



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Volume 18 Number 3, April 2009

BELLINGHAM CYCLIST TEAMS UP WITH BROTHER TO BIKE AROUND THE WORLD FOR A CAUSE

Andrew Leese has been a fixture around Bellingham for years, from his time in school at WWU, cycling at the semi-pro level, exploring all the area's mountain bike trails, and more recently working at the Barber Shop in Fairhaven. But now it's time to leave for a while.



Brothers Andrew (left) and Randall Leese (below) will leave Bellingham the first week of April for a round-the-world cycling trip.

Having traveled to Italy and to Southeast Asia, he has been increasingly anxious to see the world. Teaming up with his brother Randall, his plans for a round-the-world bicycle trip are about to begin.

Andrew has been forming his world trip idea for a couple years, and started to seriously plan about six months ago, when he partnered with Randall. But it wasn't enough for the Leese brothers to merely take a sightseeing trip. They wanted their trip to have a larger purpose. The brothers had read about an orphanage in India, started by a woman who gave up a successful career in the U.S. to help orphans in her home country. The brothers were moved by the story and decided to turn their trip into a fundraiser for the Servi Domini Orphanage, a Catholic-based nonprofit in Palayamkottai, a small town in southern India. The orphanage is in the process of building a new facility.

Thus far, Andrew has raised more than \$5,000 for the cause and all of the money will be going to the orphanage.



"This isn't a 'please finance our vacation' kind of cause. 100 percent of the proceeds will go to the orphanage," says Andrew. The brothers

are financing the cost of the bike tour themselves.

Starting ~April 3, the brothers, each hauling 60 pounds of supplies on gear trailers, will ride their custom mountain bikes down the west coast from Bellingham, across the south, then up the east coast. They'll resume their journey in Europe and continue east. When they reach the orphanage in India, they plan to stay for a month to help with its work.

Averaging 50 to 80 miles per day, for a total of more than 25,000 miles and 25 countries, they expect the trip will take at least two years.

They are bringing a laptop and camera to document the trip and will keep an online journal on their website, where they are also accepting donations:

www.orphanride.org

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This month's contributors:
 Mary Anderson, Andrew Leese, Randall Leese, Fred Matheny, Doug Schoonover, Melanie Swanson.



MBBC listserv--
sports.groups.yahoo.com/group/MtBakerBicycleClub/

Club Website:
www.mtbakerbikeclub.org

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

Follow the club on Twitter:
twitter.com/mtbakerbike



WEEKLY AND GROUP RIDES

- *SPRING IS HERE!* EDITION

Tuesday Social Ride: starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. 10am start time in winter, 9am in better weather. To check start time and for other information, contact. Robert Parker at rmp-4724@hotmail.com or 360-671-6910

Tuesday Ramp-Up Ride: Tuesday evenings 5:45 pm through September. Meet @ Whidbey Island Bank, corner of Bakerview/Northwest. Initially 14-15 mph (with slower and faster groups becoming available as more people start riding), 10-15 miles, practice group-riding skills. Contact: ridecoordinator@mtbakerbikeclub.org, 410-6431

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

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

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



GroupHealth

SPRINGTIME NEWS FROM THE HUB



As the days get longer and weather gets nicer, Bellingham's Community Bike Shop starts to buzz with activity. It's time to think about signing up for some 2009 events.

Women's Bike Maintenance Classes

Hub mechanic Melanie Swanson is teaching a women's bike maintenance class on Tuesdays this spring. Her class covers basic bicycle anatomy, chain care, flat tire repair, and troubleshooting. The two-hour class is free and is being offered several times. Some classes are already full, and some new dates have been added due to popularity.

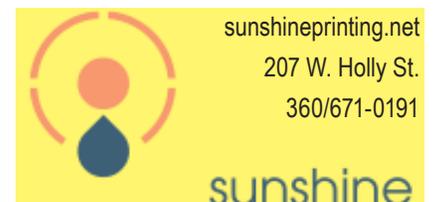
Call 714-9033 to reserve your spot in one of the remaining available classes: April 21, May 19, or June 2, 6-8 pm. Hurry, these sessions are sure to fill up too!

