

MOUNT  
BAKER



BICYCLE  
CLUB

# MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Vol 18 Number 1, February 2009

in this newsletter:

|                                |     |
|--------------------------------|-----|
| Happy New Year!.....           | 1   |
| Rides in February .....        | 1   |
| Sign up for Bike Expo.....     | 1   |
| Weekly Rides.....              | 2   |
| Bicycle Alliance.....          | 2   |
| Cyclocross in review .....     | 3   |
| Mark your calendar 2009 ..     | 4-5 |
| Club vision & contacts.....    | 6   |
| Contribute to the newsletter   | 6   |
| Membership form .....          | 6   |
| Suiting up for winter rides... | 7   |
| Attempt at a Calendar .....    | 8   |
| Time to renew? .....           | 8   |

This month's contributors:  
Marie Kimball, Kristin  
Kinnamon, Ryan Rickerts,  
Doug Schoonover, Bret Wade.  
Thanks all!



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

Club Website:  
[www.mtbakerbikeclub.org](http://www.mtbakerbikeclub.org)

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



photo: Marie Kimball

Marc Ambers shows proper dress-code for a ride on a cold winter day. See story, p. 7

## HAPPY NEW YEAR FROM THE MBBC!

Wishing everyone a safe new year  
full of good cycling!

### GET ON YOUR BIKES AND RIDE!!

The last two months have been rough for cycling. Snow and ice was followed by flooding, which was followed by freezing fog and black ice, all accompanied by freezing temperatures. Even the most determined of us were at times forced to admit defeat and take alternate transportation. But February dawns a new day: promise of warmer temperatures and the occasional sun break! Let's get out on some organized rides in February:

### February 16: Washington's Birthday Ride

Meet at 10am at Cornwall Park in Bellingham, at the Guide Meridian entrance, near the picnic pavilion. If there are enough people we will split into a recreational(12-14 mph) group as well as a speedy workout group. Sign up by February 13 if you want to

join the recreational group. For more information or to sign up: 671-BIKE (2453) or [info@everybodyBIKE.com](mailto:info@everybodyBIKE.com).

### February 22: Chilly Hilly

This ride lives up to its name with February weather and 2,675 ft of climbing. Join us for this 33-mile route around Bainbridge Island that starts with an early morning ferry ride across Puget Sound from Seattle. Bicycling Magazing named this ride *One of Four Classic Rides* in the nation! It will be hilly, chilly, maybe even wet and miserable. Of course let's not forget that last year's Chilly Hilly was on a beautiful sunny day! We'll meet at Starbucks in Sehome Village very early before dawn: 5:30 am on Sunday morning so we can get on the road right away and carpool to Seattle to catch the 7:55 ferry.  
[www.cascade.org/EandR/chilly](http://www.cascade.org/EandR/chilly)

## 2009 GROUP HEALTH SEATTLE INTERNATIONAL BICYCLE EXPO Volunteers Needed

The MBBC is again staffing a booth at the 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 14th and 15th, Saturday and Sunday, in Seattle at Magnuson Park, Hangar 30. Volunteer for a 2 hour shift and get free admission. Hours are 9:00am to 6:00pm on Saturday and 10:00am to 4:00pm on Sunday. Sign up soon: the booth spots are going fast.

Contact [Doug.Schoonover@gmail.com](mailto:Doug.Schoonover@gmail.com) or 410-6431 to reserve your spot.

This is a great way to spend the day, browse booths and chat with volunteers from other clubs, check out the new equipment and clothes, check out rides coming up in other areas, attend seminars and demonstrations, and maybe even find a bargain or two.

