



MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Volume 17 Number 2, March 2008

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This month's contributors:
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Jennifer Karchmer, Kulshan
Cycles, Marie Kimball, Kristin
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Doug Schoonover. *Thanks all!*

2008 Special Rides

See mark-your-calendar
section on page 5.

2008 Events (more on p 5)
Seattle Bike Expo: March 8-9
Kulshan Ladies Night: Mar 20
Whatcom Outdoor Expo: Apr 19
Everybody Bike Month: May
Bike to work day: May 16

MBBC listserv--[http://sports.
groups.yahoo.com/group/
MtBakerBicycleClub/](http://sports.groups.yahoo.com/group/MtBakerBicycleClub/)

Club Website:
www.mtbakerbikeclub.org
Newsletter archive online:
[www.mtbakerbikeclub.org/
Newsletters/newsletters.htm](http://www.mtbakerbikeclub.org/Newsletters/newsletters.htm)



2008 GROUP HEALTH SEATTLE INTERNATIONAL BICYCLE EXPO: SUNDAY VOLUNTEERS NEEDED

www.cascade.org/EandR/expo

Again this year the MBBC will have a booth at the 2008 Group Health Seattle International Bicycle Expo to promote the Chuckanut Century, Tour de Whatcom and other cycling opportunities that exist in Whatcom County. The dates are March 8th and 9th, Saturday and Sunday, in Seattle at Cruise Terminal 30. Volunteers are still needed for Sunday, March 9th. Volunteer for a 2 hour shift and get free admission. Expo hours are 9:00AM--6:00PM Saturday and 10:00AM--4:00PM Sunday. Contact Doug Schoonover, Doug.Schoonover@gmail.com or (360)410-6431 to reserve your spot. Even if you don't volunteer at the MBBC booth, the Expo is a great way to spend the day, check out the new equipment, check out rides in other areas, attend seminars and demonstrations, and maybe even find a bargain.



SAFETY RECALL: Trek Girls' MT220 Bicycle

The frame on your bicycle may have been manufactured incorrectly. A number of Trek model MT220 girls' bicycles, sold between 2004-2007, were made with a frame that was incorrectly welded. If the frame breaks it could cause a serious accident. If you own an affected bicycle, **it should not be ridden**. See details, including contact information and instructions for replacing the bike, at: [www.mtbakerbikeclub.org/news/
news.htm](http://www.mtbakerbikeclub.org/news/news.htm) or contact Kulshan Cyclery or another Trek dealer.



MARCH SPECIAL RIDES

McClinchy Mile - March 15 -

[http://www.bikesclub.org/html/
mcclinchy/mcclinchy.htm](http://www.bikesclub.org/html/mcclinchy/mcclinchy.htm)

It's the Ides of March, let's get out and ride! McClinchy Mile has food stops, maps and support along three loops: an easy 20 mile loop including a section of the paved Centennial Trail, a flat 34 miles of farmland and river valley to Stanwood, or a challenging 47 miles of rolling hills to Machias then back on the Centennial Trail. Cyclists are welcome to ride multiple loops if they want more miles -- all three loops makes an early season century (100-mile ride).

The McClinchy Mile is the first official training ride for the Ride Around Puget Sound (RAPSody) in August or for any other century ride you're thinking about doing.

Start and finish is in Arlington with registration at 8:00AM. For those who would like to carpool to this ride, we will meet at the Starbucks at Sehome Village and depart around 7:00AM. This is a great ride with good support and fun routes. For more information email Doug: ridecoordinator@mtbakerbikeclub.org.

New Ride: Thursday Nooner

Join up with like minded cyclists for a leisurely ride on Thursdays at 12:00. Meet at the Mt. Baker Theatre and ride for 45 minutes to an hour. We will leave at 12:00 noon sharp as there is limited time for most people. The route will be determined by the by the group with suggestions from the ride leader. The pace will be targeted at a 14-16 mph average, again depending on the day's group. The intent is to get out of the office, enjoy the company of other cyclists and release some stress. Rain cancels.

A changing area and showers are available at the theatre; bring your own soap and towel. For more information, contact Brad Burdick -- 733-5793 x14 or email: burdick@mountbakertheatre.com.

