



MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Volume 17 Number 9, Oct/Nov 2008

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This month's contributors:
Jerry Horner, Marie Kimball,
Kristen Kinnamonk, Sgt. David
Richards, Robin Robertson,
Casey Schoenberger. 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

AVOID WINTER CABIN-FEVER: KEEP RIDING!

We have had a lovely September of dry and clear riding days, with some great weather last month for the Mt Baker Hill Climb and the Chuckanut Century. But now that we're past the fall equinox, days are quickly getting shorter, rain is approaching, and you may be thinking of hanging up your bike for the winter. Don't do it! There are still opportunities to ride, both inside and out.

Skagit Farm Pedal is October 5th

Enjoy a visit to several Skagit Valley farms by bicycle during the Festival of Family of Farms. Choose to ride 18 or 35 miles in Skagit Valley, where the terrain is flat and the traffic is low.

Riders will depart from La Conner Flats (15920 Best Road) after enjoying hot coffee, cider and pastry at the farm's Garden Café. Both routes will then visit Hedlin Family Farm, Schuh Farms and Gordon Skagit Farms. The 35 mile route will take you through the farm lands of Fir Island for a visit to Alpacas of Misty Ridge. Each farm is unique, offering specialized tours, delicious treats and fresh farm products for purchase. PLUS ... our "sag" driver will pick up your farm purchases and bring them back to the finish!

Sunday, October 5, 2008 • 10:00 a.m. to 2:00 p.m.
www.festivaloffamilyfarms.com/farmpedal/bodyfarmpedal.html
Maps are provided and routes are led by experienced local bicyclists. For more information contact Skagit Bicycle Club members Dian and Steve Jahn at dianstevejahn@hotmail.com or call 360-293-1340.

Stay in shape overwinter at Fairhaven Fitness' new *Cycle Moles Training Camp*

Do you ever feel like a mole, training on your own in your basement during the dark days of winter? Join us for four months of mole brotherhood – and a coached indoor training



program that goes way beyond a "spinning" class. We guarantee this will boost your performance next spring. This indoor coached cycling program focuses on expanding your aerobic base – no matter what level of cyclist you are. All classes are between 60-90 minutes and include coaching, a systematic training program, heart rate threshold assessments, pedal stroke and cadence work, climbing endurance, entertainment, and details on every interval you do all winter. Targeted toward all levels - from recreational to competitive. Choose training on your own bike or one of the center's RevMasters.

For more information contact Robin Robertson at Fairhaven Fitness: robin@bellinghamtennis.com 360-733-5050

Western Outdoor Center is here to serve your winter sports needs

Students have returned and the WWU Outdoor Center is up and running full time. Stop by the center to consult and fix your bike, to attend a bike maintenance clinic, to pick up a free map of the trails on Galbraith, or to check out some of their cycling books and magazines. The center is up and running all winter, promoting outdoor sports for WWU students and for community members alike.

outdoor.as.wvu.edu

WEEKLY AND GROUP RIDES

- WINTER EDITION



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

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

Wednesday Cyclocross Practice: (Sept-Dec) 6pm Wednesdays at Civic Field. Practice basic skills, then group up by ability and do short race course. Welcome, newcomers, to 'Cross. Ryan Rickerts, ryan@cyclocrazed.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

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

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

RIDES ENDED FOR SEASON

Watch for rides to start again in spring/summer 2009 and plan for them in your 2009 training schedule.

Sunday Tony's Ride: resumes May 2009

Tuesday Ramp-Up Ride -- resuming in April 2009

Tuesday Hot Laps Ride: resumes in summer 2009

Fanatik Wednesday Galbraith Rides - summer

Thursday Nooner - resuming May 2009.

Thursday Fairhaven-Green Ride: resumes in May 2009

Women's Extreme Social resumes in May 2009

Saturday Kulshan Ladies Ride: resumes next summer.

everybody  **BIKE**

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

OCTOBER-NOVEMBER UPCOMING EVENTS

check the following websites for more November events!

everybodyBike upcoming events: www.everybodyBike.com
October 1, 16; November 6: First Gear
October 8: Fixing to Ride, Traffic and Trail
October 11: Let's Bike Safety Education for Kids/Parents; On Road
Ellen Barton, Mary Anderson: 671-BIKE, info@everybodybike.com

Cyclocross Events (schedule tentative) cascadecross.com
October 25: Belly Cross, Bellingham
November 15: Wooley Cross, Sedro Wooley
November 29: Muerto Cross, Bellingham