[www.cascade.org/EandR/expo](http://www.cascade.org/EandR/expo)

# WEEKLY AND GROUP RIDES

- YES IT IS STILL WINTER EDITION



**Tuesday Social Ride:** starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. 10am in winter. Robert Parker at [rmp-4724@hotmail.com](mailto: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](mailto: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](mailto:rmp-4724@hotmail.com) or 360-671-6910

**WhIMPs** [www.whimpsmtb.com](http://www.whimpsmtb.com)

**everybodyBike** [everybodyBike.com/calendar.aspx](http://everybodyBike.com/calendar.aspx)



## SUPPORT CYCLING ADVOCACY STATEWIDE, JOIN THE ALLIANCE

The Bicycle Alliance of Washington has worked for more than 20 years on behalf of cyclists around the state. While local advocates work with their cities and counties to get bike-friendly facilities and policies, it is our mission to make sure state laws and policies support those efforts. We work directly with the Washington State Department of Transportation, for example, and have made significant comments on the recently adopted state bike plan. The Bike Alliance and our supporters have had bicyclists' rights and share-the-road rules included in the state drivers' manual and test, and as of this year included in the curriculum of all traffic education programs in the state. As part of a major grant in 2008, we developed "Safe Routes to School" trainings and resources for school districts across the state. Maintaining momentum on the Safe Routes movement is one of our goals for 2009.

Members of the Mount Baker Bicycle Club can support our work by joining the Bicycle Alliance and encouraging the club to support us as well. Learn more about the Alliance and how members can help us accomplish our mission by visiting [www.bicyclealliance.org](http://www.bicyclealliance.org).

### 2009 TRANSPORTATION ADVOCACY DAY IS FEB. 24.

Once again, the Bicycle Alliance is working with Transportation Choices Coalition, environmental and other transportation-related organizations to hold Transportation Advocacy Day in Olympia. The February 24 event will provide a great opportunity to learn the issues, meet with your legislators, and network with other advocates.

To learn more about the BAW legislative agenda for better traffic lights, driver education, construction zones and safe routes to school, visit [www.bicyclealliance.org](http://www.bicyclealliance.org). To come down to Olympia and help get these bills passed, register for Advocacy Day at [www.transportationchoices.org](http://www.transportationchoices.org).

- submitted by Kristin Kinnamon,  
Bicycle Alliance of Washington, Board President

We are indebted to Sunshine Printing,  
[www.sunshineprinting.net](http://www.sunshineprinting.net), 207 W. Holly St. in  
Bellingham for printing the MBBC newsletter



[www.ssc-inc.com](http://www.ssc-inc.com)  
Residential

## FOOD plus! RECYCLING

Yard Waste • Food-Soiled Paper • Food Scraps

- All-in-one-toter
- Every-other-week service
- Year-round
- \$8/month

Commercial service also available  
**734-3490**  
Your home team — serving Whatcom County since 1929

## CONSTRUCTION SERVICES

- Waste/Recycling Collection  
Recycle 8 materials in one bin!
- Portable toilets
- Storage containers

**734-3490 / 734-2051**  
(24-hr dispatch)



Your home team — serving Whatcom County since 1929

# CYCLOCROSS: A YEAR-END REVIEW, ALREADY EXCITED FOR 2009

Cyclocross season blows by all too quickly. Once again, just as I did last year (see my writeup in the MBBC Feb.2008 newsletter), on the eve of the last big race of the year, the World Championships in the heartland of cyclocross (i.e. Belgium), I am writing up a recap of another thrilling cyclocross season in the majestic Pacific Northwest.

However, while the timing is similar, nothing would indicate that 2008 was business as usual in this ever-expanding sport. Many interesting breakthroughs occurred and are leading the way into a new future for the sport in America. Once again, I must insist that now is the time to get onboard with the hottest discipline in cycling!

The season began on the national scene at Interbike in Las Vegas on September 24th, when Lance Armstrong made his surprise return to cycling, and showed that even the best in the world can find themselves in unfamiliar territory by taking 22nd place. Locally, Norka Recreation and I had already blown off the cobwebs with the pre-season opener at Silver Lake State Park with 542 'Cross, a great way to remind oneself early that summer endurance does not necessarily translate immediately to fall intensity.

