

MOUNT
BAKER



BICYCLE
CLUB

MBBC

More Cycling = Better Community!

Mount Baker Bicycle Club Newsletter, Vol 21 Number 9, Oct/Nov 2012

FALL IS HERE!

and the weather
is still giving
us some dry
cycling time...
so get out
and ride
before the
fenders go on!



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This month's contributors:
Marie Kimball, Chris Mellick, Patti Mullin, David Neubeck, Ryan Rickerts, Robin Robertson, Nick Steglich, Melanie Swanson, Andie Whitewing. Thanks All!



the club online:

www.mtbakerbikeclub.org
www.chuckanutcentury.org

and our social sites:

 facebook.com/
mountbakerbicycleclub

 sports.groups.
yahoo.com/group/
MtBakerBicycleClub

 twitter.com/mtbakerbike

 flickr.com/
mtbakerbikeclub/

MBBC HALLOWEEN COSTUME RIDE: OCTOBER 31ST (OF COURSE!)

The Wednesday Ride on Halloween will have a special option: a costumed, lighted, slower trail ride through the cemetery (*spoooooky*). We will gather at the regular Wednesday ride meeting place: the parking lot by the Depot Market Building at 5:45pm for a planned departure at 6pm. Costumes are encouraged and this year there will be candy as well as beer! The person with the best costume and bike lighting will win a prize from the MBBC. Safety is encouraged in costume and lighting design. Special effects will gain extra consideration during the judging! Contact Patti Mullin with questions: patti.mullin@gmail.com

OTHER EVENTS TO GET YOUR FALL RIDING ON:

October 6: Take a Kid Mountain Biking Share your passion for pedaling with your kids. All ages welcome, Padden ballfields, 1:30-4pm Saturday,

October 6. Questions? Chris Mellick 920-9179 or crmellick@gmail.com
Hosted by WhIMPs Mountain Bike Coalition: whimpsmtb.org

October 7: Hell of the Northwest Race presented by Fairhaven Bike & Ski. Join us for the 2nd Annual "Hell of the Northwest" ride on Sunday October 7th. Find two other people and ride this scenic 30 mile event on trail, gravel road and paved road. It starts and finishes in Fairhaven Park. The course is south of town, around Lake Samish and on Chuckanut Drive. Your time will be determined by the time of your last finisher. It is a team time trial format, but aero bars are strictly forbidden. First team is off at 10:00 a.m. sharp. Teams will leave in three minute intervals. If all goes well, it will be wet and sloppy for the ride, and then clear up and get warm for the BBQ. Afterward there will be a potluck BBQ at the large picnic shelter. Dogs (the edible kind), burgers and buns

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witch-on-the-bike artwork designed by Nick Steglich for Salem Cycle: salemcycle.com

WEEKLY AND GROUP RIDES



Sunday Edison Social Ride starts from Edison Elementary School parking lot. 30-40 miles, 10-14 mph, route varies. 10 am start time. For additional info: Alfred Arkley arkley@comcast.net or 360-527-8638

Sunday Rabbit Ride: 32mi road ride, Sunday mornings. South on Chuckanut, back via Colony and Lake Samish. All riders welcome, and come prepared to push yourself. Pace varies by individual. Small similarly-paced groups leave from Fairhaven Bike & Ski beginning at 8am. Faster riders leave between 8:15-8:30. info: John Hauter, 733-4433. (No Rabbit Ride on October 7, ride *Hell of the Northwest* that day instead! - see p. 1)

Tuesday Ferndale Social Ride: starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. Usually 10am start time in winter. To check time and other info: Bob Parker 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. In the winter this is a trail ride with lights. Gather at brewery afterward (7:30p). 360-410-6431 info (Doug)

Thursday South Social Ride starts from Edison Elementary School parking lot. 30-40 miles, 10-14 mph, route varies. 10 am start time. Info: Alfred Arkley: arkley@comcast.net or 360-527-8638

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



EVENTS FEATURED IN THE FALL

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provided. Bring something else to share. For more info contact Jeff at aidiagrace@q.com