WEEKLY AND GROUP RIDES



Tuesday Jekyl and Hyde (April - September); Starts from parking lot of Whidbey Island Bank, 920 W. Bakerview Road. Meet at 5:45, depart 6:00 pm. 16-18 mph, slower group splits off if necessary. ridecoordinator@mtbakerbikeclub.org or 410-6431. Gather at Jekyl & Hyde pub afterward.

Tuesday Social Ride: 10am, 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 Training ride: (summer months) 30-40 miles, 18 mph (race pace), "Hot Laps" ride departs from Kulshan Cycles at 6 pm to a practice road race course

Wednesday Fanatik Off road rides: Weekly group rides during summer months leaving the shop or other sites around town between 5-6pm. Contact Kathy Salisbury at Fanatik Bike Shop: (360) 756-0504 or check the calendar at www.fanatikbike.com. Please call the store to sign up.

Wednesday "Hammer" 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 afterwards (7:30 pm). Contact: ridecoordinator@mtbakerbikeclub.org 410-6431

Wednesday Social Ride (summer months): leave at 6pm from Boundary Bay Brewery, 15-20 mile distance, 12-14 mph pace. No regular ride leader at this time.

Thursday Nooners: 45 minutes to an hour, 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

Saturday Donut Ride: 24 - 45 miles, race pace, departs from Kulshan Cycles, 7:30 am Oct thru Feb and 7 am March thru Sept. Goes to Ferndale for coffee and return, or if you wish continue to Birch Bay and return. (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--Contact Robert Parker at rmp4724@az.com or 360-671-6910

Saturday WhIMP MB Ride 10 am. Meet at the tennis courts at Lake Padden. Intermediate to advanced ride. Contact Darren, 733-3441, or www.whimpsmtb.com/info.htm for more information

Saturday Women's Road Ride from Kulshan Cycles, 8am starting in May - two groups according to speed and skill. Heavy rain cancels.

everybodyBIKE Community Rides: Check www.everybodyBIKE.com/calendar.aspx for listings

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 to Editor, MBBC Newsletter; PO Box 2702; Bellingham WA 98227

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

VOLUNTEER OPPORTUNITIES WITH EVERYBODYBIKE!

- **Bike to Work & School Day**
- **Educational Bicycle Rodeos**



It's not too early to get ready for **Bike to Work and School Day**, which is Friday, May 16! Volunteer training is happening now. Read on to see how you can contribute to this great annual event and get your bike in shape for the big day.

Bike to Work and School day enters its 11th year in Whatcom County and Bellingham this year. In 2007, more than 7,000 people participated by walking or cycling to work and school. Bike to Work Day is a national event with major cities across the country creating their own versions. In fact, May is deemed bike month by the League of American Bicyclists to encourage people to get their bikes in order and get out and ride.

How Bike To Work and School Day works:

Volunteers set up Celebration Stations throughout the city of Bellingham and Whatcom County. Bicyclists and walkers on their way to work or school stop to pick up bike giveaways, stickers, free morning snacks, information on upcoming bike events and to chat with other bike enthusiasts. Volunteers can offer some basic bike maintenance too. Best of all, volunteers keep track of the number of riders and walkers so make sure you get counted.

Volunteers needed:

In Whatcom County, our event is organized and run mostly by volunteers so if you're interested in getting involved, please attend the next public meeting, Wednesday, March 5 at the Bellingham Senior Activity Center, located at 315 Halleck Street (near Corry's Dry Cleaning), from 6:30p-8:30pm. We'd love your assistance with Celebration Stations, publicity, promotions, school outreach and a bunch of other tasks. Attend this meeting to find out more, or if you're unable to attend, contact Ellen Barton, everybodyBIKE Program Coordinator: ellen@wcog.org or (360) 671-BIKE.



Treat your bike right!

To get ready for the big event and get your bike in good working order for springtime, here are some quick tips for everyday riding. The ABC Quick Check is a one-minute pre-ride check you do EVERY single time you ride, but if you're just dusting off your bike from hibernation this winter, spend a little more time on these steps. It will make for much smoother and safer springtime riding.