High caliber events also kick off in Washington in late September, which is when I finally threw myself to the dogs for the first time this season at the Rad Racing GP in Fort Steilacoom near Tacoma. A few trips up the infamous "Knapp-time" run-up with a bike on your shoulder will humble any athlete who thinks they are in killer shape going into the season without specialized training.

The old regional stand-by series, now called simply Seattle Cyclocross, opened up before October turned the page. Not a lot of surprises appeared on their planned 2008 schedule with 8 total races. A new course near Snohomish at the Evergreen State Fairgrounds, complete with auto speedways and BMX jumps, was well received and the closest offering to Bellingham. A hard landing on my head in a ditch after a tangle with another rider reminded me why a helmet is always a good idea.

A big surprise came just a few weeks later with the last minute loss of a key race location called Kelly Creek Farms near Auburn. Private landowners received some discouraging advice from their legal team and pulled the plug one week before a scheduled race, which was also Seattle CX's planned location for the series finale. The organizers adjusted quickly and found a new site called Sprinker Recreation Area, waaayyy down south past Tacoma. The series also still saw record turnouts in 2008, but the experience demonstrated that all situations may be considered temporary.

Despite the popularity of the Seattle series, one of my primary motives in starting races up in Bellingham again back in '06 was providing an opportunity for locals to try the sport without requiring a 2+ hours drive. That mission continued, but in an expanded format. A race is not much of one without competitors, so in an effort to draw attendance from a larger area and make the races bigger, I partnered with several other established promoters and rebranded the *Cyclocrazed Series* as the *Cascade Cross Series*. Four races lit up the new calendar to announce our arrival. Starting with the return of a lost course at the city of N. Seatac on Oct. 11th, the return of the classic Belly Cross at Cornwall Park on Oct. 25th, and hammering the point home with a fantastic venue at the Northern State Recreation Area near Sedro Wooley, the first three events were blessed with sunshine and top notch courses.

The Cascade Cross final, scheduled for the Saturday of Thanksgiving weekend, was not working out as trouble-free. The Cascade Cross organizers had applied our will at securing rights to no less than three locations, but a variety of the usual excuses kept the gates shut until the Tuesday beforehand.

Fortunately, the local heroes at Bellingham Parks, Lance Romo and Dick Henrie, immediately recognized the value and importance of the event and granted access to Civic Field complex for the final.

The rains started heavy on Friday as a final test of our resolve, but the course was mostly set by 8 p.m. the night before. Water continued to saturate the course through the night and following day, building up an epic struggle of mud, hills, corners, and even tricky dirt descents. The few and the brave were greeted at the end of the day with hot showers in the guest football locker rooms, and the local season came to a memorable close. A huge dose of gratitude goes to the Parks staff for being so accommodating to this often admonished sport on such short notice.



photo: Bret Wade



photo: Ryan Rickerts

Normally, I take a hiatus from even thinking about cyclocross for a few months as the road season comes to the fore until at least May. However, the 2009 cyclocross season is not waiting around for its due recognition. This child is already demanding attention, and I have been busy trying to help this little monster through the growing pains. More specialized training sessions offered locally, an expanded Cascade Cross series with more great locations, new partnerships to bring a higher quality experience to the

smaller races, and possibly even major events in the area to attract the world's attention.

The best way to learn about these 2009 developments is to experience them for yourself. Consider yourself warned - if you don't have a 'cross bike, plan on it. Just make sure your racing schedule and fitness is ready from early September to mid-December and possibly (for the first time locally) even into early 2010!

-- submitted by Ryan Rickerts  
[www.cyclocrazed.com](http://www.cyclocrazed.com)  
[www.cascadecross.com](http://www.cascadecross.com)  
[ryan@cyclocrazed.com](mailto:ryan@cyclocrazed.com)



# SPECIAL COMMUNITY EVENTS COMING IN 2009

## BikeMonth

BikeMonth - May 1-31

Pedal with your Politician - May 9

**Bike to Work and School Day - May 15**

**Bike To Work & School Day planning: kickoff meeting -**

**February 4** 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,

Bellingham Public Library. \$2 donation suggested.