October 7: Trees and Trails everybodyBIKE's final Autumn Ride. See and learn about significant heritage trees around Bellingham from a city arborist. Departs 1pm from Cornwall Park, near the kid's water-spray. 671-BIKE

October 11: Whatcom Active Transportation Summit presented by the Whatcom Parks and Recreation Foundation. *Active transportation* is simply human-powered locomotion. It's riding your bike to work or walking to school. Cities around the country, like Bellingham, have incorporated the goal of active transportation into their growth management plans. As our scenic natural and agricultural landscape grows and changes, advocates for smart growth and active transportation infrastructure must be prepared to act, county-wide. Join us to discuss ways to provide this essential infrastructure to *all* Whatcom County citizens. Begins at 8am. For more information and to register: wprfoundation.org/active/ or 389-3803.



Cascade Cross: Our Local Series!

Cyclocross races are nearly as much fun to watch as they are to race in, so check out the details of the races below and get out there on the course with your cowbell. Racing started in September, and here's the schedule for the rest of the Cascade Cross Series, by Ryan Rickerts. (note new dates as of 10/2)

October 20: Woolley Cross (Sedro Woolley)

November 3 & 4: Cross Border Clash (Ferndale)

November 17: Thanks Given'er

December 15: Thriller Cross

January 12, 2013: Chiller Cross

January 26, 2013: Fun-alley Race + Party
details: cascadecross.com

RIDES & EVENTS TO CLOSE OUT 2012

Gatherings

Oct 11: Whatcom Active Transportation Summit see p. 2
8am-4:15pm wprfoundation.org/active/

Oct 13: Shoot the Trails + awards whimpsmtb.org



Nov 15: Bicycle Travel Slide Show. Experience the beauty of cycling through Turkey, and enjoy first-hand stories from special guests: Bicycle Alliance of Washington. 671-BIKE for time and location, or check everybodyBIKE.com in November.

Mondays, first and third weeks of October and November:
Women's Bike Maintenance Drop-in at the Hub. Melanie Swanson will be on hand at the Hub Community Bike Shop, behind Washington Divers on State Street, from 7-9 pm to help women with bike maintenance issues. 303-6262

Saturdays at the Farmers Market: everybodyBIKE "Reflectorize your Ride" Stop by and create or take decorative ribbons, tapes, stickers, and shapes to increase your reflectivity while walking and bicycling this winter. Adults and children are welcome to bring their bikes, back packs, shoes, helmets, or jackets to decorate.

Classes & Training

Take a Kid Mountain Biking - October 6 - see p. 1

REI Cycling-related classes:

www.rei.com/stores/bellingham.html

Bike Maintenance Basics: **October 9**

Check website (above) for November events.

Fairhaven Fitness - Cycle Moles begins November 5 - see p. 5

Races

Hell of the Northwest Team Race - October 7 see p. 1

Cyclocross 2012-13: Cascade Cross Race Series - see p. 2

More Cyclocross 2012: Starcrossed at Marymoor Park, Redmond; **October 6** starcrossedcx.com

Cyclocross practice: Wednesdays, 6pm, September until Thanksgiving, Lake Padden Ballfields (moving to Civic Field as weather requires). All ages and skill levels welcome. David Neubeck: 360-738-2025 or dneubeck@hotmail.com

Parks & Recreation Race Series

see www.cob.org/services/recreation/races/

October 14: Klicks Mountain Bike Duathlon

October 14: YMCA Youth Duathlon

2012 RIDES

October

6 Take a Kid Mountain Biking (WhIMPs) whimpsmtb.org see p. 1

7 Autumn Ride: Trees and Trails (everybodyBIKE) see p. 2

14 Tweed Ride - (last we heard) - noon, Maritime Heritage Park

31 Halloween Costume Lighted Trail Ride (MBBC) 5:45pm see p. 1

December

7 Superhero Lighted Bike Parade (Bellingham) 6pm Public Market

everybodyBIKE



Trail Building

Volunteer and help improve the parks/trails that we all enjoy. Many dates in October through December.