Parks and Recreation Community Race Series
October 12: runningshoes.com Duathlon, YMCA Youth Du
www.trithcookie.com

REI Events (monthly sponsored by Bellingham REI):
October 8: Bike Maintenance 101
October 4, 18: Bike Maintenance 201
October 22: Bike Wheel Maintenance
www.rei.com/stores/events/65

Mount Baker Club rides (see website for hikes too):
Oct 4: Skagit Valley Farms Bike Tour, 734-6602 Janet
www.mountbakerclub.org/activities.htm

Skagit Farm Pedal: Oct 5
www.festivaloffamilyfarms.com/farmpedal/bodyfarmpedal.html

Kitsap Color Classic ride: Oct. 5
www.cascade.org/EandR



MBBC Newsletter bookkeeping

- This month's newsletter is a double month.
- The next newsletter will be published for December-January.
- The December/January newsletter will be out before the holidays and I've been asked to include a list of "good gifts for a cyclist." If any of you have suggestions for some favorite cycling gear that you have given or received in the past, please let me know so I can include a *Cyclist's Wish List* in the December newsletter.
- Please recycle your newsletter or pass it along when you have finished with it.
- If you prefer not to receive a paper copy, please let me know. Newsletters can be seen online on the MBBC website's newsletter page: www.mtbakerbikeclub.org/Newsletters/newsletters.htm.
- Please renew your club membership if it has expired. We have given a grace period to those whose memberships have expired already, but that will end soon so please renew to support the club's local events, and to ensure you'll continue to receive the newsletter.
- Check the membership expiration date on your mailing label, and contact me if you think it's incorrect.

mbbcnewsletter@mtbakerbikeclub.org

--jhl
2

THINK BIKE SAFETY: tip from the Bellingham Police Department Traffic Division this month: *Practice Respect and Pass It On*

As the summer winds down and school starts up I am reflecting on bike riders in general that I have seen over the summer. Some of what I have seen was from the front seat of my patrol car and resulted in either a verbal warning, a written warning or a \$103 ticket. Bike riders continue to run red lights, stop signs, and ride on the sidewalks in business districts. Drivers continue to harp on this as one reason they do not pay much attention to bike riders. If I had a dollar for every time I had to listen to a driver complain about bike riders not following the rules of the road I, could buy that nice winter riding gear I need.



Unfortunately most of the bad riding behavior was seen while commuting to and from work on my bike and what I find to be worse is the lack of respect some cyclists give to other riders. I encounter on a regular basis bike riders riding the wrong way and forcing me out further into traffic. I had two bicycle riders run stop signs and almost blast into me, one said she was sorry and the other told me to get out of his way. I am older and not as fast as I once was and maybe he saw me as an obstacle. I wish that we as a group would learn to call out to those cyclists we are about to pass and advise what side we are passing on and let's all learn to use hand signals again.

If you are a parent please teach your children the proper rules of the road on a bicycle, then ride that way yourself. The kids will emulate you and become our future generations of bikes riders who do it right. It has been said it takes a generation to change group behaviors, let's start now.

-- Sgt David Richards, Bellingham Police Department Traffic Division



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being killed. And the people
who are killing it have names
and addresses."**

– U. Utah Phillips

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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 -- jkl



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

The Double Century Ride: Seattle to Portland in One Day

STP-ONEDAY 2008 REVIEW

Marie Kimball describes the MBBC contingent's one-day STP experience

photos by Jerry Horner

For every Century rider, STP as a "One Day Rider" stands out as the ultimate goal, yes, the double century ride of the Pacific Northwest put on by the largest bicycle club in the nation, the Cascade Bicycle Club. It had been about three years since I had completed my first STP in One Day so the memories of what it feels like getting on the road at 5:45 AM (before dawn) and riding until pre-dusk had evaporated like most of my sanity does riding my Trek Madone with friends.

You have to train and the I think the best way is to learn how to ride in a group efficiently and ride centuries, then ride and ride some more. You schedule riding like sleep and work. It has been said that if you can complete 115 miles you can complete a double century day of.

We had a great crew of MBBC riders and of course, Bill McCort, was encouraging all of us to join him on his ritualistic July visit to Portland via bike. As well as myself, other veterans along for the ride were: Lesley Weinberg, Dennis Adam, Dennis Upton, Ken Giffin, Joe Nyberg and Jerry Horner. New *One Day Riders* were Ryan and Jason Nelson who represent the future of MBBC cycling as the youngest riders. (I believe there were other MBBC riders also doing STP in One Day; to those who I neglected to mention, my apologies.)

