

MOUNT
BAKER



BICYCLE
CLUB

MBBC

More Cycling = Better Community!

Mount Baker Bicycle Club Newsletter, Vol 21 No 8, September 2012

2012 Chuckanut Century Sunday, September 16

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Swanson. 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/



On Sept 16, the Chuckanut Century, benefiting Whatcom Hospice and the MBBC's bicycle advocacy programs, offers supported north and south loops so riders can choose the distance and route they wish to ride. All routes start and end at Boundary Bay Brewery on Railroad. Day-of registration starts at 7am, or pre-register on Active.com or via the mail-in form on chuckanutcentury.org.

If you would like to help with marking roads, circulating posters, or working starting registration or an on-course aid station, contact Doug Schoonover: chuckanutcentury@mtbakerbikeclub.org or 410-6431.

presented by
Mt. Baker Bicycle Club

Thanks to sponsors: SSC, Adventures NW Magazine, Road ID, Boundary Bay Brewery & Bistro, and the City of Bellingham.

WEEKLY AND GROUP RIDES

IT'S TRANSITION MONTH! With autumn rolling in and the days getting shorter, many rides are changing or ending for the season. In some cases, riders will decide week-to-week when it is time to change start times or ride format, so contact your ride leader or ask other riders for the latest schedule.

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, and back via Colony and Lake Samish. All riders welcome. 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.

Tuesday Evening Summer Ride: Whidbey Island Bank, corner of Bakerview & Northwest. Meet 5:45pm leave at 6pm. Splits into leisurely group (10 mph pace), HyperFast group (20+ mph) and "Ramp Up" (14 to 16 mph, distance 15-20 miles) with ride focus on the skills necessary to ride in groups. This ride will be ending for the season in September. information from ride leader: Doug Schoonover 410-6431

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

FEATURED IN SEPTEMBER

Sustainable Connections' Whatcom County Farm Tour



Discover Whatcom County farms through this annual fun-filled, festive and flavorful farm tour, set annually for the second Saturday in September. This year, it's Sat. Sept 8, 10am-5pm.

Cruise on two wheels for a fresh Farm Tour adventure. One group ride, two self-guided!

Check out the suggested bicycle loops below or just make your own route. All the tour stops are bike-able, depending on where you start. Have fun!

#1: Tour de Farm Guided Ride! ~22 miles

Join us for a fun, social pace ride to get a taste of farm life and local wines! On this ride, you will enjoy fresh u-pick (everbearing) strawberries and a range of other vegetables and u-pick flowers at Bellingham Country Gardens. Later, sip a glass of wine and relax at Vartanyan Estate Winery before starting your final trek home. Departs 1pm from Bellingham Farmer's Market.

#2: Ferndale Loop (self-guided) ~33 miles

On this bicycle loop see happy grass fed cows, a beautiful lavender and herb farm with medicinal lotions and salves, taste delicious fresh apples, pies and juices and see a creamery in operation. Make sure to save room for some ice cream!

#3: Everson Loop (self-guided) ~28 miles

Grab a bite to eat at Everson's Good to Go Meat Pies before heading out to explore *four* different farms in the Everson Lynden area. Sample some dairy treats at Edelweiss Family Dairy. Pick up some free-range, grass-fed meat at Farmer Ben's for some late summer BBQing. Enjoy the mountain scenery and hazelnuts at Outer County Farms [hint: hazelnuts taste really good in hamburgers]. Finish up at Cloud Mountain Farm Center for seasonal fruit and learn more about their educational center.

All tour stops have water available and many have food available for purchase as well. Be sure to bring panniers or a basket to take home some of the bounty! Details and directions for the 3 loops are on the Sustainable Connections Farm Tour web site:

sustainableconnections.org/foodfarming/whatcom-county-farm-tour-1/farm-tour-maps

more September featured events: continued on p. 4



**Sanitary
Service
Company**

BIKE RIDES & EVENTS IN 2012 – check back each month as more are added

Gatherings

September 1: Bellingham Bike Swap: Buy, Sell, or Swap at The Bike Shop's Bike Swap at Civic Field (1225 Civic Field Way), 10am-4pm: thebikeshop1.org, click SWAP

Sept 8: Celebrate 40 years of Lake Padden www.p4lp.org

Sept 8-9: Festival 542 norka.us

Sept 12: Fanatik Bike Ladies' Rides: Night Riding Demo, 7:30 pm
RSVP to Kathy at kathy@graniteprecast.com

Sept 25: WWU Info Fair - guided bike tours from campus to downtown destinations, help new students find bike routes.

Oct 11: Whatcom Active Transportation Summit
8:30am-4:30pm wprfoundation.org/active/

Oct 13: Shoot the Trails + awards whimpsmtb.org



Mondays/Wednesdays, first and third weeks of September and October: 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.