**February 26:** "Biking New Zealand" by Cathie Gerlicher

**March 26:** —"Seastacks, Sandcastles and Saints: Bicycling  
1500 miles of the Pacific Coast with Kids" by Laural, Noah, and  
Dana Ringler and Tom Caldwell

**April 23:** "Following in the Footsteps of Cycling Legends:

The Cols of the Dolomites" by Marie Kimball and Ken Giffin

*information:* 778-7000

**Extra Slide Show: Costa Rica Mountain Bike Race: March 12,**

7-9pm REI Bellingham meeting room. \$3 donation suggested,  
supports Bike to Work and School Day. "Experience the  
mountain biking thrills of the world-class *La Ruta* race in Costa  
Rica from the perspective of Mark Rhode, a participant from  
Bellingham." This special addition to the regular winter slide  
show series is co-sponsored by several local bike shops.

**Ladies Night at Kulshan Cyclery:** March 19, 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 360-733-6440

**Seattle Bike Swap:** February 21

[www.cascade.org/EandR/bikeswap](http://www.cascade.org/EandR/bikeswap)

**Seattle Bike Expo:** March 14-15

[www.cascade.org/EandR/expo/](http://www.cascade.org/EandR/expo/)

**2009 Transportation Advocacy Day in Olympia:** February 24

*information:* [www.bicyclealliance.org](http://www.bicyclealliance.org)

## Races

**WWU North Shore Circuit Race: March 28**

[www.wucycling.com/events\\_northshore.php](http://www.wucycling.com/events_northshore.php)

Volunteers needed

*information:* Phil Elsasser (847) 528-9461 or  
paelsasser1@gmail.com

**Indie series will be in Bellingham July 12**

see full schedule at: [www.indieseries.com/](http://www.indieseries.com/)

## Trail Building

Take some time this winter to get outside, volunteer, and improve  
the city trails and mountain bike trails that we all enjoy. There  
are trail-work parties being organized both by the Whatcom  
Independent Mountain Pedalers (WhIMPs) and by the Bellingham  
Parks Department.

**February 1,** Bunny Trails Skills Center, meet Padden ballfields

**February 15,** Ridge Trail Repair-meet at Miranda Trailhead/  
Birch Street

**March 8,** Trail: 911 meet at Padden ball fields

**March 22,** Location TBD (save the date!)

**April 5,** Mirror Pond Trail Construction, meet at Padden ball  
fields

**April 19,** Mirror Pond Trail Construction and Keystone Cut  
Bridge meet at Padden ball fields

**May 3,** Mirror Pond Trail Construction

above meeting times all at 10am. Tools supplied. Wear  
appropriate clothing for the weather conditions.

*information:* [www.whimpsmtb.com/trailbuilding.html](http://www.whimpsmtb.com/trailbuilding.html)

**February 7 - 10am** Squalicum Creek Park

**February 21 - 10am** Old Village Trail

**February 28 - 9am** Lake Padden

**March 7 - 10am** Boulevard Park

**March 7 - 9am** Lake Padden

**March 14 - 9am** Franklin Park

**March 21 - 10am** Padden Creek Trail at 6th

**March 28 - 9am** Maritime Heritage Park

**March 28 - 1-3pm** South Bay Trail

*information:* Bellingham Parks & Recreation, 360-778-7105 and  
see directions to trailhead meeting places here:

[http://www.cob.org/documents/parks/volunteer/  
work-schedule.pdf](http://www.cob.org/documents/parks/volunteer/work-schedule.pdf)



**SMART**

**TRIPS**

everybody  **BIKE**

# BIKE RIDES: MARK YOUR CALENDAR – 2009 EDITION

It's a new year and time to start planning bicycling vacations and weekends. Use this calendar to help plan that week off, destination trip including a bike ride, or your first century ride.

