



# MBBC

**More Bicycling = Better Community!**

**Mount Baker Bicycle Club Newsletter, Volume 18 Number 5, June 2009**

## A SUCCESSFUL BIKE MONTH BRINGS THE PROMISE OF A SUNNY SUMMER OF CYCLING!

*in this newsletter:*

Bike Month Review.....	1
Weekly Rides .....	2
June Happenings.....	2
2009 Events List.....	3
Nurse Rides for Hospice..	4
Bike Recalls.....	4
bikewise site.....	4
Retrospective .....	5
Club Vision & People .....	6
Newsletter Articles .....	6
Membership form.....	6
Thanks to our Sponsors...	7
June 2009 Calendar .....	8

This month's contributors:  
Mary Anderson, Ellen Barton, Richard Masoner, Donna Merlina, Kae Moe, Pat Rolstad. Thanks to all!



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

Follow the club on Twitter:  
[twitter.com/mtbakerbike](http://twitter.com/mtbakerbike)



### Raffle Winner has plans for her new bike!

Leesa Duncan (left) is the ecstatic winner of the top Bike to Work & School raffle prize: a Kona Smoke commuter bike. Leesa received the winning phone call just as she stepped out of a stressful WWU chemistry class and the call made her day. Leesa's been a bike everywhere gal for years and works on her own bikes. She has never owned a new bike, she has always gotten used bikes so she was super excited about her new Kona. Leesa said her friends invited her on a bike tour this summer but she didn't have an appropriate touring bike. Now, with her new bike, she's psyched to think about going!

-- by Donna Merlina

Many thanks to sponsor Kona Bike for making a happy bicyclist even happier. Please see our full list of sponsors on page 7 of this newsletter.

### Sunny Cycling in Skagit

Howard and Judy Mears (right) stop for a rest stop snack during the Skagit Spring Classic bicycle ride on May 9. Even though May began with some rainy days, the weather cooperated for the Skagit ride, for Bike to Work & School Day, and for the end of the month. The weather pattern appears to be holding sunny as we go into June! Let's Ride!

The Mears ride recumbent trikes with colorful flags that made them easy to spot along the windy Skagit Valley roads. The ride was their first time participating in an organized event, and (in a large part thanks to the weather) they enjoyed it and plan to do more!



## WEEKLY AND GROUP RIDES



**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](mailto: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](mailto:ridecoordinator@mtbakerbikeclub.org), 410-6431

**Tuesday Hot Laps Ride:** 30-40 miles, race pace. Training ride departs from Kulshan Cycles at 6pm to a practice road race course. Summer months (has already started for 2009)

**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 Kulshan Ladies' Ride:** Depart Kulshan Cyclery at 8:00 am. 2 groups: (1) 18 miles, 12-14 mph pace. (2) 25 miles, 15-17 mph. Down Chuckanut and toward Lake Samish, 2nd group around the lake, then return. Heavy rain cancels. Kae Moe, [kulshancycles@comcast.net](mailto:kulshancycles@comcast.net)

**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

**everybodyBikeCommunity Rides:** Check [www.everybodyBike.com/calendar.aspx](http://www.everybodyBike.com/calendar.aspx) for listings

**WhIMPs Mountain Bike Rides:** contact the club on their website for schedule: [www.whimpsmtb.com](http://www.whimpsmtb.com)



## Happenings in June

### Saturday Morning Ladies Ride is back on!

The Saturday morning Kulshan Ladies Road Ride begins on June 6 this year. Meet at the Kulshan Cyclery at 8:00 am every Saturday. We'll split into two groups:

Group 1 will go 18 miles at a fun 12-14 mph pace. We'll ride from Kulshan Cycles to the south, through Fairhaven and down Chuckanut Drive, then left on Samish Way to the gas station by the freeway and back. Ride time is around 1 hour and 45 minutes. This is a nice ride with some hills, to make you strong.

Group 2 will go 25 miles at a 14-17 mph pace (approximately) We'll ride from Kulshan Cycles south down Chuckanut Drive, left on Samish Way, around Lake Samish and back.