AIR. Use a pressure gauge to insure your tires have the proper pressure which you can find listed on the sidewall of the tire. Also, check for tire tread and sidewall damage and replace your tires at this time if you see any tears. **BRAKES.** Inspect your brakes for wear and be sure to replace them if there is less than a quarter-inch of pad left. You can check your brake level too by squeezing the brake lever; there should be at least one inch (a thumb's width) between the handlebar and the level when applied. **CHAIN, CRANK, CASSETTE.** Inspect your chain for wear and if your chain skips on your cassette when riding, you might need a new chain or to make adjustments. The crank bolts should be tight too. **QUICK RELEASE.** Give a once-over to the quick releases, especially the brakes. Be aware that your hub quick release should point backward to ensure that nothing catches on it, like a branch while you're riding. Lastly, do a final **CHECK**, as you ride away making sure everything is working correctly, paying particular attention to your bike the first mile or two.

-- Jennifer Karchmer
everybodyBIKE instructor
jennifer@everybodyBIKE.com



Rodeo Season is Here

The everybodyBIKE team is gearing up to teach school children about bicycle safety. The bicycle rodeos are a great way to introduce important safety topics to children. At the rodeos, kids learn how to properly fit a helmet, the **ABC Hand Check**, what to do at driveways and intersections, and they practice riding in a straight line while scanning over their shoulder.

The rodeos take place at Public and Private Schools and at community events such as the Haggens Safety Fair and the Get Movin' kick off. The bicycle rodeos are a lot of fun for both the kids and the adults helping out.

Please contact Mary Anderson: 676-6974 or mary@everybodyBIKE.com, if you're interested in having a rodeo at your child's school, or if you would like to volunteer at a rodeo.

-- Mary Anderson



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www.fa.ml.com/gtodd_williams

Ride News

WEDNESDAY NIGHT RIDE TO RETURN TO THE ROAD SOON

Daylight Savings Time will begin March 9th, thus extending evening light hours to past 7pm and again allowing the Wednesday night ride to return to the roads. It has been a good year of trail riding which was summed up in an article recently published in WWU's Klipsun Magazine. Pick up a February copy of Klipsun, or check out the online version of the MBBC Wednesday Ride story at: <http://klipsun.wvu.edu/story.php?name=cycling>.

The February 6 ride brought back memories and nostalgia as riders remembered fallen comrade Bob Lindquist, who passed away after this ride a year ago. During the post-ride social time at Boundary Bay, a toast was made to Bob's memory. He is still missed by the MBBC and those who knew him. You can read more of Bob's legacy in the March 2007 newsletter: <http://www.mtbakerbikeclub.org/Newsletters/MBBCMARCH07lores.pdf>. *Ride on, Bob!*

At the same time, the Wednesday group celebrated a birthday of one of its newer members, with cake and a very ingeniously wrapped present.

Daylight time as well as the spring equinox on March 20 is a sign that it's time to get the road bike out and look forward to the upcoming riding season! And even if you don't ride with the Wednesday group, feel free to join the post-ride social gathering at Boundary Bay Brewery on Railroad, 7:30 pm.



Neaven Ratayczak celebrates his 18th birthday with the Wednesday night trail ride, followed by a multi-layered gift unwrapping. Photos show Neaven tearing through a box wrapped in electrical tape, twine, a bicycle tube, and at least 10 layers of duct tape. Happy Birthday and Happy Riding Neaven!