WhIMPs: October 20, Padden Ballfields 9:45am; whimpsmtb.org

City of Bellingham: For the complete schedule and information: Bellingham Parks & Recreation, 360-778-7105

www.cob.org/government/public/volunteer/parks/schedule.aspx

October 6 - Whatcom Falls Park, 10am

October 13 - Squalicum Creek Park, 9am

October 20 - Whatcom Creek Trail, 9am

October 27 - Make A Difference Day work parties 9am 734-3055

Squalicum Creek Park

Big Rock Garden Park

Franklin Park

Memorial Park

November 3 - Connelly Creek Nature Area, 10am

November 10 - Maritime Heritage Park, 9am

November 17 - Crooked Path, 10am

December 1 - Little Squalicum Creek Park, 9am

Whatcom Land Trust: Make a Difference Day: October 27

Ladies of the Lake Preserve, 8:30 am

contact Nick@whatcomlandtrust.org

It's dark. It's raining. It's below 40F. It's gale force winds. Any one of those reasons makes it uninspiring to go out and ride your bike. Don't despair – but don't just hang up your cycling shorts until the spring either. I always look at the fall as the time for a change, the winter to focus on the basics, and the spring to move ahead with a plan.

FALL – CROSS TRAINING, CORE, AND KEEPING FIT

by Robin Robertson

Yes, to get better at cycling, you need to cycle more. You use your body in a very specific way with neuromuscular connections made to produce power for the physiological needs of pedaling a bike. But you won't get stronger by going hard all the time. *There is lots of wisdom to giving your body and mind a break, even from your beloved bicycle.*



Belly Zip Bicycle ▲►

(1) Belly Zip Bicycle

Lie on your back with your lower back pressed to the ground. Pull down your belly like you are zipping up a tight pair of pants. Hold this belly position throughout the exercise! Rest your hands behind your head without pulling on your neck. Alternate bringing opposite elbow to knee as you “bicycle” kick. The key is to stay controlled with a slower movement, say “70-80 rpm” keeping your belly zipped.



Cross-Training: Get off your bike!

October is a great month to go do some other fun activities like a hike, hit the pool, do some paddling, go on a run. Give yourself a change of pace and your body will thank you. OK, if you can't see getting off your bike, do something different with your bike – switch to trail riding or mountain biking and explore some of the world's best trails on Galbraith and Chuckanut. Do Cyclocross. Turn in your mountain bike for some road rides. Try a unicycle.

CORE Strength:

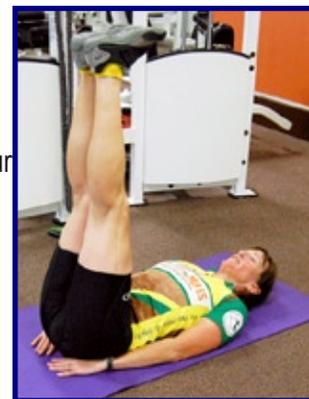
After cycling all summer you have legs of steel....but your back hurts and you are still carrying your spare tube around your belly. Think about this – on a bike you are supported in a tripod position by the saddle, handlebars, and pedals. This position depends on core strength but doesn't build it. Your core is the foundation for all of the movement (and power) from your hips down. As you tire on the bike you might find that your hips seesaw on the saddle, your pedal stroke suffers, your lower back aches, and you slow down through corners.

Take charge of your Core! You'll want to focus on your innermost abdominal muscle (transverse abdominus) that acts as a stabilizing girdle around your torso; your twisting muscles (obliques); and your lower back (multifidus & erector spinae).

Here are four core exercises that will help you get stronger this fall and winter.

(2) Belly Zip Hip Lift

Lie on your back with your hands under your hips, press your back to the floor and zip in your belly as above. Bring your legs to perpendicular (together and straight) so your feet are pointing to the ceiling. Keeping your belly zipped, lift (with control) your heels toward the ceiling and release back to the floor (with control). Your feet should not be flailing about, try to keep them perpendicular (do not use momentum for this move, just lift). If this is too tough, start in the same position and instead of lifting, lower your straight legs to just above the floor and return them to perpendicular.