Heavy rain cancels this ride. For more information, contact Kae Moe: [kulshancycles@comcast.net](mailto:kulshancycles@comcast.net)

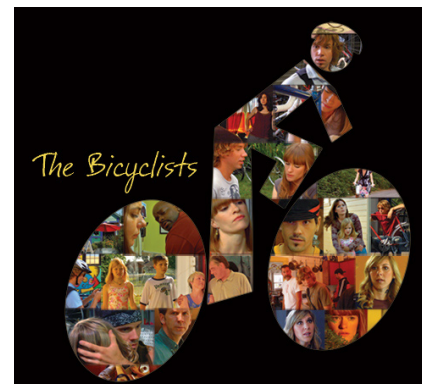
### Special Screening of *The Bicyclists* at The Pickford

Filmed in Portland, southwestern Washington and eastern Oregon, Carl Jameson's *The Bicyclists* is a romantic narrative with a twist—and a bike lover's feature length dream.

A twentyish Conrad Miller leaves a small town in Wisconsin, promising himself sixty days to make lasting memories before he returns home to take over his parents' business. Conrad journeys to Portland, attracted to its vibrant urban bike culture and beautiful scenery. Conrad makes valuable friendships and has a decidedly modern love affair. This simple story reveals unexpected turns and darker elements as the sixty day timeline counts down.

The filmmakers will be in attendance at this, the first screening of the movie in Washington. Thursday, June 11, 7pm at The Pickford Cinema, 1416 Cornwall

[thebicyclists.com](http://thebicyclists.com), [pickfordcinema.org](http://pickfordcinema.org)



everybody  BIKE



# 2009 EVENTS LIST

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

## Screening

**June 11:** "The Bicyclists" film at The Pickford Cinema (see p. 2)

## Classes

**everybodyBIKE** cycling classes: [www.everybodyBike.com](http://www.everybodyBike.com)

**June 3, June 23** Confidence and Comfort

**June 7:** Bicycle safety for Kids and Parents

**June 20:** Get Movin' Kick-Off Bike Rodeo

**June 25:** Full Cycle, Fixing to Ride

**June 27:** Full Cycle, On the Road

information and sign ups: 671-BIKE or [info@everybodyBIKE.com](mailto:info@everybodyBIKE.com)

Women's **Bike Maintenance Class** at The Hub, 6-8 pm, June 2  
The class is free but pre-registration is required and seating is limited.  
714-9033 to sign up.

## Races (to watch or to enter)

### 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](http://www.trithecookie.com)

### Indie series will be in Bellingham July 12

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

### Masters and Juniors Stage Race: July 18-19

[www.shuksanvelo.com](http://www.shuksanvelo.com)

### Bellingham Traverse: September 19

[bellinghamtraverse.com](http://bellinghamtraverse.com)

## Trail Building

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

**June 6:** National Trails Day, Sehome Hill work party, 9am-4pm sponsored by Bellingham REI. Registration required.

information: [www.rei.com/stores/events/65](http://www.rei.com/stores/events/65),  
[pakenne@rei.com](mailto:pakenne@rei.com), 360-647-8955

**June 13:** Whatcom Falls Park 10am-noon

information: Bellingham Parks & Recreation, 360-778-7105 and  
[www.cob.org/documents/parks/volunteer/newsletter.pdf](http://www.cob.org/documents/parks/volunteer/newsletter.pdf)

**June 14:** WhIMPs Freeride Trail maintenance, 10am.

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

## Training

The USA Fit program is going strong, offering coaching and training programs to prep for Triathlons and Century Rides!

<http://www.usafitbellinghamtriathlonandcycling.com/>

The Bellingham YMCA is offering a once-a-week outdoor preparation class for Ride 542 (aka The Mount Baker Hill Climb). The July/August 8-week session is described in the Y's 2009 Summer Program Brochure: [whatcomymca.org/files/File1613.pdf](http://whatcomymca.org/files/File1613.pdf)

## 2009 RIDES EVENTS

### June

**6** Blast from the Past Century (Sedro Woolley)

[www.blastfromthepastcentury.org](http://www.blastfromthepastcentury.org)

**7** Peninsula Metric Century (Southworth)

[www.twbc.org/events/peninsula](http://www.twbc.org/events/peninsula)

