



MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Volume 17 Number 7, August 2008

WHATCOM COUNTY: A GREAT PLACE FOR CYCLING IN THE SUMMER

After a slow start, summer weather arrived in July and anyone with a bike took to the streets. With so many activities, it was easy to find enough events to fill all one's spare time. In this issue, behold photos from a few of the reasons we love cycling in Whatcom County. (see more on p. 6)

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This month's contributors: Phil Elsasser, Kristen Kinnamonk, Kae Moe, Ken Rasmussen, Christine Zamfino. Thanks to all!



MBBC listserv--<http://sports.groups.yahoo.com/group/MtBakerBicycleClub/>

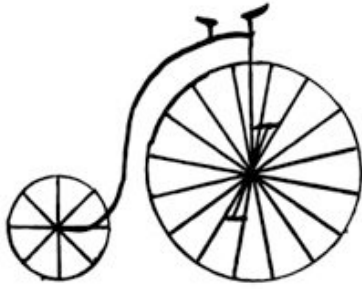
Club Website:
www.mtbakerbikeclub.org
 Newsletter archive online:
www.mtbakerbikeclub.org/Newsletters/newsletters.htm



counterclockwise from above: Brad Burdick at Mt Baker Theatre after leading Thursday Nooner Ride. WWESRRiders cycle Lummi Island. Thursday Fairhaven Riders wait for the rest of the group. Tuesday Ramp-Up Riders gather to ride, then afterward at new Kemper Brewpub.



WEEKLY AND GROUP RIDES



Sunday Tony's Ride: (May-Sept) two groups (1) race pace, 30-40 miles, 20+ mph and (2) medium speed, shorter course. Depart from Fairhaven Village Green (10th & Mill) 7:30 am sharp. Al Coyle, fbrinfo@gmail.com. Tony's Coffee afterward.

Tuesday Ramp-Up Ride (April - September); Starts from parking lot of Whidbey Island Bank, 920 W. Bakerview Road. Meet at 5:45, depart 6:00 pm. 14-16 mph (with a slower and faster group available). Practice fundamentals of group riding. ridecoordinator@mtbakerbikeclub.org or 410-6431.

Tuesday Social Ride: 9am, starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. Info: Robert Parker at rmp4724@az.com or 360-671-6910

Tuesday Hot Laps Ride: (summer months) 30-40 miles, race pace. Training ride departs from Kulshan Cycles at 6 pm to a practice road race course

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 and very fast groups. From Oct-Mar this is a night trail ride with lights. Re-group at brewery afterward (7:30 pm). Contact: ridecoordinator@mtbakerbikeclub.org 410-6431

Fanatik Wednesday Galbraith Rides in Summer
Sign up in advance for women's MTB rides, see schedule at fanatikbike.com, 360-756-0504; kathy.fanatikbike@gmail.com

Thursday Noon: an hour or more depending on the group, 14-16 mph pace. Get out of the office and release some stress! Leave from Mt Baker Theatre at noon sharp. Rain cancels. Brad Burdick 733-5793 x14 or email burdick@mountbakertheatre.com

Thursday Fairhaven-on-the-Green Ride: (May-Sept) two groups (1) race pace, ~30 miles, 20+ mph and

(2) medium-speed group on shorter course. Leaves from Fairhaven Village Green (10th & Mill) 6:00 pm sharp (meet at 5:45). Info: Al Coyle, fbrinfo@gmail.com.