Tuesday Volunteer Nights are starting up

The Hub is getting its regular Volunteer Night back up and running, beginning April 14th, and continuing every second and fourth Tuesday, from 5-8 PM. No experience is necessary, since there are various projects at the shop, requiring different skill levels. Examples of projects are: organizing the shop, taking bikes apart, cleaning... whatever needs doing to keep the community resource up and running and available to all. Volunteer time adds up and contributes toward your membership in the shop.

Signing up in advance is requested so Hub organizers can prepare for the number of people on any particular night.

The Hub is located at 903 1/2 North State Street, below Washington Divers - entrance faces the Interurban Trail.



2009 CALENDAR

Calendar is updated as new events come in - check back each month!

SPECIAL EVENTS

BikeMonth

BikeMonth - May 1-31, events schedule at everybodyBike.com

Kick Off Bike Month Reception: April 30, 5-7pm
at the Chuckanut Brewery: Holly Street at Whatcom Creek in Old Town

Bike to Work and School Day - May 15

more announcements to come about Bike Day events - watch for them in the May newsletter, and get ready to ride on May 15!

Bike To Work & School Day planning meetings

April 1, May 6 6:30-8:30pm Library Meeting Room. Volunteer to help make this year's *Bike Day* the best ever!
information: Mary Anderson or Ellen Barton 671-BIKE or info@everybodyBIKE.com

Gatherings

RideOn! Bicycle Travelogue Series 7-9 pm, *information:* 778-7000
Bellingham Public Library. \$2 donation suggested.

April 23: "Following in the Footsteps of Cycling Legends: The Cols of the Dolomites" by Marie Kimball and Ken Giffin

everybodyBIKE events: www.everybodyBike.com

April 5: April Fools Day Fun Ride: 1pm

April 13: Full Cycle courses: First Gear, 5:30pm

April 15: Full Cycle courses: Fixing to Ride, 5:30pm

April 26: Bicycle Safety for Kids and Parents: 1pm

April 18 & 25: PumpUp at the Farmers Market, 10am-3pm

information and signups: 671-BIKE or info@everybodyBIKE.com

Women's **Bike Maintenance Class** at The Hub, 6-8 pm

April 21, May 19, or June 2

The class is free but pre-registration is required and seating is limited. 714-9033 to sign up. (see story p. 2) Hurry - classes are filling up fast!

Events at **Bellingham REI:** www.rei.com/stores/events/65

April 7 & 20: Bike Maintenance 101

April 11 & 25: Bike Maintenance 201

April 30: Team In Training Info Meeting

Races (to watch or to enter)

The main event: **Ski to Sea 2009: May 24,**
details: www.skitosea.com

Bellingham Parks & Rec Race Series

June 27: Lake Padden Triathlon

July 25: Lake Padden Duathlon

August 8: Youth Triathlon

October 11: Runningshoes.com Duathlon and YMCA Youth Du

full schedule, signups information, details at:
www.trithecookie.com

Mountains to Sound Relay: June 21

www.mountaintosound.com

2009 RIDES EVENTS

April

4 Tulip Pedal (LaConner)

www.tulipfestival.org (see events)

5 April Fools Day Fun Ride - 1pm (Bellingham)

www.everybodyBIKE.com (see events)