Belly Zip Hip Lift ◀▼



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Fall - Cross Training, Core, and Keeping Fit

by Robin Robertson

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Robin's article is also online at: mtbakerbikeclub.org/news/fall.pdf

(3) Iso-Stabilized Plank

Lying on your belly, place your elbows directly under your shoulders and place your toes/balls of your feet on the floor. Now (this is key), before you rise into the plank position, contract all of the muscles in your legs & butt, then all the muscles in your core. Holding this full body contraction, lift into the plank position and hold for 7 – 10 seconds. Release and repeat.



▲ Iso-Stabilized Plank

(4) Back Builders

▼ Back Builders

This exercise can be done on the floor, on a BOSU or stability ball, or in a pinch with a couple of pillows under your hips. Lie facing down on the floor, place your hands on your forehead with elbows out. Lift just your upper torso off the floor about 8 inches. Do NOT hyperextend your back by arching up further. Slow is the key – as you get stronger you can hold in the upper position for several counts.



your time. Instead, plan out a periodized program of building and recovery throughout the winter to increase your level of fitness rather than lose it. If you want guidance, I really like the Carmichael DVDs, especially the “Progressive Power” DVD series. Or if you want company, try attending spinning classes or a winter training camp to keep your level of fitness.

Keeping Fit: The Dreaded Indoor Trainer



The way to keep fit for cycling is to keep cycling. Other activities will help, of course, like running or the elliptical trainer. But it isn't a 100% cross-over. In cycling you do use specific muscles in a specific pattern that is not exactly replicated by other activities.

As much as I want to get outside and ride mid week during the winter, it just doesn't happen because of darkness, weather, and work. So here is what I do and I usually emerge in the spring ready to ride with a very

good level of fitness (AND it helps keep the extra pounds of “winter insulation” away). Indoor cycling, whether it is on your own trainer or with a spinning class, is the best way to keep your base level of (or even improve) fitness.

Indoor Rides 2 – 3X per week don't have to be boring! The good thing about indoor training is that the effort translates by about 1.5 ...so every 1 hour of trainer equals about 1.5 hours of outdoor ride. That's because you get no rest on a trainer – no coasting, no drafting. Never ever get on your trainer without a plan; just spinning is boring and a waste of

Robin Robertson is a USA Certified Cycling Coach, ACE Personal Trainer, and owner manager of the Bellingham Tennis Club & Fairhaven Fitness. Robin has developed the “Cycle Moles” program for indoor training and hosts the Winter Training and Spring Training Camps at the Club.



Now More Cycle Moles! 4 months of cycling to keep you fit

Starts November 5: Spinning bike or your own on our trainer.



Winter Training Camp

We make the plan so you can just ride.

Level 1 (60-min sessions)

Mon & Wed: 7:00 am

Tue & Thu: 12:00 pm

Level 2 (90-min sessions)

Tue & Thu: 6:45pm



800 McKenzie Ave.
Bellingham, WA 98225

360.733.5050 | www.bellinghamtennis.com



Welcome new members and Welcome Back to some previous members!

- Doug Bascom
- Michael Betz
- Dori Binder
- John Butterwick
- James Dougherty
- David Fayram
- Ellen Keilman
- George Keilman
- Don Ligocki
- Bruce Mackay
- Marian Olech
- Chris Perkins
- Kim Thornadtsson

We're so glad to have you in the MBBC!



MBBC ADMINISTRATION

Mount Baker Bicycle Club

Board of Directors and Officers:

Marie Kimball - President; Patti Mullin - Vice President;
 Scott Dorough - Secretary; Tiffany Allen -Treasurer;
 Marc Ambers - Ride Coordinator;
 Doug Schoonover - Event Coordinator
 Ken Giffin, Bill McCourt, Eric Stromerson -- at large

Contacts:

Marie Kimball -- bikebham@yahoo.com (360 927-2332)
 Doug Schoonover -- (360 410-6431)
 ridecoordinator@mtbakerbikeclub.org
 Jennifer Longstaff --
 mbbcnewsletter@mtbakerbikeclub.org

**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, PNG, or TIFF format for photos, and ensure they are at least 250 ppi. 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.