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



2008 SPECIAL RIDES: Mark Your Calendar!

March

McClinchy Mile (Snohomish County) March 15

www.bikesclub.org/html/mcclinchy/mcclinchy.htm

April

Tulip Pedal (Skagit County) April 5

www.skagititems.com/tpedal_main.htm

Tour de Lopez (Lopez Island) April 26

www.lopezisland.com/tour.html

May

Ride Around Clark County (down south!) May 3

www.vancouverbicycleclub.com/RACC.html

Camano Climb May 3

Rhody Tour (Port Townsend): May 4

www.ptguide.com/rhodytour/

Skagit Spring Classic (Skagit/Whatcom County) May 10

www.skagitbicycleclub.org/articles/765

7 Hills of Kirkland: May 26 www.7hillskirkland.com

June

Fort2Fort (Port Townsend): June 8 fort2fortride.org

Flying Wheels (King County/east side & Snohomish county) June 14

www.cascade.org/EandR/flying/

Chelan Century Challenge: June 14 www.centuryride.com

Tour de Blast (Mt St Helens) June 21 www.tourdeblast.com

Native Plant Ride (Winthrop): June 21

July

STP (Seattle to Portland) July 12-14

www.cascade.org/EandR/stp/

RAMROD (Mt. Rainier) July 31

www.redmondcyclngclub.org/RAMROD/

August

Tour de Whatcom (Whatcom County) Aug 2

www.tourdewhatcom.com

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

www.cascade.org/EandR/raw/

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

www.cascade.org/EandR/rsvp

RAPSody (Puget Sound area) Aug 23-24

www.rapsodybikeride.com

*** ride sold out? don't give up... watch message boards for people selling extra tickets throughout the summer*

September

Mt. Baker Hill Climb (Whatcom County) Sept 7

www.norkarecreation.com/hcindex.html

Chuckanut Century (Skagit/Whatcom County) Sept 14

Trek Tri-Island (San Juan Islands) Sept 20-22

www.cleanairadventures.org/trek_tri_island

Tour de Whidbey (Whidbey Island) Sept 27

October

Kitsap Color Classic: Oct 5

Fall Bike Festival (Winthrop): Oct 4-5



Chilly Hilly = Sunny Hilly!

A large MBBC group rode the Chilly Hilly on Feb 24, where the weather was clear and 3000 riders enjoyed the sun!

2008 EVENTS

Seattle Bike Expo: March 8-9

www.cascade.org/EandR/expo/

RideOn! Bicycle Travelogue Series 7-9 pm, Bellingham Public Library. \$2 donation suggested.

March 10: "A Season of Cycling: Washington 2007" by Marc Ambers

April 14: "The Western Express: Bellingham to Santa Fe following the Lonelist Highway/US 50, Utah Parks Route, Monument Valley and Four Corners" by Jim LeGalley

Ladies Night at Kulshan Cyclery: March 20, 7-9pm.

Enjoy snacks, meet fellow women cyclists from the area and check out several vendor displays of women's cycling products for the upcoming season

REI Events (monthly sponsored by Bellingham REI):

March 18: Bike Maintenance 101; March 22: Bike Maintenance 201; March 25: Bike Commuting 101.

Details: <http://www.rei.com/stores/events/65>

WWU Cycling: North Shore Circuit Race, March 29:

www.wwucycling.com/events_northshore.php

Volunteers needed - email staff@wwucycling.com

Whatcom Outdoor Expo: April 19

www.whatcomoutdoorexpo.com/

everybodyBike March events:

First Gear, free introduction to bicycling course,
March 3: 7-9pm, Community Co-op Connection Building, corner of N.Forest and Chestnut;
Fixing to Ride: March 25:

www.everybodybike.com/calendar.aspx

Bike to work & school day: May 16

planning meetings, 6:30-8:30 pm:

March 5 @ Senior Center, 315 Halleck

April 2 & May 7 @ Bellingham Public Library)

Everybody Bike Month, Bellingham: May 1-31

PLANNING FOR YOUR FIRST CENTURY RIDE

It's not too early to start planning. The 2008 Rides Calendar is out (see p. 5) and there are a number of century rides available. The Tour de Whatcom, Chuckanut Century, and others beckon, if you have never done a century and are thinking about doing your first in 2008!

The most important thing when you embark on a long bicycle ride is to ensure that you are prepared, with proper training and adequate supplies. This outline is intended as a basic guide with suggestions to help you prepare for a century or any long bicycle rides.

To finish a 100-mile ride, which may take from 4½ to 7 hours or longer, you need to ensure your body can handle the long time in the saddle. Depending on your personal situation, you may wish to consult your doctor before increasing your exercise regimen to train for your century.

3 months before:

- Make sure your bike is in proper working order.
- Get used to riding your bike for at least an hour up to twice a week.
- Learn what is comfortable to you on your bike. Get your bike fit checked at a local bike shop if you are not comfortable on your bike.
- Commute to work, the store, anywhere - to get more miles in the saddle.
- Know what clothes are comfortable. Find padded shorts that fit you well.
- Make sure you have a method to carry your essentials. Whether it is a saddlebag, jacket pockets, panniers, Camelback, etc – you must have a way to carry “stuff”. See checklist.