**13** Flying Wheels (Redmond, east side)

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

**20** Chelan Century Challenge (Chelan) [www.centuryride.com](http://www.centuryride.com)

**20** Tour de Blast (Mount St. Helens) [www.tourdeblast.com](http://www.tourdeblast.com)

**21** LiveStrong ride series (Seattle) [livestrongChallenge.org](http://livestrongChallenge.org)

### July

**11-12** Seattle to Portland/STP [www.cascade.org/EandR/stp](http://www.cascade.org/EandR/stp)

**15-19** RedSpoke - Redmond to Spokane [www.redspoke.org](http://www.redspoke.org)

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

[www.redmondcyclingclub.org/S2S/S2S.html](http://www.redmondcyclingclub.org/S2S/S2S.html)

**19-25** TourBC (Creston BC loop) [www.tourbc.net](http://www.tourbc.net)

**25** Seattle Century [www.seattlecentury.com](http://www.seattlecentury.com)

**30** RAMROD - Ride Around Mt. Rainier in One Day

[www.redmondcyclingclub.org](http://www.redmondcyclingclub.org)

### August

**1** Tour de Whatcom (Bellingham) [www.tourdewhatcom.com](http://www.tourdewhatcom.com)

**3-9** RAW - [www.cascade.org/EandR/raw](http://www.cascade.org/EandR/raw)

**8** Bike to Battle Cancer (Bellingham) -

[www.biketobattlecancer.org](http://www.biketobattlecancer.org)

**14-15** RSVP - [www.cascade.org/EandR/rsvp](http://www.cascade.org/EandR/rsvp)

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

[www.rapsodybikeride.com](http://www.rapsodybikeride.com)

**30** Summits of Bothell [www.summits-of-bothell.org](http://www.summits-of-bothell.org)

### September

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

**13** Mt. Baker Hill Climb (Glacier) [www.norkarecreation.com](http://www.norkarecreation.com)

**18-21** Trek Tri-Island (San Juan, Lopez, Orcas Islands) [alaw.org](http://alaw.org)

**20** Chuckanut Century (Bellingham) MBBC website

**26** Tour de Whidbey (Oak Harbor) [tinyurl.com/5zw9zv](http://tinyurl.com/5zw9zv)

**26** DAM2DAM (Wenatchee) [www.mikeutley.org](http://www.mikeutley.org)

**27** Headwaters Century (Enumclaw)

[www.twbc.org/events/headwaters](http://www.twbc.org/events/headwaters)

### October

**4** Kitsap Color Classic [www.cascade.org/EandR/kitsap](http://www.cascade.org/EandR/kitsap)

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## LOCAL NURSE PEDALS CROSS-COUNTRY TO SUPPORT HOSPICE

My name is Pat Rolstad. I will be raising money for Whatcom Hospice Foundation's *Hospice House Capital Campaign* by riding my bicycle across the US this summer. I have loved to bike since I received my first bicycle at age 6. Years ago I learned that it was possible for an average person to bicycle across the US and dreamt that someday I would do it. I am excited to begin this adventure on June 21.

I am a Nurse Practitioner. I moved to Bellingham in 2000 and during my work I met nurses and social workers from Whatcom Hospice. I was impressed with their compassion and professionalism. As I became more familiar with the organization, I realized that I wanted to work at Whatcom Hospice, and in 2007, I accepted a position there as an RN.

My Mom died of cancer before there were hospices in the US. My Dad, myself, and other family members cared for her as best we could, but when she had symptoms we could not control, our only option was to take her to the hospital and then bring her home again. I know that if we had had hospice she would have suffered less and had a better quality of life during her last few months. I know how hard it is to care for a family member at home. It is rewarding for me as a nurse to work for an organization that recognizes this and attempts to meet every patient's individual needs.

Whatcom Hospice has a dream of opening a Hospice House to provide inpatient care to those patients who do not have families to care for them or whose symptoms are too severe to manage at home. Today these patients often end up in the hospital. At the Hospice House we would be able to provide skilled nursing care for these patients in a warm, home-like atmosphere where families are welcome. While training to make my dream come true, it came to me that I could help make the dream of Whatcom Hospice come true by riding to raise money for the Hospice House.

My ride is called "Pat's Pedal for Patients." I will leave Astoria, Oregon on June 21st and arrive in Portsmouth, New Hampshire on August 10th. For those who wish to follow my adventure, I will keep a blog: [patspedal.wordpress.com](http://patspedal.wordpress.com). To learn more and contribute, see: [hospicehelp.org](http://hospicehelp.org). There will be days when it is hot or cold or windy or mountainous and knowing that I am helping patients and their families will give me extra energy to finish the day, and I will remember that my journey is not as difficult as the journey of our patients and their families.