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 rmp4724@az.com or 360-671-6910

Saturday Kulshan Ladies Ride: Depart Kulshan Cycles at 8:00 am. 2 groups: (1) 18 miles, 12-14 mph (2) 25 miles, 15-17 mph. We'll head from Kulshan down Chuckanut, then toward/around Lake Samish and return. Heavy rain cancels. Info: Kae Moe, kulshancycles@comcast.net

Whatcom Women's Extreme Social Rainbow Ride: "WWESRR" Second Saturday of the month at 9am, April–September. Details emailed the week before the ride. Contact Cindy: cindymadigan@hotmail.com 360-305-7951 or Therese: cascadilla23@yahoo.com 360-303-3946

everybodyBikeCommunity Rides: Check www.everybodyBike.com/calendar.aspx for listings

WhIMPs Mountain Bike Rides: contact the club on their website for schedule: www.whimpsmtb.com



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We are indebted to Sunshine Printing,
www.sunshineprinting.net, 207 W. Holly St. in
Bellingham for printing the MBBC newsletter

"If what we want is to stop the destruction of the life of this planet, then what we have been doing has not been working. We will have to do something else. Something else, as in something *really* else, as in *now for something completely different* else. Not the same old tricks in a new shade of muddy green." – Tim Bennett

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Start August with the Tour de Whatcom

www.tourdewhatcom.com

August looks to be a great riding month, starting right off with the Tour de Whatcom, benefitting the Boys & Girls Clubs of Whatcom County. In 2007 we raised over \$15,000 for the kids! Choose the length of your ride: 25, 50 or 105 miles, perfect for a family outing or for serious riders alike. This is truly a tour, you get to see everything: Mt Baker, Lake Whatcom, valleys, rivers, lush farmland, beaches and Puget Sound all in one fairly level ride. See you at the Fairhaven Village Green start point on August 2.



And end August with RAPSody

www.rapsodybikeride.com

The fifth annual Ride Around Puget Sound (RAPSody, Aug 23-24) starts by bicycling across the new Tacoma Narrows Bridge on the 10-foot bike path. Great water and mountain views characterize the entire 165-mile route, which starts and ends at Tacoma Community College and passes through Port Orchard, Shelton and Olympia.

To fuel you up the rolling hills, ride organizers provide yogurt parfaits, hot calzones, fresh bread rolls and fruit at scenic rest stops. Registration also includes souvenir socks, mechanical and ride support, luggage transport, free indoor and outdoor camping at Shelton High School, showers and overnight parking in Tacoma.

There's live music on Saturday and ice cream bars to celebrate the finish on Sunday. Riders can complete this challenging ride in one or two days.

RAPSody is a fundraiser for the Bicycle Alliance of Washington's statewide bike advocacy and education efforts. The event is organized by West Sound Cycling Club, Tacoma Wheelmen's Bicycle Club, Seattle Bicycle Club, Capital Bicycle Club and B.I.K.E.S. Club of Snohomish County.

- submitted by Kristen Kinnamont, 206-577-6999

2008 UPCOMING EVENTS

Parks Department Volunteer Trail Work Days

Spare a few hours to help maintain the trails that we all enjoy for cycling and hiking. Gloves and tools provided, you only need to show up! Wednesday, 6:30-8:30 pm

August 6 - Woodstock Farm

details: Rae: 778-7105 or City of Bellingham website:

www.cob.org/government/public/volunteer/parks/

North Shore Circuit Race

August 17: Presented by WWU Cycling. Heats from 9am-4pm

details: Phil Elsasser, 847-528-9461

www.wwucycling.com/events_northshore.php

Fanatik Bike Co. Sponsored Events

August 6: Ladies Intro to Galbraith Trail Ride, 6pm

August 20: Bike to Beer Cruiser, 6pm

kathy.fanatikbike@gmail.com, 756-0504, fanatikbike.com

Parks and Recreation Community Race Series

August 9: Bellingham Youth Triathlon

October 12: runningshoes.com Duathlon, YMCA Youth Du

www.trithecookie.com

REI Events (monthly sponsored by Bellingham REI):

August 11: Bike Maintenance 101

August 9 & 23: Bike Maintenance 201

August 13: Bike Wheel Maintenance

www.rei.com/stores/events/65

everybodyBike upcoming events:

August 2, Kids Fest Bike Rodeo 11am-3pm

August 15: Lummi Nation Bike Rodeo

August 4: First Gear, Intro to Cycling

September 6: Bellingham to Glacier Road Ride

Mary Anderson, 671-BIKE, info@everybodybike.com

2nd Annual Retro Ride/Cycle Celebration, LaConner, Aug 24

Bellingham Traverse: Sept 27 bellinghamtraverse.com

Mount Baker Club rides (see website for hikes too):

August 20: Interurban Ride, 6pm Fairhaven Park, 676-9843

Sept 27-28: Kettle Valley Canada Ride, 676-9843 Paul

Oct 4: Skagit Valley Farms Bike Tour, 734-6602 Janet

www.mountainbakerclub.org/activities.htm

Adventures in Travel Expo (Seattle): Sept 13-14

www.adventureexpo.com

2008 SPECIAL RIDES

AUGUST

2 Tour de Whatcom (Whatcom County)

www.tourdewhatcom.com

2-9 RAW (Ride Around Washington) *sold out*

www.cascade.org/EandR/raw/

9 WWESRR*-- Everson

10 ACS Bike to Battle Cancer (Mt Vernon)

www.main.acsevents.org/bike-a-thon

15-16 RSVP (Seattle to Vancouver BC) *sold out*

www.cascade.org/EandR/rsvp

23-24 Bay2Bay (Whatcom County) www.wcnbay2bay.com

23-24 RAPSody www.rapsodybikeride.com

SEPTEMBER

7 Mt. Baker Hill Climb (Whatcom County)

www.norkarecreation.com/hcindex.html

7 High Pass Challenge (Mt St Helens)

www.cascade.org/EandR/hpc

13 WWESRR*-- Bellingham Waterfront or Bow-Edison

14 Chuckanut Century www.mtbakerbikeclub.org/

chuckanutcentury/ChuckanutCentury.htm

13-14 Group Health Bike MS (Skagit, Whatcom, Island Co)

bikewas.nationalmssociety.org

19-22 Trek Tri-Island (San Juan Islands)

www.cleanairadventures.org/trek_tri_island

27 Tour de Whidbey (Whidbey Island) www.whidbeygen.org

28 Olympic Bike Adventure (Port Angeles)

www.olympicdiscoverybike.com

OCTOBER

5 Kitsap Color Classic www.cascade.org/EandR/

*WWESRR: Whatcom Women's Extreme Social Rainbow Ride

MBBC: 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.

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 and Officers:

Ellen Barton - President; Marie Kimball - Vice President;
Michael McAuley - Secretary; Cathie Gerlicher - Treasurer;
Doug Schoonover - Ride Coordinator;
Pamela Robertson, Rodd Pemble, Marc Ambers, Chris Covert-Bowlds

Contacts:

Ellen Barton--raleigh3speed@hotmail.com (734-8540)
Marie Kimball--bikebham@yahoo.com (752-1236)
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 weekend 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 300 dpi. 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

☐ 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)

May we share your contact information with other organizations? ☐ yes ☐ no

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 _____

Membership type:

Individual: \$15 _____
Family/Associate: \$25 _____
Additional Donation: _____
(donations support bike safety education)
Total enclosed: \$ _____

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

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

SHORT SUBJECTS... a little of this and that about cycling...

North Shore Circuit Race, take two!

http://www.wwucycling.com/events_northshore.php

Once again I am pleased to announce the second running of the North Shore Circuit Race on Sunday Aug 17th. The first running of this race on March 29th was canceled due to snow. We are now all keeping our fingers crossed for some of this beautiful Bellingham sunshine we have seen in July.

We are again in need of volunteers to corner marshal, drive lead or follow cars, help with registration, clean up and setup. It takes a huge number of volunteers to put on a safe race for both riders and spectators so please come out and help make local racing a possibility.

We are of course also looking for racers! We are offering many USCF categories, and one day licenses can be purchased for new racers. Please see the website for details on race times and categories offered.

Proceeds from this race go directly to supporting collegiate cycling and developing new riders through the WWU Collegiate Cycling Team.