-- thanks to Doug Schoonover for compiling, as he does every year, events&dates on this calendar!

| 2009 RIDES – WESTERN WASHINGTON |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|---------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>February</b>                 | <b>16</b> Washington's Birthday Ride (Bellingham) <i>(see p. 1)</i><br><b>22</b> Chilly Hilly (Bainbridge Island)<br><a href="http://www.cascade.org/EandR/chilly">www.cascade.org/EandR/chilly</a>                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>March</b>                    | <b>21</b> McClinchy Mile (Arlington)<br><a href="http://www.bikesclub.org/html/mcclinchy/mcclinchy.htm">www.bikesclub.org/html/mcclinchy/mcclinchy.htm</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>April</b>                    | <b>4</b> Tulip Pedal (LaConner)<br><a href="http://www.tulipfestival.org">www.tulipfestival.org</a> <i>(see events)</i><br><b>19</b> Daffodil Classic (Puyallup) <a href="http://www.twbc.org/events/">www.twbc.org/events/</a><br><b>25</b> Tour de Lopez (Lopez Island)<br><a href="http://www.lopezisland.com/tourdelopez.htm">www.lopezisland.com/tourdelopez.htm</a><br><b>26</b> Rhody Tour (Port Townsend)<br><a href="http://www.ptbikes.org/index.php?page=rhodytour">www.ptbikes.org/index.php?page=rhodytour</a>                                                                                                      |
| <b>May</b>                      | <b>2</b> RACC: Ride Around Clark County (Vancouver WA)<br><a href="http://www.vancouverbicycleclub.com/RACC.html">www.vancouverbicycleclub.com/RACC.html</a><br><b>2</b> Camano Climb <a href="http://www.stanwoodvelosport.com">www.stanwoodvelosport.com</a><br><b>9</b> Skagit Spring Classic <a href="http://www.skagitbicycleclub.org">www.skagitbicycleclub.org</a><br><b>25</b> Seven Hills of Kirkland <a href="http://www.7hillskirkland.org">www.7hillskirkland.org</a>                                                                                                                                                |
| <b>June</b>                     | <b>7</b> Peninsula Metric Century (Southworth)<br><a href="http://www.twbc.org/events/peninsula">www.twbc.org/events/peninsula</a><br><b>13</b> Flying Wheels (Redmond, east side)<br><a href="http://www.cascade.org/EandR/flying/">www.cascade.org/EandR/flying/</a><br><b>20</b> Tour de Blast (Mount St. Helens) <a href="http://www.tourdeblast.com">www.tourdeblast.com</a>                                                                                                                                                                                                                                                |
| <b>July</b>                     | <b>11-12</b> Seattle to Portland/STP <a href="http://www.cascade.org/EandR/stp">www.cascade.org/EandR/stp</a><br><b>15-19</b> RedSpoke - Redmond to Spokane <a href="http://www.redspoke.org">www.redspoke.org</a><br><b>18</b> S2S - Seattle to Spokane (284 miles, one day)<br><a href="http://www.redmondcyclngclub.org/S2S/S2S.html">www.redmondcyclngclub.org/S2S/S2S.html</a><br><i>(no date yet)</i> Seattle Century <a href="http://www.seattlecentury.com">www.seattlecentury.com</a><br><b>30</b> RAMROD - Ride Around Mt. Rainier One Day<br><a href="http://www.redmondcyclngclub.org">www.redmondcyclngclub.org</a> |
| <b>August</b>                   | <b>1</b> Tour de Whatcom (Bellingham) <a href="http://www.tourdewhatcom.com">www.tourdewhatcom.com</a><br><b>3-9</b> RAW - <a href="http://www.cascade.org/EandR/raw">www.cascade.org/EandR/raw</a><br><b>14-15</b> RSVP - <a href="http://www.cascade.org/EandR/rsvp">www.cascade.org/EandR/rsvp</a><br><b>22-23</b> RAPSody - Ride Around Puget Sound (Tacoma)<br><a href="http://www.rapsodybikeride.com">www.rapsodybikeride.com</a><br><b>30</b> Summits of Bothell <a href="http://www.summits-of-bothell.org">www.summits-of-bothell.org</a>                                                                              |
| <b>September</b>                | <b>12-13</b> MS 150 Bike Ride (Mt. Vernon)<br><b>13</b> Mt. Baker Hill Climb (Glacier) <a href="http://www.norkarecreation.com">www.norkarecreation.com</a><br><b>18-21</b> Trek Tri-Island (San Juan, Lopez, Orcas Islands) <a href="http://alaw.org">alaw.org</a><br><b>20</b> Chuckanut Century (Bellingham) MBBC website<br><b>26</b> Tour de Whidbey (Oak Harbor) <a href="http://tinyurl.com/5zw9zv">tinyurl.com/5zw9zv</a><br><b>27</b> Headwaters Century (Enumclaw)<br><a href="http://www.twbc.org/events/headwaters">www.twbc.org/events/headwaters</a>                                                               |
| <b>October</b>                  | <b>4</b> Kitsap Color Classic <a href="http://www.cascade.org/EandR/kitsap">www.cascade.org/EandR/kitsap</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |



| SOME 2009 RIDES OF INTEREST – ELSEWHERE                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| This list is a sample of rides offered in Eastern Washington, neighboring states, and states further away. |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>March</b>                                                                                               | <b>14</b> Solvang Century (Solvang, CA)<br><a href="http://www.bikescor.com/solvang">www.bikescor.com/solvang</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>April</b>                                                                                               | <b>25</b> Alefest Bike Ride (Leavenworth)<br><a href="http://www.alefestbikeride.com">www.alefestbikeride.com</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>May</b>                                                                                                 | <b>16</b> Reach the Beach (Portland, OR) <a href="http://www.reachthebeach.org">www.reachthebeach.org</a><br><b>16-18</b> Golden Triangle Tour (Castle Mt. Junction BC)<br><a href="http://www.elbowvalleycc.org/events/details.asp?eventid=3">www.elbowvalleycc.org/events/details.asp?eventid=3</a><br><b>17</b> Santa Fe Century (Santa Fe NM)<br><a href="http://www.santafecentury.com">www.santafecentury.com</a>                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>June</b>                                                                                                | <b>6</b> Apple Century (Wenatchee) <a href="http://www.applebikeride.com">www.applebikeride.com</a><br><b>7</b> Elephant Rock (Castle Rock CO)<br><a href="http://www.elephantrockride.com">www.elephantrockride.com</a><br><b>13</b> CHaFE 150 (Sand Point, ID) <a href="http://www.chafe150.org">www.chafe150.org</a><br><b>14-20</b> Ride the Rockies (CO) <a href="http://www.ridetherockies.com">www.ridetherockies.com</a><br><b>20</b> Chelan Century Challenge (Chelan) <a href="http://www.centuryride.com">www.centuryride.com</a><br><b>20</b> Native Planet Classic (Winthrop)<br><a href="http://www.ride4areason.org/npclassic">www.ride4areason.org/npclassic</a><br><b>21-27</b> Bicycle Tour of Colorado<br><a href="http://www.bicycletourcolorado.com">www.bicycletourcolorado.com</a> |
| <b>July</b>                                                                                                | <b>11</b> Death Ride (Markleeville CA) <a href="http://www.deathride.com">www.deathride.com</a><br><b>19-25</b> TourBC (Creston BC loop) <a href="http://www.tourbc.net">www.tourbc.net</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>August</b>                                                                                              | <b>2</b> Mt. Shasta Summit Century (CA)<br><a href="http://www.shastasummitcentury.com">www.shastasummitcentury.com</a><br><b>15</b> Hot August Days (Wenatchee)<br><a href="http://www.ncwsportsevents.com/hod.html">www.ncwsportsevents.com/hod.html</a><br><b>21-23</b> Mountain Bike Oregon (Oak Ridge OR)<br><a href="http://mtbikeoregon.com">mtbikeoregon.com</a>                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>September</b>                                                                                           | <b>13</b> High Pass Challenge (Packwood)<br><a href="http://www.cascade.org/EandR/hpc">www.cascade.org/EandR/hpc</a><br><b>19-20</b> Tour des Lacs (Spokane)<br><a href="http://www.roundandround.com/TourDesLacs/TourDesLacs.php">www.roundandround.com/TourDesLacs/TourDesLacs.php</a><br><b>26</b> DAM2DAM (Wenatchee)<br><a href="http://www.mikeutley.org">www.mikeutley.org</a> <i>(then "Mike's Events")</i>                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>October</b>                                                                                             | <b>2-4</b> Fall Bike Festival (Winthrop) <a href="http://www.mvsta.com">www.mvsta.com</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