-- submitted by Pat Rolstad, NP, Whatcom Hospice

## Bicycle Recalls announced in May

reprinted with permission from [www.cyclelicio.us](http://www.cyclelicio.us)

The US Consumer Product Safety Commission announced three bicycle recalls on May 19, 2009.

- Norco full suspension mountain bike frames can crack. The recalled bicycle frames include the following model year and model names: 2007 Team DH, 2008 Team DH, Aline Park, Aline, Atomik, Shore 1,2,3, 2009 Atomik (without gussets). These are some of Norco's higher end full suspension mountain bikes. Norco is kind of weaseling by claiming that the product is not defective because the frames only crack when the bike is abused, like when you jump the bike without using a "down ramp [that] must be properly designed, in height and length, to absorb the landing from the jump." Of course anybody who ever jumps their full suspension mountain bike always uses properly designed ramps. More at Norco USA: [norco.com/front-triangle-recall/](http://norco.com/front-triangle-recall/)
- Trek comfort bikes with suspension forks. The "JD" fork used on some of Trek's comfort bikes are sprung below the head tube but above the fork crown. Apparently, something can come loose, resulting in the front tire turning on its own. "This," claims the CPSC, "can cause the rider to lose control of the bicycle and crash." More at Trek's safety & recall information page. [trekbikes.com/us/en/support/safety\\_and\\_recalls/](http://trekbikes.com/us/en/support/safety_and_recalls/)
- Cannondale comfort bikes with suspension forks. Hey look! Cannondale got their "JD" forks from the same supplier that Trek did. The recall involves model year 2008 Cannondale Adventure 2, Adventure 3, Adventure 2 Feminine and Adventure 3 Feminine bicycles.

## Cascade Launches new Online Bike Incidents Reporting Site

Sponsored by the Cascade Bicycle Club in Seattle, **bikewise** is a place to learn about and report bike crashes, hazards, and thefts. By sharing our experiences with each other, and with researchers and relevant agencies, we aim to make cycling safer and more fun. You can help by adding your reports.

[www.bikewise.org](http://www.bikewise.org)

Although the site currently contains only reports from Seattle, it appears it will work for any location, so Whatcom County reports can also be entered.



## MID-YEAR RETROSPECTIVE FROM THE MBBC PRESIDENT

As we celebrate the success of the twelfth annual Bike to Work & School Day in Whatcom County as well as the eighth year of MBBC's fiscal sponsorship, it's a good time to look back and remember the many other accomplishments of the club in the past decade.

When I accepted the honor of serving as Club President in 2001, much of the functions were dormant: a newsletter had not been published in years, the membership was perhaps a dozen, and a few dedicated members kept operations going. The leadership of past presidents - among them such luminaries as Mark Steinberg, Dave Fayram, and Doug Van Beek - had stoked a flame of enthusiasm that kept burning for generations of riders, from 1974 through three decades. The steady support and strength of our departed friend Bob Lindquist continues to be an inspiration for all of us: he published the newsletter for years and authored the club's bike map, all while keeping connected to everyone involved in bicycling.

Thanks to the hard work of a terrific board and the continued support of strong volunteers, the club membership is at an all-time high approaching 200. Thanks to the goodwill outreach of Vice President Marie Kimball, the membership continues to grow. The newsletter continues thanks to editor Jennifer Longstaff, building on the previous work of Paul Goff. The club's outreach is augmented by the website, maintained by Tim Reinholtz and supplemented by a listserv set up by Mark Wheatley.

The quality of ride training coordinated by the club has received high marks from riders throughout northwestern Washington. Ride Coordinator Doug Schoonover organizes weekly rides as well as the club's signature Chuckanut Century, and Ski to Sea has been working directly with Doug to assist cyclists training for the bicycle portions of the race.

The club's long-term presence in the community has built a legacy that leads to partnership and funding. The City of Bellingham awarded the club a tourism grant to market the exceptional variety of outdoor cycling events that draw visitors from everywhere. The Chuckanut Century is the centerpiece of this marketing, growing each year with 300 participants in 2008.

With growth and success come new challenges. The larger annual budget to support our success leads to new questions of management. The tasks of insurance, legal issues, billing, volunteer recruitment, and growing public involvement all add up to a larger task for the

board and offices. As we go forward in the next years, a key question will be: how to enhance the club's resources, assets, and growth with a purely volunteer labor base.

