuckanut Brewery

Sunday, April 1st: 10:00 AM - 3:00 PM

- 9:00 AM Doors Open
- 9:00 AM 2:00 PM Demo bikes from Intense, Norco, Felt, and more take 'em to the trails!
- 11:30 AM 1:00 PM Fanatik's grills will be fired up, cookin' up free hot dogs
- 4:00 PM Galbraith MTB group ride All ages and abilities welcome Meet at South Galbraith lot

Raffle and Swag

Fanatik will raffle off a cruiser bike, apparel, bicycle gear, and other swag throughout the event to generate donations for the Boys and Girls Club of Whatcom County.

lations for the boys and

And there's more!

Trail work dates from Bellingham Parks Dept:

April 7- 10 am Old Village Trail

April 14 - 10 am Crooked Path

April 14 - 1-3 pm Franklin Park

April 21- 10 am Padden Creek Trail & 6th

April 28- 9 am Maritime Heritage Park (with NSEA)

May 5- 10 am Squalicum Creek Park

May 12-9 am Whatcom Creek at City Hall

June 2- 9 am Happy Valley Park - for National

Trails Day

information: Bellingham Parks & Recreation, 360-778-7105 and see directions to trailhead meeting places here:

http://www.cob.org/documents/parks/ volunteer/work-schedule.pdf

Classes & Training

REI Cycling-related classes: rei.com/

stores/events/65

Bike Maintenance Basics: April 11; Bike Maintenance 201: April 15, 29

Triathlon Basics: April 16

everybodyBike Cycling safety and confidence classes: check the events calendar at everybodybike.com/calendar.aspx currently scheduled at Whatcom Middle **April 12** Get Ready for BikeToWorkDay May 10 Bike Maintenance class for women,

everybodyBike Roll-Alongs: June 14, July 12, August 9

Cycle Moles Spring Classes and Clinics at Fairhaven

Fitness: bellinghamtennis.com 360-733-5050

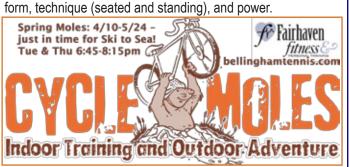
Cycle Moles: Spring Training Camp

Tue & Thu 6:45-8:15pm Seven Week Camp. Starts Tuesday. 4/10 Pump up your spring training with focused effort!

Cycle Moles: Cycling in a Group 101 (outdoor clinic) Saturday 4/14 10am-12pm \$25

Do you want to learn how to ride more safely in a group? Not sure where to ride and what signals to use in a group? We'll help you to feel more comfortable and confident out on the road! This will be a moderately paced group at 12-15 mph.

Cycle Moles: Hill Climbing 101 (outdoor clinic) Saturday 4/21 10am – 12pm \$25 Max 6 per Coach Climb hills faster with more confidence! Learn techniques for efficient hill climbing. We'll do drills for





Each **Summer Ride** has a different theme, with goodies provided along the way. Summer Rides are social rides covering easy, fun routes of around seven miles.

SUNDAY, May 6: The Woods Coffee Bike-Along

FRIDAY, May 11: Culture Cycle-Public Art Tour

SUNDAY, May 20: Petite Parks Tour

FRIDAY, May 25: Tea Time Tour

SUNDAY, June 3: School Garden Tour

FRIDAY, June 8: Diva Cycle

SUNDAY, June 10: Bike Fairhaven w/ Dirty Dan Harris

SUNDAY, June 17: Centennial River Ride (Ferndale)

FRIDAY, June 22: I Bike For Chocolate

SUNDAY, July 1: Ode to Alan Rhodes

FRIDAY, July 6: Bakeries of Bellingham

SUNDAY, July 15: Flower Power

FRIDAY, July 20: Bike to Bocce Ball

SUNDAY, July 22: Beach Pedal (Birch Bay)

SUNDAY, July 29: Mallard's Ice Cream Cycle

Sunday rides begin at 1pm (Giant Redwood Challenge begins at 9am)

SUNDAY, August 12: The Transportation Tour

a) The Spruce Social Ride:

SUNDAY, August 26: Woods to Woods Coffee Classic

a guided ride of approx. 4 miles

b) The Giant Redwood Challenge Ride:

a self-guided ride of approx. 50 miles

SUNDAY, August 19: Bike the Bayside

Friday rides begin at either 3pm or 4pm

Check everybodyBIKE.com



Details at everybodyBIKE.com or 671-BIKE



Welcome new members!

Cindy Burton

Jennifer Cranston

Nathan Cranston

Wendy Cranston

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

SMART TRIPS





MBBC ADMINISTRATION

Mt. Baker Bicycle Club Board of Directors and Officers:

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

Contacts:

Marie Kimball--bikebham@yahoo.com (656-5778) Doug Schoonover--

ridecoordinator@mtbakerbikeclub.org (410-6431) Jennifer Longstaff--

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 or TIFF format for photos, and ensure they are at least 250 ppi. Any 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.