# 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)

**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.)

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 \_\_\_\_\_

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

# WINTER WORKOUT RIDING: WHY AND HOW TO DO IT

In the newsletter's last issue, we heard from year-round bicycle commuters. This month, one of the community's most determined fitness riders shares her advice for staying on the bike all year.

If you are like me, most people will think you are absolutely crazy if you ride your bike in the winter months. We're not in Alaska, Chicago or Spokane; people can and do ride bikes all year 'round in Bellingham.

First you will need ambition to get out in frigid cold and sloppy wet temperatures. Do you lack indoor training enthusiasm? Tired of being imprisoned on your indoor trainer or trying to find spin classes that fit your schedule? Do you miss the fresh air? Or maybe you have decided that those hours spent in a car really aren't good for the environment so while doing the right thing for the planet you can gain some fitness at the same time. Second, you will need to cultivate a true sense of adventure that will inspire you to attempt something that is difficult - but is very achievable. I call this the "just do it attitude of cycling."

Proper layering is critical to your overall comfort while on the bike. Too many layers and your muscle movement will be restricted rather than supported. You must achieve proper air flow so wicking of wetness away from your skin can occur. Retaining moisture next to you will only leave you damp and cold. Here are a few tricks to make cold weather riding as comfortable as possible.

Head and Neck: Helmet covers keep wetness out and retain the heat generated by your head. Balaclavas made of synthetics, wool or silk are light and provide head, ear, neck and partial face protection as well. Ear muffs can keep ears warm in cold, dry weather. Most jackets can provide sufficient neck protection when zipped all the way up. A clear lens type of eyewear will protect your eyes from road grime, blowing particles and wind while still allowing for visibility. A yellow tinted lens can sometimes improve landscape contrast in gray conditions.



**Cultivate a true sense of adventure that will inspire you to attempt something that is difficult but is very achievable.**

**I call this the "just do it attitude of cycling."**

- Marie Kimball

Feet: Silk or polypro thin liners with wool socks over them. Keep your shoes loose around the toe so that there is air flow and pull out the toes of your socks before putting your shoes on. Neoprene booties made for winter conditions will keep moisture off your shoes while also retaining foot heat. Little Hotties make thin adhesive toe warmers that fit inside shoes and last for up to 5 hours at a cost of \$1/pair.

Hands: Silk or polypro thin liners inside a wind and waterproof loose shell glove or mitt are best. Ski gloves are too bulky generally but lobster mitts are available just for cyclists. Little Hotties make hand warmers that can last up to 6 hours. Choose a glove that is long enough to go under your jacket sleeve.

Arms, legs and chest: Silk, synthetic or wool fabrics create a wicking base layer under your winter weight jerseys, jackets, bibs, tights, arm and leg warmers. A winter weight clothes help retain body warmth with a fleece-like material on the inside and a wind block and/or water resistant material on the outside.