Opportunities for the club also bring challenges. MBBC as a central resource for all bicycling interests, a fulcrum for leveraging each facet for mutual benefit: this is a big vision for the club. It could lead to increased advocacy, recreational rides, racing, and more. Whether the MBBC increases or decreases its role in advocacy is a topic the board has been discussing. Advocacy helps bring political attention and funding to bike lanes, bike education, more trails and it takes time and effort for volunteers. Some MBBC members are interested in recreational riding more than in advocacy and vice-versa.

Interest in bicycling is bubbling up everywhere. The Fairhaven Bicycle Racing Club has metamorphosed into a general interest club with an emphasis on advocacy, according to the former racing club's members. The Fanatik Bicycle Club remains a strong race team. Groups sponsored by Kulshan, Jack's, WWU and The Hub are active in the community. MBBC will benefit from many partners as it grows.

With some sadness, I will be stepping down from the MBBC presidency in December of this year. It has been a privilege to lead this group and to work with such a talented board and group of volunteers during the past eight years. It is because of the wealth of talent and ability on the board that I am confident the club will continue to grow and prosper and inspire new riders young and old - for yet another three decades!

-- Ellen Barton, MBBC President

*The MBBC Board will be searching for qualified people to fill open positions at the end of 2009. Club members are encouraged to nominate candidates and run for the board. Make the MBBC your club and help turn Whatcom County into the kind of cycling community that you want it to be!*

*Details about open positions and associated responsibilities will be forthcoming.*





## 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: \_\_\_\_\_

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    ☐ 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:

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# THANK YOU to the Sponsors of Bike to Work & School Day 2009!

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Lettered Streets Coffeehouse  
Little Cheerful Café  
Mallard Ice Cream  
Mount Bakery  
Mount Baker Bicycle Club  
Mount Baker Theatre  
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Whatcom Health Department

### Team-Up for everybodyBIKE is presented by:



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	<b>June 1</b>	<b>2</b> Tues Social Ride Tues Hot Laps Tues Ramp-Up Ride Women's bike maint class @ The Hub	<b>3</b> Wed Group Ride everybodyBIKE: FirstGear	<b>4</b>	<b>5</b>	<b>6</b> Donut Ride Kulshan Ladies Ride BlastFromPast Cntry Bellingham REI: Sehome Trail Work
<b>7</b> Peninsula Metric Century everybodyBIKE: Bike Safety for Kids & Parents	<b>8</b>	<b>9</b> Tues Social Ride Tues Hot Laps Tues Ramp-Up Ride	<b>10</b> Wed Group Ride	<b>11</b> "The Bicyclists" film screening @ The Pickford	<b>12</b>	<b>13</b> Donut Ride Recumbent Ride Kulshan Ladies Ride Flying Wheels Bellingham Parks: Trail work day
<b>14</b> <i>Flag Day</i> WhMPs Trails work day	<b>15</b>	<b>16</b> Tues Social Ride Tues Hot Laps Tues Ramp-Up Ride	<b>17</b> Wed Group Ride	<b>18</b>	<b>19</b>	<b>20</b> Donut Ride Kulshan Ladies Ride Chelan Century Tour de Blast everybodyBIKE: Get Movin' Kickoff Rodeo
<b>21</b> <i>Fathers Day</i> LiveStrong Ride Series	<b>22</b>	<b>23</b> Tues Social Ride Tues Hot Laps Tues Ramp-Up Ride everybodyBIKE: FirstGear	<b>24</b> Wed Group Ride	<b>25</b> everybodyBIKE: Full Cycle: Fixin to Ride	<b>26</b>	<b>27</b> Donut Ride Kulshan Ladies Ride Lake Padden Triathln everybodyBIKE: Full Cycle: On The Road
<b>28</b>	<b>29</b>	<b>30</b> Tues Social Ride Tues Hot Laps Tues Ramp-Up Ride	<b>July 1</b> Wed Group Ride	<b>2</b>	<b>3</b>	<b>4</b> <i>Independence Day</i> Donut Ride Kulshan Ladies Ride



### **Mt. Baker Bicycle Club**

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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 inform [mbbcnewsletter@mtbakerbikeclub.org](mailto:mbbcnewsletter@mtbakerbikeclub.org)