



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Vol 18 #10, Dec 2009/Jan 2010

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This month's contributors:

Bob Duffy, Cassandra Gallagher, Kristin Kinnamon, Ryan Rickerts, Doug Schoonover, Kyle Weems. Thanks to all!



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

Club Website:
www.mtbakerbikeclub.org

Newsletter archive online:
www.mtbakerbikeclub.org/news

Follow the club on Twitter:
twitter.com/mtbakerbike

YOU'RE INVITED TO

THE ANNUAL MBBC RECEPTION
THURSDAY, DECEMBER 3; 6:30PM

BRING FRIENDS!
BRING FAMILY!

Celebrate a great year and enjoy the food and friendship of the annual MBBC reception. Be sure to invite friends and family: non-members are encouraged to attend, meet the friendly cyclists who are members, and find out more about the Club.

The meeting/reception runs from 6:30-9:00 pm, 12/3 at the **Community Food Co-op Connections Building** (corner of Forest and Chestnut). The #401 WTA bus (Red Line) stops there every 15 minutes.

If you arrive by car, the Co-op requests that you park on the street not in the parking lot.

CAMPAIGN PROMOTES SAFE NIGHT BICYCLING

Local agencies, business and bicycle safety advocates have initiated a community education campaign to increase the use of bike lights and promote safe night riding. The *See and Be Seen* campaign combines education, enforcement and access to lights to encourage cyclists to use bike lights when riding at night.

"Using bike lights is a simple yet effective way to increase safety for everyone – cyclists, motorists and pedestrians," said Kim Brown, City Transportation Options Coordinator. "Lights are particularly important this time of year when the days are getting shorter and darker."

Brown coordinates the *Bellingham Share the Road...and the Rules* workgroup, which is sponsoring the awareness campaign. Along with community education, increasing access to bike lights is a key part of the campaign. Local bike shops....

continued on p. 3

**SEE
& BE
SEEN**



**LIGHT THE BIKE.
SEE THE BIKE.**

www.everybodyBIKE.com

WEEKLY AND GROUP RIDES — Fall / Winter 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 info: Robert Parker at rmp-4724@hotmail.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: (winter) 6pm Wednesdays at Lake Padden ball field. Practice basic skills, then group up by ability and do short race course. Check with David Neubeck: 360-738-2025 or dneubeck@hotmail.com for exact schedule during the holidays and into January.

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

MBBC'S ANNUAL NEW YEAR'S DAY RIDE:

Pedal in the new year. Meet at 10 am at Fairhaven Park on Friday, January 1, 2010!

The group will depart at 10:15 AM for The Old Edison Inn (www.theedisoninn.com) where owners John and Lynn will be expecting us, rain or... less rain. We can leave our bicycles in the beer garden and enjoy the warmth inside.

Nobody will be left behind on this group ride! We pedal only 13.8 miles along Chuckanut Drive (assuming it is mudslide free)! Return the same way or via Colony Road and Lake Samish, or even Bow Hill Road and Old Highway 99.

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GroupHealth®



COMING UP OVERWINTER:

MBBC Annual Members Appreciation Reception:
December 3 6:30 - 9:00 pm at the Community Co-Op Connections Building on N. Forest. see p. 1.

Fanatik Bike Co. Ladies' Night: December 7, 6:00 pm Bring your bike and have your photo taken with Santa! Enjoy wine and treats from Mt. Bakery, door prizes for the first guests to arrive and more prizes throughout the evening. Special prices on gifts for your bike-riding friends. Proceeds from the evening to Boys & Girls Club of Whatcom County. fanatikbike.com.

New Year's Day Ride: January 1 see left side of this page

"Chilly Cross" Cyclocross Race: January 16 details at www.cascadecross.com/races/chilly-cross, also see p. 4

Stinky Spoke Ride, January 16, Woodinville. This *Stinky Weather Poker Run* is a dirt-trail, fat-tired fun ride in which riders collect cards to build up a poker hand at stations along the route. Best hands at the end of the ride win prizes! details: www.stinkyspoke.org/

Martin Luther King Jr. Day Ride: January 18 Check everybodyBike.com for details as we are still organizing this ride.

Bike On! Travelogue Series - first slide show on Jan 28 The slide show series this winter is being hosted by everybodyBIKE at REI. The first show is on Thursday, January 28 2010, 7:00 to 8:45pm at the Bellingham REI. This show features:

- *Enjoying the Bicycling Trails of France:* Vic Hubbard & Diane Brainerd
- *Women Travel South America by Bicycle:* Cat Seih & friends

Momentum Magazine is now available free at Kulshan Cycles, every other month, while supplies last, courtesy of the MBBC, everybodyBIKE, and Kulshan Cycles.

and **Mark your Calendar for next year's Whatcom County Events:** Bike to Work & School Day is May 21; Tour de Whatcom is July 31; the Mount Baker Hill Climb is September 12; the Chuckanut Century is September 19th. Full 2010 events list coming up in the February 2010 newsletter.