19 Daffodil Classic (Puyallup) www.twbc.org/events/

25 Tour de Lopez (Lopez Island)

www.lopezisland.com/tourdelopez.htm

26 Rhody Tour (Port Townsend)

www.ptbikes.org/index.php?page=rhodytour

May

2 RACC: Ride Around Clark County (Vancouver WA)

www.vancouverbicycleclub.com/RACC.html

2 Camano Climb www.stanwoodvelosport.com

9 Skagit Spring Classic www.skagitbicycleclub.org

25 Seven Hills of Kirkland www.7hillskirkland.org

June

6 Blast from the Past Century (Sedro Woolley)

www.blastfromthepastcentury.org

7 Peninsula Metric Century (Southworth)

www.twbc.org/events/peninsula

13 Flying Wheels (Redmond, east side)

www.cascade.org/EandR/flying/

20 Chelan Century Challenge (Chelan) www.centuryride.com

20 Tour de Blast (Mount St. Helens) www.tourdeblast.com

21 LiveStrong ride series (Seattle) livestrongChallenge.org

July

11-12 Seattle to Portland/STP www.cascade.org/EandR/stp

15-19 RedSpoke - Redmond to Spokane www.redspoke.org

18 S2S - Seattle to Spokane (284 miles, one day)

www.redmondcyclingclub.org/S2S/S2S.html

19-25 TourBC (Creston BC loop) www.tourbc.net

25 Seattle Century www.seattlecentury.com

30 RAMROD - Ride Around Mt. Rainier in One Day

www.redmondcyclingclub.org

August

1 Tour de Whatcom (Bellingham) www.tourdewhatcom.com

3-9 RAW - www.cascade.org/EandR/raw

8 Bike to Battle Cancer (Bellingham) -

www.biketobattlecancer.org

14-15 RSVP - www.cascade.org/EandR/rsvp

22-23 RAPSody - Ride Around Puget Sound (Tacoma)

www.rapsodybikeride.com

30 Summits of Bothell www.summits-of-bothell.org

September

12-13 MS 150 Bike Ride (Mt. Vernon)

13 Mt. Baker Hill Climb (Glacier) www.norkarecreation.com

18-21 Trek Tri-Island (San Juan, Lopez, Orcas Islands) alaw.org

20 Chuckanut Century (Bellingham) MBBC website

26 Tour de Whidbey (Oak Harbor) tinyurl.com/5zw9zv

26 DAM2DAM (Wenatchee) www.mikeutley.org

27 Headwaters Century (Enumclaw)

www.twbc.org/events/headwaters

October

4 Kitsap Color Classic www.cascade.org/EandR/kitsap

ROADIES: REVIEW YOUR TECHNIQUE

Three Essential Techniques for Roadies

Pro athletes develop simple techniques that become automatic. A three-point shooter's follow through or a golfer's silky stroke are techniques they've honed until they no longer think about them.

Pro cyclists, too, develop characteristics that separate how they look on a bike from the rest of us. It's not simply a matter of appearance. Unlike golf, when you're riding, you can get scuffed up out there. Looking like a pro means safety as well as style.

Want the look? Master these three techniques and you'll be on your way.

1

Relax. Great athletes in any sport let it flow, making impossible moves and extreme effort look easy. Here's how to be loose as a goose on the bike:

- **Face Off.** If your facial muscles are tight, your whole body follows. Consciously relax your face and neck. Loosen your jaw muscles. Don't clench your teeth in grim-faced determination.
- **No Turtles.** Tense riders hunch their shoulders until their ears disappear. Drop your shoulders and relax the muscles that run from the top of the shoulder to your neck. Don't look like a turtle hiding from danger.
- **Get a (Light) Grip.** Bend your elbows slightly and relax your forearms and hands. If you hit a bump or get bumped, loose arms absorb the blow without affecting the front wheel. You keep your line and stay in control.

2

Pedal Smoothly. It's easy to spot the smooth pedal stroke of a pro compared to a novice's lumpy plodding. Here's how to get supple stroke:

- **Practice Slowly.** A rapid cadence of 90 to 110 revolutions per minute is efficient and stylish. But it's hard for your brain to keep up with your feet going that fast. Practice at a slower rpm of 60 to 70 so you can concentrate on your stroke all the way around.
- **Remember Mud.** Three-time Tour de France winner Greg LeMond first gave us this tip in 1985, and it's just as helpful today: When you pull your foot through the bottom of the stroke, imagine you're scraping mud off your shoe. This will help you pull your foot through smoothly with added power. Try it and see how well it works.
- **Knee the Bar.** As your foot comes up and over the top, pull your knee forward like you want it to touch the handlebar. This adds power to the weakest part of the stroke.

3

Recover Fast. Pro riders can do a three-week race and go just as hard on Day 20 as in the prologue time trial. Here's how to recover like a stage racer:

- **Pump Fluids.** The loss of as little as one percent of body weight as sweat can compromise your performance. So drink at least one bottle of sports drink each hour you're on the bike. After the ride, drink more until your weight is back to normal. If you aren't getting up twice each night to urinate, you aren't sufficiently hydrated.
- **Replenish Glycogen Supplies.** A 150-pound cyclist needs 80 to 100 grams of carbohydrate in the two hours immediately after riding. An energy bar contains about 40 grams of carb, a bagel and banana about 60.
- **Rest.** Pros sleep nine or ten hours a night and often take an afternoon nap after training. We can't do that because we have real jobs and the boss would frown. But because sufficient rest is crucial to recovery, try to fit in at least eight restful hours of sleep each night and catch a 15-minute "power nap" in the afternoon.