At our first food stop we met Elvis routing us in and out. I had to have my picture taken with him as I was so glad he was alive!



The day was going to be hot but we didn't know just how hot that was until it reached 95 degrees! We looked longingly at yard sprinklers and kiddie pools until one nice man decided to just sit on his sidewalk and spray all the passing riders with his garden hose in a nice arched shower. A great community group who organized a food stop supplied us with a chest of ice so that we could cool down our water bottles, ice cold water, ice cold watermelon, banana bread and a hose to douse ourselves. They quickly accessed all the riders' pockets for their charitable cause.



We had two flats (Ryan first and Jason at the end) but we quickly got them back on the road. Other mishaps included Joe's broken seat bag that we wired back on with zip ties and a near death experience when a crack in the road on an overpass grabbed my tires and shot me across two lanes of traffic at 20 mph. Luckily no vehicles emerged and I was able to recover control of the bike before hitting a

guardrail escaping road rash and equipment damage!!! The looks on everyone's face pretty much corresponded with how lucky and skilled I knew I had been in those few seconds.

Our pace line was screaming along between 20-28 mph most of the day and then we ran into our buddy Shawn Lucke at a food stop. Shawn was doing the ride in two days just for fun (not because he couldn't have done it in one day)! We rode together and enjoyed the pace line just like at home.

We missed an excellent race tandem draft opportunity but then made up for it when I saw a beautiful double pace line up ahead and told Jerry we should latch on, so Jerry, Ken and I had quite the relaxing but fast paced ride in the vortex going into the ice food stop! We thanked them and they proudly told us the bus was leaving in 15 minutes. Then at my request Jerry also took the lead-out on the bridge over the Columbia ensuring our safety and reminding all of us that we needed to hop the expansion joints or we could pop out our water bottles when hitting them. No one did but the evidence was there that riders had.

Finally at about 20 miles out of Portland *everyone* wants off the bike! The finish line represents cold beverages, showers, real food, a chair, no spandex, fountains and everyone wants this but no one wants it as much as a first-time rider. You want to cross



Marie's STP-one-day review continues on p. 6 of this newsletter

STP in One Day Double Century - a veteran's review

continued from p. 5

the line and say that you have done finally done STP in One Day: completed a double century!



Entering Portland which is a bustling city after you have been out on country roads and highways all day feels like quite a culture shock. Large trucks, pot-holed streets, strange intersections and riding with traffic into stop lights, crossing bridge decks with

pedestrians all feels weird. We knew what had to be done and told the new riders to get up front to proudly pull everyone in. They saw the Finish Line, heard the people clapping and yelling, went through the bubble machine blast, music blaring. They call out your name and hand you your patch which means you have done it—STP in One Day and your first double century!

Helmets off to Jason and Ryan for surviving one of the hottest STP days we can recall and making everyone's ride such a blast!



Additional note from Marie: I'm looking at how we can possibly expand on the R.A.P (Ride Artist Point from Burlington) 150 and create a double century between Whatcom, Skagit and/or Snohomish County so to avoid the drive to Seattle to/from STP.



Suggestions can be sent to my club email address: bikebham@yahoo.com. I have been contacted by others who are equally interested in double centuries and even maybe a triple crown here some day like is held in California.

-- submitted by Marie Kimball, VP, MBBC



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LEGISLATIVE ISSUES, FALL AND WINTER 2008-2009

summarized by Bicycle Alliance of Washington

Supporting your local bike club is important. It's also important to belong to our statewide advocacy organization, the **Bicycle Alliance of Washington**. The Bicycle Alliance has a lobbyist in Olympia and has a seat at the table of many statewide initiatives and committees. That gives us all a voice in making Washington state more bike-friendly.

As a board member and chair of our Legislative & Statewide Issues Committee, I'm proud to share what we're working on this year.

Initiative 985 : The Bicycle Alliance has taken a position opposing I-985. While the ballot title states that the measure is intended to "reduce traffic congestion," it focuses solely on motor vehicles as the means to do so. By requiring a certain amount of state and local money be spent on "congestion relief" measures aimed solely at cars, I-985 puts at risk funding for non-motorized and transit projects. It sets out a "one size fits all" solution to traffic problems across the state, limiting local control and decision-making.