- submitted by Phil Elsasser

Reminder: 2nd Annual Retro Ride and Cycle Celebration - August 24

Come join a celebration of cycling on August 24, near La Conner.

Last year's event was a smashing success, and this year's promises to be even better, with more ancient, unusual and stylish bicycles, more costumes, and more happy cyclists enjoying the Northwest's most lighthearted event. There's still plenty of time to get ready, so refurbish, borrow or buy the ancient or stylish bicycle of your dreams, and get your costume together. If you can't manage an unusual bike or costume, come anyway, the gawking is great!

The venue is the Rexville Grocery (19271 Best Road near La Conner), with brunch beginning at 11:15, Bicycle and Costume Review in the Pavilion at 12:00, The Grand Parade at 1:00, and Tea Time at 2:30.

The course for "The Grand Parade" will be easy, about 15 miles, and will include a ride through downtown La Conner. The ride is suitable for cyclists of all abilities and ages, and will include options for shortening or lengthening the basic course. (Approved helmets must be worn when riding, though costume hats are appropriate for the Review.)

This is a celebration of cycling with historical roots, carried through in a spirit of fun. Please join us!

-- Ken Rasmussen, 360-766-8720, kayakfit@fidalgo.net

Trek Bike Commuter Promo

Trek Bikes is promoting bike commuting on its new website: www.1world2wheels.org. Take the pledge to ride your bike and leave your car at home, and enter Trek's drawing: they are giving away a bike every day through August. It only takes a minute and many of you already commute to work or school by bike. It would be awesome if someone from Whatcom County won a bike in this promo! - submitted by Kae Moe



Announcing the first Adventures in Travel Expo, Sept 13-14, Seattle

The leading active and adventure travel events have come to Seattle, and you will have the opportunity to learn about them at the Adventures in Travel Expo in September.

Meet hundreds of active and adventure travel providers, view cultural demonstrations, try adventure activities, and more. See ATE's featured headliners including: Arthur Frommer, Frommer's Travel Guides; Philippe Cousteau, Founder, EarthEcho; Richard Bangs, Quest for the Sublime; and National Geographic ADVENTURE speakers. Free passes are being offered to Mount Baker Bike Club members! To get your free pass, register online at www.adventureexpo.com/consumer and enter PROMO CODE: MBBC

- submitted by Christine Zamfino



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WHATCOM COUNTY: CYCLING FUN IN SUMMER *(continued from p. 1)*



Bellingham Criterium photos, counterclockwise from left: Criterium riders pass the courthouse during a late stage. MBBC member Richard James performs race marshal duties at criterium. MBBC ride coordinator Doug Schoonover stands his ground and keeps cars off the course. The women's field rides hard on the downtown course.



ALSO IN JULY: Congratulations to a large number of Bellingham riders who completed the STP in one day. We'll have Marie's review of the STP and some photos in next month's newsletter. Way to go One-Day Riders!



Kulshan employees, including Evel Knievel (right) give away prizes and socialize at the cyclery's Customer Appreciation Night



above: everybodyBike mechanic at Saturday's Farmers Market. Keeping the community rolling.



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A CHAT WITH KYLE FROM "THE HUB" COMMUNITY BIKE SHOP *part two...*

Last month's newsletter contains part one of our conversation with Kyle Morris, proprietor of The Hub Community Bike Shop.

How can community members help out? Donations of new and used bikes and parts are welcome. Cash donations are also appreciated. For a cash donation, a person can become a member of The Hub and membership earns discounts on shop space rental and on parts purchase. People can also volunteer and trade volunteer time for membership.

Tell me more about volunteering. We make the best use of volunteers who have experience as bike mechanics. There are other tasks for volunteers, such as sorting through used parts and organizing inventory. But this is a small space, so we need to reserve working room for those who have the talent to work on bikes. There are mechanics on the paid staff, but there is a lot more bike work backlogged. Volunteers who can help us get that backlog worked down are most needed.