2 months before:

- Add longer rides to your weekly schedule (2-4 hour rides).
- Don't look at your mileage – just get comfortable riding your bike for longer periods of time.
- Make sure you ride at least 2 times a week.
- Work your way up to 50+ mile long rides.

1 month before

- You should be riding 50-60 miles at least once a week leading up to the century. Try riding 50-60 miles on Saturday and then 30-40 miles on Sunday. It takes time but you can make your rides fun. Take friends, some food and stop a point of interest for a picnic.
- Between your long rides, continue to commute and ride your bike anywhere you can to increase your mileage and get time in the saddle.

1 week before:

- Do a long ride at the beginning of the week.
- Taper off as it gets closer to the event.
- Do smaller, “spinning” rides that are not too tough.
- Make sure you are well rested during the week - sleep and eat well, stretch – save the energy for the century.

Day before:

- Gather the items you will need (see checklist) for the next morning. Pack all your items in one bag. Keep it neat and know



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where things are. Bring more than you'll need. Many items you will leave in the car while you ride. You will be happy to have them in your car when you are done.

- Eat a good meal with carbohydrates and protein. Drink lots of water. Pack food for the ride too. My favorite is a cheese-egg-sausage sandwich. When everyone is eating sugary energy bars at mile 80, you'll be thrilled to have “real food.” But *note*: practice eating different types of food on training rides. Each person has his/her own food preferences and tolerances during exercise.
- Stretch before bed
- Get a good sleep. Turn your mind off. Don't worry; the next day is going to be fun. You're going to meet lots of people, be supported on your ride, and regardless of how far you cycle, it will be a successful day.

During the ride:

- Ride at your own pace. Find a group going at your pace. Set up a meeting place if you split up (e.g. meet you at the next rest stop). It's much easier riding in a group.
- Keep drinking and eating. You're going to burn a lot of fuel and lose lots of water (even in the cold). Keep up on the intake – if you feel thirsty, it's usually too late.
- If you get to a point you think “I can't ride anymore”, you have three options:
 1. Dig deep and push to keep riding. Road riding has waves of harder and easier points. Try to push through the “hard wave.” It will ease up soon and you'll be feeling fine.
 2. Stop and rest, wait until you feel better.
 3. Stop riding! If you physically cannot ride, your body is telling you to stop. Wait with other people for a support vehicle to pick you up. Try again another day. Listen to your body.

Overall:

Be safe and have fun....you are going to complete your first Century!

--- Pamela Robertson

Pamela's Century Ride Checklist can be found on page 7

*The sounds of the Earth crying....
..... to stand up for our environment!*

"What we most need to do is to hear within ourselves the sounds of the Earth crying."

– Thich Nhat Hanh

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THIS MONTH FROM OLYMPIA: Bicycle Alliance "Bill Watch" 2008

The following bills are supported by the Bicycle Alliance of Washington or of interest to the cycling community. The BAW works year-round with our lobbyist and legislators in Olympia and with other environmental and transportation advocacy groups to promote legislation that supports cycling. This year's focus is driver education, safety and better planning that includes bicycles in the transportation mix. Please contact your legislators in support of cycling. The regular session ends March 13.

HB = House Bill; SB = Senate Bill.

SB 6420/HB 2564 – Drivers' education curriculum. This is an updated version of last year's HB 1588. It adds bicyclist and pedestrian safety information to public school drivers' ed classes (Thanks to BAW efforts, Dept. of Licensing just started requiring private programs to cover these topics). We heard from legislators that some electeds made fun of the idea that you'd need to learn how to walk or bike. At the Senate hearing, there was strong interest in educating cyclists about safe "driving" as well (tell them that this drivers' ed bill is a great way to do that).

SB 6822/HB 3154 – Reducing Vehicle Miles Traveled. This bill requires DOT to set goals for reducing "vehicle miles traveled" in support of greenhouse gas reductions. Best practices – such as improving bike facilities? – are to be identified and financing options for local governments suggested.

HB 2732 – Vehicle Passing Distance. Adds detail to current safe passing legislation that vehicles shall pass at a safe distance "of no less than three feet." At the hearing on the bill, the Washington State Patrol said they were concerned about needing to carry around yardsticks to enforce this bill. Truckers are concerned they'll need to cross the yellow line to pass.