Campaign Promotes Safe Night Bicycling

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.... are generously offering bike light deals. Fantatik Bike Company, Jack's Bicycle Center, Fairhaven Bike and Ski, Kulshan Cycles, Bellingham REI and the WWU Outdoor Center are all supporting the campaign by providing bike light discounts.

The Bellingham Police Department and WWU Police Department are increasing their enforcement of bike light violations, giving warnings and/or tickets to cyclists riding after dark without lights, during a sustained bicycle enforcement effort that coincides with the "See and Be Seen" campaign. Officers may also provide education and coupons for discounts on bike lights.

"A lot of people don't know that it's illegal to ride a bike after dark without a light," says Bellingham Police Department Sergeant David Richards. "We will be making an effort to enforce this law more, to increase safety for bicyclists, motorists and others."

Washington State law requires that during the hours of darkness cyclists must use a white front light attached to the bike visible for 500 feet, along with a red reflector attached to the back of the bike. A red flashing light is not required, but increases safety because it makes the bicycle more visible to motorists. **Lights attached to helmets, clothing or backpacks are only legal when used in addition to lights mounted on the bicycle.**

"A lot of people don't know that it's illegal to ride a bike after dark without a light."

- BPD Sergeant David Richards

The *Share the Road and the Rules* work group consists of many organizations concerned with transportation safety. Partners include the Bellingham Police Department, City of Bellingham Public Works, EverybodyBIKE, WWU Sustainable Transportation, Bellingham Bike Gang (WWU Associated Students club), the Campus Community Coalition, WWU Police Department, Kona USA, the Mt. Baker Bicycle Club, and the Whatcom Traffic Safety Task Force.

The following Bike Light discounts are being offered locally:

- **Jack's Bicycle Center** 10% off bike lights thru Nov 30, 2009
- **WWU Associated Students Outdoor Center** \$14.49 bike light packages (front and rear light) Discount available to all members of the community
- **Fantatik Bike Company** 15% off bike lights through Dec 31, 2009
- **Kulshan Cycles** 10% off bike lights through Nov 30, 2009
- **Bellingham REI** 10% off bike lights through Nov 30, 2009
- **Fairhaven Bike and Ski** 10% off bike lights through Nov 30, 2009

everybody  **BIKE**

NEWSLETTER DOUBLE-MONTH

This newsletter is a double month (December 2009 and January 2010). Look for the next newsletter in early February. Happy Holidays and Happy New Year!

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SMART

TRIPS

CYCLOCROSSERS EMBRACE WINTER RACING

CycloCross season, when the tough riders who don't care about how dirty they or their bikes get, keep pedaling after the rest of the racers have hung up their cleats for the year. With several series of mud-bogging, sand-squirring, barrier-hopping, wet-grass-slipping, steep-pitch-scrumbling fun races all throughout the Puget Sound region, Bellingham CXers have been able to get dirty every weekend this fall, with more rides yet to come.

We've been fortunate to have several races up north this fall: 2 in Bellingham and one in Sedro Woolley, and the final Bellingham race, **Chilly Cross**, is scheduled for January 16th at Cornwall Park and is sponsored by the Shuksan Velo Club.

So get ready for Chilly Cross! Will it be chilly? Most likely. Will it be awesome to race CX in January? Most certainly! Will there be snow? A chance, but even at Nationals we often have snow. It's good for your handling skills. So toughen up!

This may be the first cyclocross race in the NW in January 2010, and we believe it is HIGH time we got in line with our European counterparts. Quitting in December? What are we, elves?

For more information about Cyclocross and about the Cascade Cross series, including Chilly Cross, see www.cascadecross.com.

Until January, stay tuned, stay motivated, and stay in shape you holiday slugs!



photo: Ryan Rickerts

"Woolley Cross" in Sedro Woolley on Nov. 22 had just enough mud to make the riders pretty much indistinguishable from one another.