What happens during the "off-season?" Once we catch up on orders and bikes that have been promised, we have the time over the winter to put together a lot of bikes and get them tuned and ready to go. We had a fleet of "ready to go" bikes and they all sold on the first nice weekend of the year (this year, that was in February).

I read that the property is for sale. What's up with that? It's true, the shop's building is for sale. At this point there

hasn't yet been any activity. But if at some point it appears that a sale is imminent, or if we are asked to vacate as part of the selling process, I would need to re-focus my time on a project to brainstorm ways to keep the shop in this location. I believe we have a lot of community-wide support for keeping the shop here. It is easily accessible on a highly-traveled bike way. Moving to a new space would be an ordeal.

I think there is an opportunity to campaign and find a solution for keeping the shop where it is. But that kind of advocacy work takes a lot of time, and hopefully I won't need to focus on that until after the busy summer cycling season.



What would you like to spend more time on, personally? I would like to get the shop to the point where it runs more self-sufficiently so I could spend time working on some interesting custom and high-end bike challenges.

What's down the road in The Hub's evolution? I'm pleased with where we've come so far; we advocate for cycling, affordability, and reusability of resources.

In the future, ideally this shop is just the beginning of more. I envision that the space could be owned and developed under the auspices of a land trust. It could include housing, and a nurturing area for more progressive businesses to get started. This could be a community to foster creativity and support a sustainable, considerate business model. Really, it's all about relationships. Riding a bike is about relationships. I ride to connect with people, I socialize while riding. You just can't do that in a car. If I had an infinite amount of time, I'd walk everywhere, because that gives even more opportunity to forge relationships with those around us.

www.pedalproject.org

Thank you and good luck Kyle, you and The Hub are certainly a solid foundation of the local cycling community that we all enjoy!



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<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
SUMMER!!!!					August 1	2 TourDeWhatcom Donut Ride Kulshan Ladies Ride evrybodyBike Rodeo
3 Sunday Tony's Ride RAW begins	4 everybodyBike: First Gear	5 Tuesday Social Ride Tues Ramp-Up Ride	6 Wed Group Ride Fanatik Women's Galbraith Intro Ride Trail work: Woodstock Farm	7 Thurs Nooner Ride Thurs Fairhaven Ride	8	9 Donut Ride Recumbent Ride WWESRR Kulshan Ladies Ride REI Bike Maint 201 Bellingham Youth Tri
10 Sunday Tony's Ride ACS Bike to Battle Cancer	11 REI Bike Maint 101	12 Tues Social Ride Tues Ramp-Up Ride	13 Wed Group Ride REI Bike Wheel Maint	14 Thurs Nooner Ride Thurs Fairhaven Ride	15 RSVP (overnight in B'Ham) e'Bike Rodeo	16 Donut Ride Kulshan Ladies Ride RSVP
17 Sunday Tony's Ride North Shore Circuit Race	18	19 Tues Social Ride Tues Ramp-Up Ride	20 Wed Group Ride Fanatik Bike to Beer Cruiser Ride Mount Baker Club Interurban Ride	21 Thurs Nooner Ride Thurs Fairhaven Ride	22	23 Donut Ride Kulshan Ladies Ride REI Bike Maint 201 Bay2Bay RAPSody
24 Tony's Ride Rexville Retro Ride Bay2Bay RAPSody	25	26 Tues Social Ride Tues Ramp-Up Ride	27 Wed Group Ride	28 Thurs Nooner Ride Thurs Fairhaven Ride	29	30 Donut Ride Kulshan Ladies Ride
31 Sunday Tony's Ride	September 1 <i>Labor Day</i>	2 Tues Social Ride Tues Ramp-Up Ride	3 Wed Group Ride	4 Thurs Nooner Ride Thurs Fairhaven Ride	5	6 Donut Ride Cyclocross; Cross 542 evrybdy Bike: Glacier

Have you renewed your membership?
Check the date on the mailing label and
please please renew!!!

Celebrate Summer! Let's go on a ride.

Mt. Baker Bike Club
PO Box 2702
Bellingham Wa 98227