SHB 1773/SSB 6355 – Tolling. The goal is to make sure that tolling revenues can be spent not just to improve and maintain the bridge or road tolled, but also on transit, bicycle facilities and other "demand management" efforts in the affected corridor. The substitute (amended) bills include the important word "manage" defining how tolls can be spent.

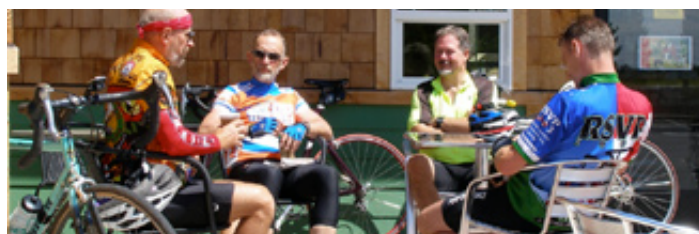
HB 2797/SB 6580 – Local Solutions to Global Warming. We are supporting the environmental community on this bill, which would add a requirement to the Growth Management Act that large cities

and counties consider greenhouse gas emissions in their planning and growth.

SB 5543/SHB 1625 – Motorcycle at Traffic Signal – Back from unsuccessful try in 2007 to let motorcycles proceed through intersections if not picked up by the light after one cycle. The substitute bill adds requirements for insurance or bonding for the motorcyclist. We can't add bikes in due to the bill title – but we're watching for an opportunity of our own on this issue.

– Kristin Kinnamon

Board Member, Bicycle Alliance of Washington



Checklist (continued from Century Ride Planning on page 6):

Highly recommended you carry on your bike:

- 2 new tubes
- Tire levers (to change the flat)
- Pump (small one to carry on your bike)
- Multi-tool (includes allen wrenches, screwdrivers... see bike shop)
- Food (energy bars, pb&j sandwich, banana = whatever works for you)
- Water
- Money

Good to carry:

- Layers of clothes (arm/leg warmers, gloves, vests, hat, etc. Look at the conditions and BE PREPARED!)
- Sunglasses
- Sunscreen
- Chamoisee butter/Udder Butter (trust me, good to use for shorts discomfort)
- Cell phone

What to bring along in the car:

- Floor pump
- Tools in a toolbox (including chain tool, lube, any bike tools you use)
- First aid kit
- Cooler including extra food. Make something that you really enjoy: you will need to refuel after the ride. Bring your own food rather than look for something afterward.
- Extra water (having a gallon jug is always handy)
- Change of clothes, towel, blankets, pillow (someone will sleep on the way home!)



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
MARCH 2	3 everybodyBike First Gear	4 Tuesday Social Ride	5 Wed Hammer Ride --- Bike to Work & School Day: planning meeting	6 <i>New!</i> Thursday Nooner Ride	7	8 Donut Ride Bike Expo - Seattle
9 <i>Daylight Time</i> Bike Expo - Seattle	10 Bike Travelogue, Marc Ambers	11 Tuesday Social Ride	12 Wed Hammer Ride - <i>back on the road</i>	13 Thurs Nooner Ride	14	15 Donut Ride Recumbent Ride --- McClinchy Mile - Snohomish County
16	17 <i>St Patrick's Day</i>	18 Tuesday Social Ride REI Event: Bike Maintenance 101	19 Wed Hammer Ride	20 <i>Spring Equinox</i> Thurs Nooner Ride --- Ladies Night at Kulshan Cyclery	21	22 Donut Ride REI Event: Bike Maintenance 102
23 <i>Easter</i>	24	25 Tues Social Ride everybodyBike Fixing to Ride --- REI Event: Bike Commuting 101	26 Wed Hammer Ride	27 Thurs Nooner Ride	28	29 Donut Ride WWU Cycling - North Shore Circuit Race
30	31	APRIL 1 Tuesday Social Ride	2 Wed Hammer Ride Bike to Work & School Day: planning meeting	3 Thurs Nooner Ride	4	5 Donut Ride Tulip Pedal - LaConner

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

Spring is on the way! Let's go on a bike ride.

Mt. Baker Bike Club
PO Box 2702
Bellingham Wa 98227