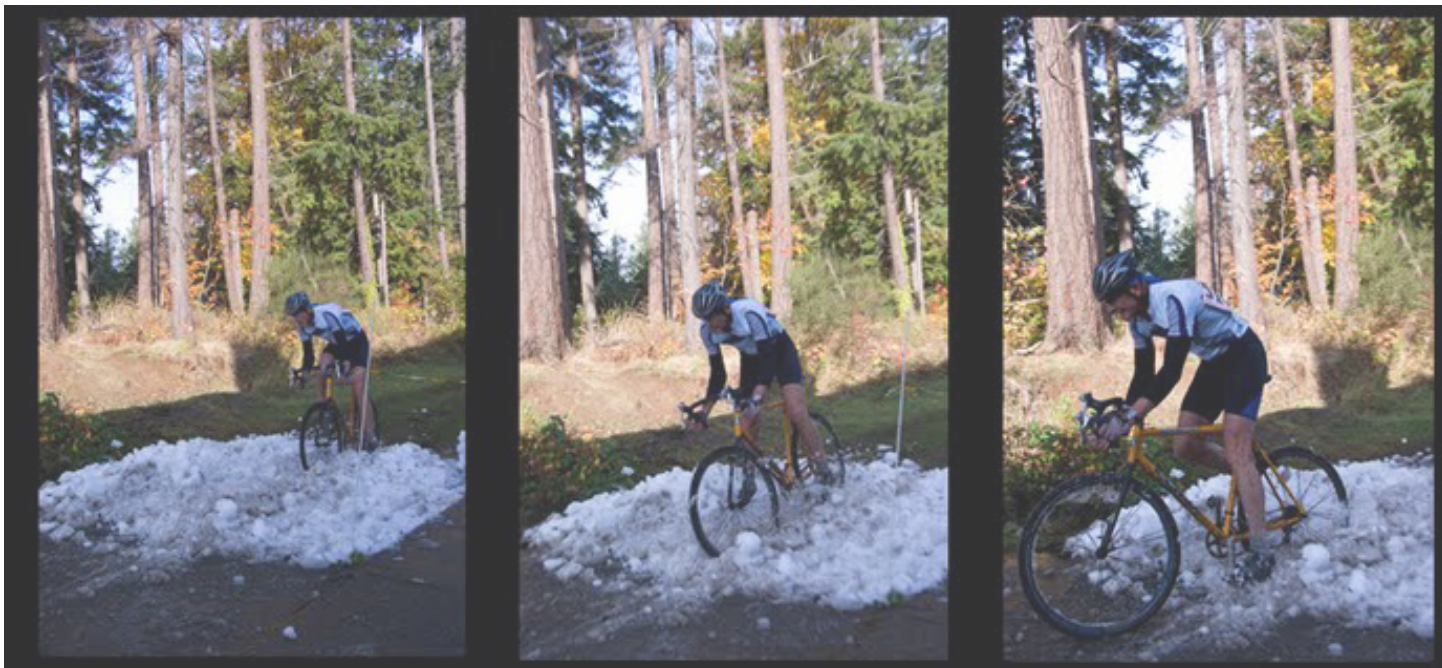
"Silly Cross" featured barrier jumping, beautiful fall colors, and the Black Knight.

CYCLOCROSS (INCLUDING MUD, SNOW, COLD) IS MESSY OUTDOOR FUN!

continued from p. 4

contributed by **Ryan Rickerts**, with photos by **Cassandra Gallagher** except where indicated

see www.cascadecross.com for more information on the upcoming January 16 "Chilly Cross" or contact ryan@cascadecross.com



"Silly Cross" was on a cool sunny Oct 24, with a makeshift snowbank to race through. "Chilly Cross" in January will likely have the real thing!

Chuckanut Century



CHUCKANUT CENTURY 2009 RECAP

What a great day. Fabulous weather, 420 registered riders, and \$8,000 raised to support the Whatcom Hospice Foundation. This is about a 25% increase from the previous year.

For the most part, the event ran smoothly. We got lucky on the weather but had some minor issues with the Edison food stop. Too many riders went there and we had to hustle to re-supply it. A good problem to have.

Here are a few remarks that were received –

"Great ride. Great volunteers. Great organization. Great cause. I did the entire south loop first and most of the north loop for a total ride of 106 miles." – Ed B.

"Thanks to you and all the support folks who made that a very nice century ride." – Jim E.

"My small group enjoyed the ride a great deal." – Dave P.

"Everyone at the food stations was VERY nice and encouraging and the food was GREAT." – Mary L.

"We truly had a fantastic time and will definitely be back next year." – Ed D.