For those experienced or just beginning, time trialers and pack riders, riders for leisure or speed... all road riders can benefit from the technique tips of the pros. Here is a checklist of standard and advanced techniques to consider as you begin the 2009 Road Season.

Thanks to Fred Matheny of www.RoadBikeRider.com

Three Advanced Techniques for Roadies

Got your standard riding techniques (from p. 4) well in hand? Now learn three advanced moves that come in handy and raise your skills to a new level.

1

Ride No-Hands. Pro cyclists can ride no-hands in the middle of the pack on a twisty descent. Don't try it! Sometimes, however, you'll need two hands free to peel an energy bar or peel off a vest. Here's how:

- **Pick a Place.** Look for a straight stretch of road without obstacles like potholes or side streets. Sit up and take your hands off the bar, ready to grip again as you test your balance. When you're ready, sit up fully and drop your hands to your sides. Most riders find it easier to maintain balance while pedaling smoothly than while coasting.
- **Steer With Your Butt.** In other words, control the bike with the pressure of your inner thighs against the saddle. Look down the road at least 30 feet rather than directly in front of your wheel. Relax.
- **Be Careful.** Riding no-hands where you live may be illegal, and it certainly can be dangerous. Practice in an empty parking lot or back street before taking your act on the open road. Unless you have pro-level skills, don't ride no-hands in a paceline until you're last in line.

2

Remove Arm Warmers While Riding. Now that you can ride no-hands, it's easy to remove arm warmers without stopping. The only problem might be losing one while stuffing them into your jersey pocket. Here, courtesy of seven-time Tour de France rider Ron Kiefel, is how to keep them together.

1. Pull down warmers. Riding with one hand on the bar, pull down that arm's warmer to your wrist. Switch hands on the bar, then do the same with the other warmer.
2. Remove first warmer. Ride no-hands. With your right hand, grasp the cuff of the left warmer and pull it off so it hangs from your right hand.
3. Remove second warmer. Use your left hand to pull off the right warmer while still grasping the left arm warmer in the right hand. Voila! One arm warmer is neatly tucked in the other. Fold the resulting sausage in thirds and tuck it in your jersey pocket.

3

Hop Over a Pothole. Ever get trapped near the curb by a passing car or other riders—and there's a gaping pothole right in your path? The only escape is up and over. Here's how pro roadies fly above obstacles (including fallen riders).

- **Assume the Position.** As you approach the obstacle, coast with crankarms horizontal. Stand on the pedals with your butt several inches off the saddle. Your weight should be evenly distributed between your hands and feet. Think of being like a cat—or a basketball player in a defensive stance—ready to uncoil.
- **Spring and Lift.** As you reach the obstacle, crouch rapidly by bending your knees and elbows, then spring upwards like you're jumping. Pull up equally with your hands and feet so the bike comes with you.
- **Time It Right.** If you jump the bike too soon, you'll land on the obstacle you're trying to avoid. Too late and you'll plow your front wheel into it.
- **Practice!** Lean this technique on a soft grassy field using something soft like a rolled-up towel as an obstacle so you won't crash if you hit it. It's a good idea to practice with a mountain bike—the fat tires and sturdy wheels are less likely to be damaged in your initial attempts at flight.

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, 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 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 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)

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: \$ _____

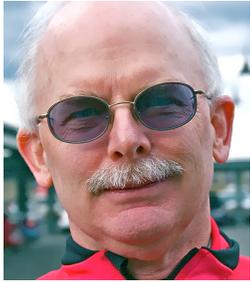
Please enclose a check payable to:

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

WEEKLY RIDES ARE RAMPING UP
including the Ramp-Up Ride



Doug says:

“**The Tuesday evening Ramp-Up Ride is back.**”

We started March 24th with previous riders and some new faces. Please join us if you wish to learn group riding skills. It is also another reason to go for a ride and everyone is invited to get together for dinner afterwards at a local restaurant.