Classified ads are a MBBC member privilege and are printed as space is available.

Email the newsletter editor:

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

MBBC Membership Form

also available at: www.mtbakerbikeclub.org/files/membershipform.pdf

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 is any person living at the same address as the individual member)

I would like to receive my newsletter by (choose one): printed & mailed, or on-line

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 community bicycling programs)

Total enclosed: \$ _____

Please enclose a check payable to:
Mt. Baker Bicycle Club

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



WHAT A GREAT CHUCKANUT CENTURY 2012. THANK YOU, WEATHER!

photos and notes by Marie Kimball



◀▼ This family of four did their first century ride together. They had some problems, such as a broken chain and a flat, but the Chuckanut start-line crew got them fixed up and back on the road to complete their goal together. In the second photo, everyone is happy in the Boundary Beer Garden picking up their post-accomplishment burgers! Mom was the only one with experience long-distance cycling, but she'd not done anything like this since her twenties. They came up from Port Angeles to do the Chuckanut Century on the sunny day.



Liam is nine years old and has been doing the 25-mile loop on the Chuckanut Century since he was five. He and his father, Jed, are true Belling-Hamsters and have braved the bad weather of past years which has not stopped them from their annual 25-miler together. ▼▶



▶ Pat Rolstad is active with Whatcom Hospice and you may remember her from when she rode cross country for Hospice a few years ago. She invited her two friends to ride and they completed their first long distance ride on the south loop, for a total of 70 miles which was a milestone for them.



Thanks for riding the 2012 Chuckanut Century. Check out your photos by Burke Hovde at hovdephoto.com. You can also order a special poster with your photo this year, to commemorate your ride. ▶



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
 October 1 Hub:Women's Bike Maint Drop-in	2 Ferndale social ride	3 Wed Group Ride Cyclocross Practice	4 Edison Social Ride	5	6 Donut Ride Take a Kid MtnBiking StarCrossed	
7 Hell of the NW Edison Social Ride eBike Autumn Ride	8	9 Ferndale social ride REI Basic Bike Maint	10 Wed Group Ride Cyclocross Practice	11 Edison Social Ride Whatcom Active Transportation Summit	12	13 Donut Ride Recumbent Ride ShootTheTrails Awrds
14 Rabbit Ride Edison Social Ride Tweed Ride ???	15 Hub:Women's Bike Maint Drop-in	16 Ferndale social ride	17 Wed Group Ride Cyclocross Practice	18 Edison Social Ride	19	20 Donut Ride WhIMPs Trail Work Woolley Cross
21 Rabbit Ride Edison Social Ride	22	23 Ferndale social ride	24 Wed Group Ride Cyclocross Practice	25 Edison Social Ride	26	27 Donut Ride Make Difference Day
28 Rabbit Ride Edison Social Ride	29	30 Ferndale social ride	31 Wed Group Ride Cyclocross Practice <i>Hallowe'en Ride</i>	November 1 Edison Social Ride	2	3 Donut Ride Cross Border Clash
4 Rabbit Ride Edison Social Ride <i>Standard Time</i>	5 1st Cycle Moles Hub:Women's Bike Maint Drop-in	6 <i>Vote</i> by Now! Ferndale social ride	7 Wed Group Ride Cyclocross Practice	8 Edison Social Ride	9	10 Donut Ride Recumbent Ride
11 Rabbit Ride Edison Social Ride	12	13 Ferndale social ride	14 Wed Group Ride Cyclocross Practice	15 Edison Social Ride Bike Travel Slide Show	16 MBBC Dec. Newsletter Deadline	17 Donut Ride Thanks Given'er
18 Rabbit Ride Edison Social Ride	19 Hub:Women's Bike Maint Drop-in	20 Ferndale social ride	21 Wed Group Ride Cyclocross Practice	22 <i>Thanksgiving</i>	23	24 Donut Ride
25 Rabbit Ride Edison Social Ride	26	27 Ferndale social ride	28 Wed Group Ride	29 Edison Social Ride	30	December 1 Donut Ride



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Bellingham, Washington 98227



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 sent to a US address..