"This is the first time I've ridden in an organized ride like this and my first experience was great! My compliments. – DC

I would like to thank all the volunteers that made the Chuckanut Century successful. The Whatcom Hospice Foundation volunteers for helping with registration. The members of the Mt. Baker Bike Club that helped with all the tasks that make this event happen. From promoting the Chuckanut Century in March at Bike Expo, marking the course, buying and distributing the food and providing support during the event. The Fairhaven Bike Club, Fanatik's Shuksan Velo Club and the WWU Cycling Team for helping out during the event. Kathleen Suit graciously did our map again this year.

Thanks to our supportive sponsors, including: SSC, Group Health, Adventures NW magazine, Erin Baker's, Boundary Bay, Whatcom Educational Credit Union, and Costco. These business and organizations provided a tremendous amount of support for the Whatcom Hospice Foundation and the Mt. Baker Bike Club.

Mark your calendar. Next year's Chuckanut Century will be on Sunday, September 19, 2010.
-- Doug Schoonover

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 250 ppi. Any articles may be edited for grammar, spelling, and space considerations.

Please notify the MBBC of upcoming cycling events for inclusion in the events list/calendar. Provide details plus contact information.

Email the newsletter editor:

mbbcnewsletter@mtbakerbikeclub.org, or drop a note to
Editor, MBBC Newsletter; PO Box 2702; Bellingham WA 98227

MBBC Membership Form

☐ New Member ☐ Renewing Member ☐ This is a change of address

Last name: _____ First name: _____

Address: _____

City: _____ State: _____ Postal Code: _____

E-mail: _____

Contact telephone number: _____

Associate member: _____

(An associate member 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 ☐ Board Member
☐ 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

Bicycle Alliance announces 2010 Legislative Agenda

The Bicycle Alliance of Washington advocates for bicyclists and a bike-friendly Washington. One way we do this is to work with members of our Legislative Committee each spring to identify needed changes to the laws of our State. The Legislative Committee is composed of representatives from supporting bike clubs and communities from all around the state. Now that the upcoming 2010 bicycling legislative agenda has been developed, we are asking for your help in making the agenda succeed.

Here is the list of the key legislative agenda items this year:

- Safe Routes to School: Protect funding and make improvements to the program to meet the demand from schools around the state to improve walking and bicycling conditions and education.
- Complete Streets: Ensure that roads are designed for all users, tying funding and grants to projects that meet this goal.
- Texting and cell phones: Make distracted driving a *primary* offense for which one can be stopped and ticketed.
- Vulnerable Users: hold drivers accountable for serious crashes involving cyclists or pedestrians that are caused by driver negligence.
- Safe Passing: Define 3 ft as the minimum safe passing distance to improve education and enforcement. Refines existing safe passing laws approved thanks to Bicycle Alliance efforts in previous years.

Each year after the Statewide legislative agenda is identified, our work shifts to talking to State legislators and public agencies, as well as making contacts with other groups, including bike clubs and coalitions.

To keep up to date on our progress toward making Washington State more bike-friendly, sign up for free action alerts on the Bicycle Alliance website; www.bicyclealliance.org. We'll also have information posted here as we get bill numbers and more details on legislation that affects bicycling – pro or con.