Traffic Actuated Signals: Have you ever sat on your bike at a traffic light waiting for it to change, oftentimes not to get a signal change until a vehicle comes? Given that bikes are legal vehicles in Washington, it shouldn't have to be that way. We are developing legislation to require cities to make signals detect bikes and motorcycles and to mark loops to indicate bike placement whenever road work is done in an intersection. All lights would have to comply within two years. As a member of BIKES Club of Snohomish County, I know how important this bill is. We've been asking how "improved" intersections on Hwy. 9 will detect bikes. Department of Transportation engineers have told us that, despite DOT bike design standards to the contrary, they aren't required to design signals for bikes.

Construction Zones: Have you ever been frustrated by construction signs blocking the bike lane or shoulder? Ever suddenly come across a closed sidewalk with no safe alternative? National standards (Manual of Uniform Traffic Code) that are adopted by most jurisdictions require that bicycles and pedestrians be considered when planning for access through construction zones. In practice, construction projects often create dangerous barriers for cyclists when proper planning could provide safe alternatives. Our bill will require compliance with MUTCD standards so that people who use wheelchairs, bikes or their own two feet are considered important user groups when construction zone closures and detours are necessary.

School Transportation Funding: The Bicycle Alliance is a partner in the state Center for Safe Routes to School. We help communities educate, engineer, encourage and evaluate walking and biking programs and facilities for schools. With our bad economy, legislators and school leaders are also wondering how to get the most out of school transportation funding. Did you know state money can be used to bus kids who live within 1 mile of school, but can't help pay for school crossing guards so kids could walk instead? We want to give school districts incentives to work for safer roads and walkways in their community, not just more money for buses year after year.

Global Warming: Bicycle Alliance Executive Director Gordon Black serves on the state's Climate Change subcommittee on transportation. The committee will be supporting policies and legislation that encourage bicycles as an earth-friendly transportation option.


3-Foot Passing: Washington state law already requires cars to pass cyclists at a "safe distances." Last year we tried to define that as a minimum of three feet. The Washington State Patrol opposed the bill for fear they couldn't enforce it and truckers wondered if they'd be able to cross double yellow lines to comply. We've been studying other state's laws and will meet with the WSP this month to see if we can change their minds. If not, we'll focus on enforcing existing laws and educating both drivers and cyclists for now.

Please visit our website for more details on these issues, and to join the Bicycle Alliance in support of this important work:
www.bicyclealliance.org.

The BAW Legislative Committee welcomes bike advocates from across the state. If you'd like to be considered for membership, please submit a letter of interest to me at kinnamonk@aol.com or call (360) 658-2462.

-- Kristin Kinnamon, Board Member
Bicycle Alliance of Washington



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			October 1 Wed Group Ride Cyclocross Practice	2	3	4 Donut Ride Skagit Valley Farms REI Bike Maint 201
5 Kitsap Color Classic Skagit Farm Pedal	6	7 Tues Social Ride	8 Wed Group Ride Cyclocross Practice evrybdyBike: Ride, TT REI Bike Maint 201 Int'l Bike to School Dy <i>Yom Kippur</i>	9	10	11 Donut Ride Recumbent Ride evrybdyBike: road & safety education ride
12 Parks and Rec Duathlons	13 <i>Columbus Day</i>	14 Tues Social Ride	15 Wed Group Ride Cyclocross Practice	16 evrybdyBike: 1st gear	17	18 Donut Ride REI Bike Maint 201
19	20	21 Tues Social Ride	22 Wed Group Ride Cyclocross Practice REI Bike Wheel Maint	23	24	25 Donut Ride Belly Cross Race
26	27	28 Tues Social Ride	29 Wed Group Ride Cyclocross Practice	30	31 <i>Hallo- we'en</i>	November 1 Donut Ride
Nov 2 <i>Daylight time ends</i>	3	4 Tues Social Ride <i>Vote!</i>	5 Wed Group Ride Cyclocross Practice	6 evrybdyBike: 1st gear	7	8 Donut Ride Recumbent Ride
9	10	11 Tues Social Ride <i>Veterans Day</i>	12 Wed Group Ride Cyclocross Practice	13	14	15 Donut Ride Wooley Cross Race
16	17	18 Tues Social Ride	19 Wed Group Ride Cyclocross Practice	20	21	22 Donut Ride
23/30	24	25 Tues Social Ride	26 Wed Group Ride Cyclocross Practice	27 <i>Thanksgiving</i>	28	29 Donut Ride Muerto Cross Race

Have you renewed your membership? Check the date on the mailing label and please please renew!!! Don't risk missing a newsletter!

We live in a great place to keep Riding in Fall

Mt. Baker Bike Club
PO Box 2702
Bellingham Wa 98227