Resist the temptation to put on two base layers or two top layers. When you start the ride you need to feel cold because as you ride against a head wind, up hills and over distance you will heat-up. Jacket vents under arms or on the back allow the moisture to dissipate quickly.

It is very important to keep your nose, fingers and toes warm while riding. Long term damage can result with prolonged exposure to cold while riding, such as capillary damage which decreases sensation all the way to complete frostbite.

You don't necessarily need studded tires or mountain bike traction to ride your bike when there is some ice and snow present. You do need to alter your riding style so that you can ride safely. Sudden movements on ice or snow that change your center of gravity over the bike (leaning into a corner or traveling over railroad tracks at the wrong angle and with too much speed or sudden braking) can cause cyclists to go down in poor weather. If you ride a bit slower with core stability, placing your weight in the proper position for maximum control over the bike, you can safely ride in all weather conditions.

Finally, don't be afraid and remember—you can always stop for coffee and a pastry to warm up for awhile before you go back outside!

*Ride Safe and Often,*

*Marie Kimball, MBBC VP*



**A-1 BUILDERS** INC.  
Quality Remodelling  
& Custom Homes  
Rick Dubrow, First Hammer  
**360-734-5249**  
rdubrow@a1builders.ws  
3310 Northwest Ave., Bellingham, WA 98225



**Richard T. James**

**Farmers Insurance Agency**

Is your expensive bike covered anywhere in the world?

360-676-0224

1252 Ellis St.

| <i>Sunday</i>                                                         | <i>Monday</i>                                                     | <i>Tuesday</i>                                                                  | <i>Wednesday</i>                                                     | <i>Thursday</i>                                      | <i>Friday</i> | <i>Saturday</i>                                                                                          |
|-----------------------------------------------------------------------|-------------------------------------------------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------------------|------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------|
| <b>FEBRUARY 1</b><br>WhIMPs Bunny Trails<br>Skills Center work<br>day | <b>2</b><br><i>Groundhog<br/>Day</i>                              | <b>3</b>                                                                        | <b>4</b><br>Wed Group Ride<br><br>BikeToWork Day<br>planning Meeting | <b>5</b>                                             | <b>6</b>      | <b>7</b><br>Donut Ride<br><br>Bellingham Parks:<br>Trail work day<br>Squalicum Ck Park                   |
| <b>8</b>                                                              | <b>9</b>                                                          | <b>10</b><br>Tues Social Ride                                                   | <b>11</b><br>Wed Group Ride                                          | <b>12</b>                                            | <b>13</b>     | <b>14</b><br><i>Valentines<br/>Day</i><br><br>Donut Ride<br>Recumbent Ride                               |
| <b>15</b><br>WhIMPs Ridge Trail<br>repair work day                    | <b>16</b><br><i>Presidents<br/>Day</i><br><br>Presidents Day Ride | <b>17</b><br>Tues Social Ride                                                   | <b>18</b><br>Wed Group Ride                                          | <b>19</b>                                            | <b>20</b>     | <b>21</b><br>Donut Ride<br>Seattle Bike Swap<br>Bellingham Parks:<br>Trail work day<br>Old Village Trail |
| <b>22</b><br>Chilly Hilly                                             | <b>23</b>                                                         | <b>24</b><br>Tues Social Ride<br><br>Transportation<br>Advocacy Day:<br>Olympia | <b>25</b><br>Wed Group Ride                                          | <b>26</b><br>RideOn! Travelogue<br>show: New Zealand | <b>27</b>     | <b>28</b><br>Donut Ride<br><br>Bellingham Parks:<br>Trail work day<br>Lake Padden                        |



**Mt. Baker Bicycle Club**

Post Office Box 2702  
Bellingham, Washington 98227

**Have you renewed your membership? Check the date on the mailing label and please please renew!!! Support your cycling community.**