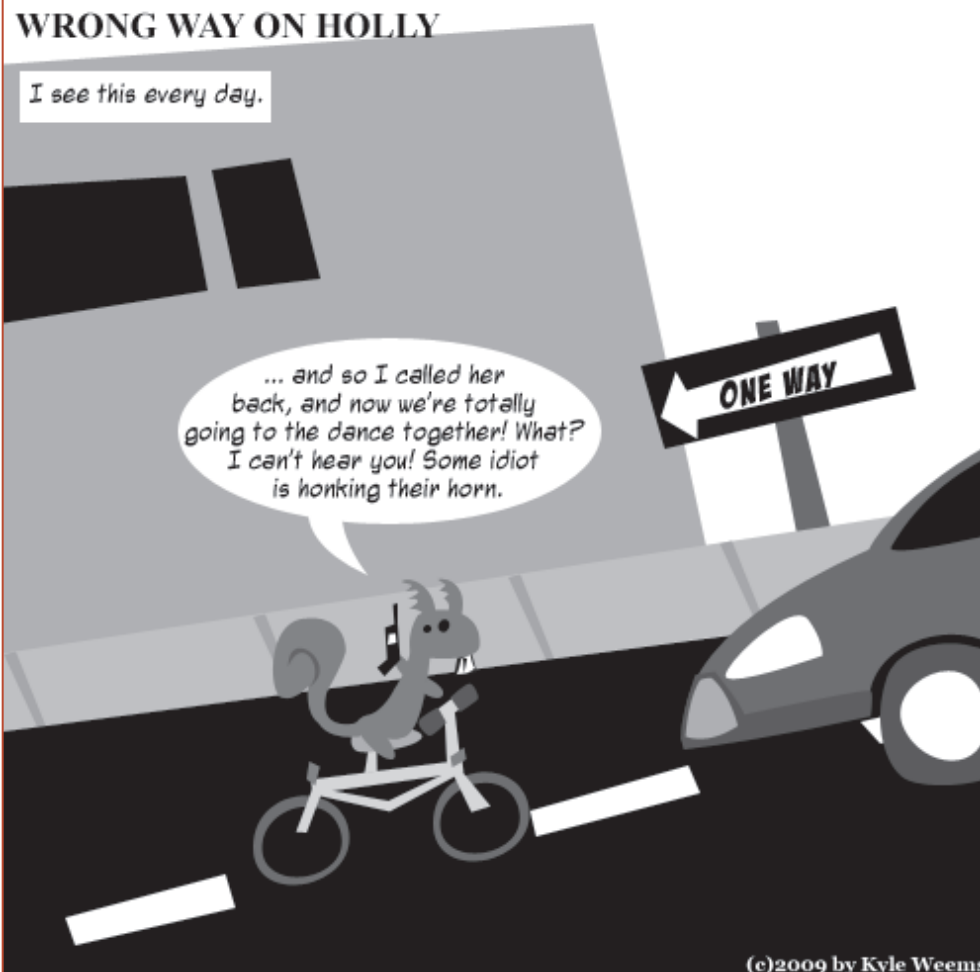
Your personal contact with your legislators is especially important. An essential part of making changes to our laws is public input, which simply means folks contacting their elected officials at key moments and asking them to support bike-friendly legislation. We hope bicyclists and healthy communities supporters in every one of our State's 49 legislative districts contact their legislators in support of our agenda before the session begins in January, and again during the session as our legislative items are debated.


To find out who your legislators are, visit <http://apps.leg.wa.gov/districtfinder/>.

Submitted by Bob Duffy, Bicycle Alliance of Washington Board of Directors member, Legislative Committee Chair, and member of the Capital Bicycling Club in Olympia

Washington Tops the League of American Bicyclists' Most Friendly Cycling States List

See details plus rankings of all states and cities within the states at: www.bikeleague.org/programs/bicycledfriendlyamerica/






Cyclists, as well as cars, go the

Wrong Way on Holly

Kyle Weems, web developer at Mindfly Studio, notices cars and bicycles going the wrong way on one-way Holly Street from his office every day. Usually the cyclists aren't wearing helmets and are either talking on cell phones or listening to headphones. Kyle hasn't yet seen any bicycle/auto collisions but given the number of unsafe cyclists riding past his window, he fears it will just be a matter of time. Moral: be safe out there and pay attention!

Kyle, aka "The Squirrel" publishes a web-development-related comic that can be seen at www.cssquirrel.com/comic/

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		December 1 Tues Social Ride	2 Wed Group Ride Cyclocross Practice	3 MBBC annual reception	4	5 Donut Ride
6	7 Fanatik Ladies' Night	8 Tues Social Ride	9 Wed Group Ride Cyclocross Practice	10	11 <i>Hanukkah begins</i>	12 Donut Ride Recumbent Ride
13	14	15 Tues Social Ride	16 Wed Group Ride Cyclocross Practice	17	18	19 Donut Ride
20	21 <i>First Day of Winter</i>	22 Tues Social Ride	23 Wed Group Ride Cyclocross Practice?	24	25 <i>Christmas</i>	26 Donut Ride <i>Kwanzaa Begins</i>
27	28	29 Tues Social Ride	30 Wed Group Ride Cyclocross Practice?	31	January 1 <i>New Year!</i>	2 Donut Ride
3	4	5 Tues Social Ride	6 Wed Group Ride Cyclocross Practice	7	8	9 Donut Ride Recumbent Ride
10	11	12 Tues Social Ride	13 Wed Group Ride Cyclocross Practice	14	15	16 Donut Ride Chilly Cross Stinky Spoke
17	18 <i>MLK Jr Day</i>	19 Tues Social Ride	20 Wed Group Ride	21	22	23 Donut Ride
24 31	25	26 Tues Social Ride	27 Wed Group Ride	28 Bike Travelogue Slide Show	29	30 Donut Ride



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



Welcome to Bellingham
Now Get on Your Bike!
www.mtbakerbikeclub.org

If you are a club member and wish to receive a printed version of the newsletter rather than online, please inform mbbcnewsletter@mtbakerbikeclub.org. Club members are entitled to a printed/mailed version if they wish.