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 ☐ R	Renewing Member	g 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	r:							
(An associate member is any	person living at the s	same address	as the individual member)					
I would like to receive my new	wsletter by (choose on	e): 🗖 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	Boa	Board Member					
Bike to Work and S	chool Day	Chu	Chuckanut Century					
□ Special Events	Website Mai	ntenance						
☐ I can provide disco	unts on							

Membership type	e :
Individual: \$15 Family/Associate: \$25 Additional Donation: (donations support bike:	safety education)
Total enclosed:	\$
Please enclose a check Mt. Baker Bicyc	

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

Build a Dynamo 36-Spoke Front Wheel

Part II. Truing and Electrical

© 2012 by Frederick Su

This is part 2 of a two-part instructional article. Part 1 was presented in the MBBC March 2012 newsletter, and it can be viewed online at:

mtbakerbikeclub.org/news/dynamo1.pdf



better with the spoke line. Sometimes, a spoke entering a nipple may have a pronounced bend, which can lead to premature failure.

Next, turn the nipples until 1 thread is showing on each spoke, once more working from the valve hole all the way around. You will feel the wheel tighten. Then go around the rim once more and screw down the nipples just until no threads are showing for each spoke (doable if spoke length is correct; if not, let one or two threads show). This is your rough starting point where, for a front wheel, all the spokes are somewhat equidistant from hub to rim.

4. Use your thumb to press down on all the outbound spokes to make sure that the spoke lies flat against the flange. (I do not suggest hitting the spoke with a hammer, as some people do. This is an expensive hub!) ...continued!

See Frederick's complete article, with all 20 instruction steps and photos on our Web Site at:

mtbakerbikeclub.org/news/dynamo2.pdf

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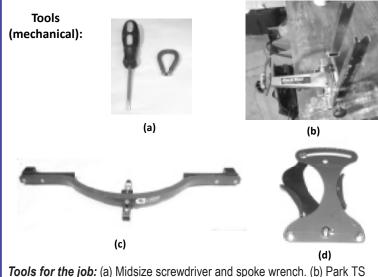
Fred is the author of **An American Sin**, an award-winning novel about an Asian American and Vietnam. www.bytewrite.com.



1. As we add tension to the spokes, we must address what I call the *three states of zen* for the wheel: (A) roundness, (B) straightness, and (C) centeredness, all defined later as we progress.

Caution! Wear safety glasses when building a wheel! Spokes have been known to pierce eyeballs. In Part II, spokes will be under high tension. The following tensioning instructions assume you have used the correct length spokes.

- 2. Squeeze a drop of oil into each spoke hole in the rim. Use the midsize screwdriver to screw down the nipples onto the spokes until ~3 threads are visible. Start from the valve hole and work your way around the wheel.
- **3.** With the spokes thus moderately tensioned, squeeze the crossing spokes (same side flange) near the rim. Do this all around the rim. The purpose is to align the nipples

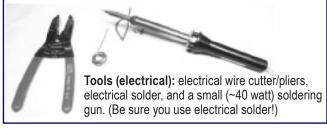


Tools for the job: (a) Midsize screwdriver and spoke wrench. (b) Park TS 2.2 professional truing stand. (c) Park WAG-4 dishing tool. (d) Park spoke tensiometer (optional). A more economical home mechanic's version (TS-8) of the Park stand is available. Search online for best prices and, if you wish, find resources for making your own truing stand, usually out of an old fork.





36-spoke front wheel using the SON28 2012 hub dynamo (100 mm fork widthspacing) and Velocity Dyad rim (596 mm effective rim diameter) to power a Busch & Muller Lumotech Lyt N Plus LED lamp, shown above, first (a) on the wheel truing stand, then (b) mounted on front fork. Lamp: \$49 from Longleaf Bicycles.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 1 April Fool's Ride Edison Social Ride Fanatik Spring Fest	2	3 Tuesday evening "Ramp-Up" ride Ferndale social ride	Wed Group Ride Bike to Work/School Day planning mtg	5	6 Passover begins	7 Donut Ride Bellingham Parks trail work party
8 Caster Edison Social Ride WhIMPs trail work	9	Tuesday evening "Ramp-Up" ride Ferndale social ride	Wed Group Ride REI: Bike Maintenance Basics	Edison Social Ride everybodyBike class: "Get Ready for Bike Day"	13	14 Donut Ride Recumbent Ride Bellingham Parks trail work party WhIMPs trail work
Edison Social Ride Daffodil Classic REI: Bike Maintenance 201	16 REI: Triathlon Basics	Tuesday evening "Ramp-Up" ride Ferndale social ride	18 Wed Group Ride	19 Edison Social Ride Kulshan Ladies' Night	Recycled Arts & Sustainability Ride May Newsletter Deadline	21 Donut Ride Bellingham Parks trail work party REI Earth Day trail work party Pedaler's Fair, day 1 Tulip Pedal
22 Earth Day Edison Social Ride Pedaler's Fair, day 2	23 REI: Bike Maint Basics	24 Tues evening "Ramp-Up" ride Ferndale social ride	25 Wed Group Ride	26 Edison Social Ride	27	28Donut Ride Tour de Lopez Bellingham Parks trail work party
29 Edison Social Ride REI: Bike Maintenance 201	30	May 1 Tuesday evening "Ramp-Up" ride Ferndale social ride	Wed Group Ride Bike to Work/School Day planning mtg	3 Edison Social Ride	4	5 Donut Ride Bellingham Parks trail work party



Mt. Baker Bicycle Club

Post Office Box 2702

Bellingham, Washington 98227



SILVER

Welcome to Bellingham
Now Get on Your Bike!

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..