The ride starts from Whidbey Island Bank at the corner of Bakerview Rd. and Northwest Ave. We meet at 5:45pm and leave promptly at 6pm. Distance and speed are determined by the ability of the group, but initially will average 14 to 15 miles per hour and 10 to 15 miles. We will regroup as often as necessary. Depending on the number of participants, we may break into smaller groups as needed. Weather conditions may shorten or cancel the ride.

The focus of this ride is to introduce the skills necessary to ride in groups. We focus on safe riding practices, paceline skills, how to over take other riders and pass them in a safe manner and how to deal with traffic. This is a good place to start if you would like to participate in organized rides like the Skagit Spring Classic, Tour de Whatcom or the Chuckanut Century.

Past participants have been amazed at how their riding has improved by doing this weekly ride. For more information contact ride leader and MBBC ride coordinator Doug Schoonover, ridecoordinator@mtbakerbikeclub.org or 410-6431.

EVENTS CALENDAR, continued from p. 3

Indie series will be in Bellingham July 12
see full schedule at: www.indieseries.com/

Bellingham Traverse: September 19
bellinghamtraverse.com

Trail Building

Trail-work parties are being organized by the Whatcom Independent Mountain Pedalers (WhIMPs) and by the Bellingham Parks Department. Come volunteer, help maintain the trails that we all use and enjoy!

April 5, Mirror Pond Trail Construction, meet at Padden ball fields
April 19, Mirror Pond Trail Construction and Keystone Cut Bridge
May 3, Mirror Pond Trail Construction
above meeting times all at 10am. Tools supplied. Wear appropriate clothing.
information: www.whimpsmtb.com/trailbuilding.html

April 4 - 10am Woodstock Farm
April 11 - 10am Forest & Cedar Park
April 18 - 9am Padden Creek Trail & 6th Street
April 18 - 9am Franklin Park
April 25 - 9am Civic Forest
April 25 - 9am Memorial Park
April 25 - 9am Whatcom Creek Trail
information: Bellingham Parks & Recreation, 360-778-7105 and see directions to trailhead meeting places here: www.cob.org/documents/parks/volunteer/work-schedule.pdf



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www.communitycarshare.org



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			April 1 Wed Group Ride BikeToWork Day planning Meeting	2	3	4 Donut Ride Tulip Pedal Bellingham Parks: Trail work day
5 April Fools Fun Ride WhIMPs Trails work day	6	7 Tues Social Ride Tues Ramp-Up Ride REI: Bike Maint 101	8 <i>Passover begins</i> Wed Group Ride	9	10	11 Donut Ride Recumbent Ride Bellingham Parks: Trail work day REI: Bike Maint 201
12 <i>Easter</i>	13 everybodyBIKE: First Gear	14 Tues Social Ride Tues Ramp-Up Ride	15 Wed Group Ride everybodyBIKE: Fixing to Ride	16	17	18 Donut Ride Bellingham Parks: Trail work day everybodyBIKE @ Farmers Market
19 Daffodil Classic WhIMPs Trails work day	20 REI: Bike Maint 101	21 Tues Social Ride Tues Ramp-Up Ride Women's bike maint class @TheHub	22 <i>Earth Day</i> Wed Group Ride	23 <i>RideOn!</i> Travelogue show: Dolomites	24 <i>Arbor Day</i>	25 Donut Ride Tour de Lopez Bellingham Parks: Trail work day everybodyBIKE @ Farmers Market REI: Bike Maint 201
26 Rhody Tour everybodyBIKE: Safety for kids&parents	27	28 Tues Social Ride Tues Ramp-Up Ride	29 Wed Group Ride	30 Bike Month kickoff reception	May 1 <i>Bike Month Begins!!</i>	2 Donut Ride Camano Climb RACC



Mt. Baker Bicycle Club

Post Office Box 2702
Bellingham, Washington 98227

When you have finished with this newsletter, please pass it along to another cyclist. If you wish to read the newsletter online rather than receive a paper/mailed newsletter, please **8**form mbbcnewsletter@mtbakerbikeclub.org