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

REI Cycling-related classes:

www.rei.com/stores/bellingham.html

Bike Maintenance Basics: **September 17**

Bike Maintenance 201: **September 2 & 16**

Races

Sept 9: Mt Baker Hill Climb norka.us

Sept 15: Bellingham Traverse bellinghamtraverse.com



2012 RIDES

September

8 Whatcom County Farm Tour by Bike (see p. 2)

8 Bay to Bay Bike Ride (Birch Bay to Semiahmoo RT) 9am meet at BB Activity Center, 7511 Gemini Street, RSVP/info: 656-6416

8 Living the Dream Ride (Snohomish) livingthedreamride.org

8-9 MS 150 Bike Ride (Mt. Vernon)

9 Mt. Baker Hill Climb (Glacier) norka.us (see p. 4)

9 High Pass Challenge (Packwood) cascade.org

9 Autumn Ride: Wheels 'n Wisdom everybodyBike.com

15 Passport to Pain (Vashon) vashoncrew.com/p2p/

15 Ride Around The Sound (south) ridearoundthesound.org

16 Chuckanut Century chuckanutcentury.org

16 Cycle the WAVE (Issaquah) cyclethewave.org

Tour de Whidbey has been cancelled for 2012

23 Autumn Ride: Whatcom Creek Salmon everybodyBike.com

30 Kitsap Color Classic cascade.org

30 Autumn Ride: Cheese Tasting Tour everybodyBike.com

October

7 Autumn Ride: Trees and Trails everybodyBike.com

14 Tweed Ride - Black Mkt Boutique - noon, Maritime Heritage Park

December

7 Superhero Lighted Bike Parade (Bellingham)



Cyclocross 2012-13: Cascade Cross Race Series

Cross 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. Here's the preliminary schedule for the Cascade Cross Series, by Ryan Rickerts.

September 29: Killer Cross (Bellingham)

October 13: Thriller Cross (Bellingham)

October 20: Woolley Cross (Sedro Woolley)

November 3 & 4: Cross Border Clash (Ferndale)

December 15: Spiller Cross

January 12, 2013: Chiller Cross

January 26, 2013: Fun-alley Race + Party

details: cascadecross.com

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. Learn to 'Cross! 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

FEATURED IN SEPTEMBER

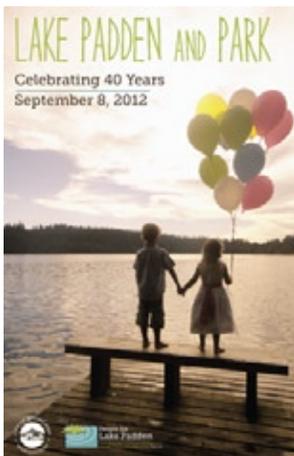
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Festival 542: Mount Baker Hill Climb will go to the top!

Charlie Heggem and NorKa Recreation welcome you to the 10th Annual Festival 542! We are very excited to have presented this event to you all these years, and are hoping to make this 10th anniversary a special event for all our participants and supporters!

After 2 years of a short course (due to weather and road closure), the final destination and the heart and soul of this event, Artist Point, will be open this year! With 360 degree views of beautiful Mount Baker and glorious Mount Shuksan, finishing at Artist Point is Mother Nature's wonderful prize for all the participants of the ride! Get ready for an inspiring hill climb on **September 9**. For more information including registration details: visit norka.us



Lake Padden/Park Celebrates 40 years

Forty years ago, Bellingham leaders had the foresight to preserve Lake Padden and its shoreline as a city park.

Today, Lake Padden and its Park, a true gem in the city's park system, is enjoyed by thousands of individuals and families seeking—and finding—a safe and healthy place to play and relax and even find some solitude.

On **September 8**, the City of Bellingham is sponsoring and People for Lake Padden is hosting a Happy Birthday, Lake Padden party from 11 AM to 3 PM. details at www.p4Lp.org/celebrate-padden.html

Winter Slideshow Series being planned

One of the things that gets us through the gloomy winter months is the anticipation of bicycling vacations and bicycle travel. The annual slideshow series of bike trips is being organized and there are still openings for 3 presenters. Share your scenic bike slides with the rest of us (or plan to come see the slides shown by others) the second Wednesday of January, February and March 2013, or at the special show on November 15, which will include a presentation by the Bicycle Alliance of Washington.

Presentations should be about an hour long, with a set of slides (to be shown via a computer and projector) and narrative. To discuss/volunteer a presentation, please contact Ellen Barton at everybodyBike: 671-BIKE.

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Bike/Ped Count set for late September



The 2012 statewide bicycle and pedestrian counts will be held on September 25, 26 and 27, during morning and afternoon peak periods (7 – 9 a.m. and 4 – 6 p.m.). This is the fifth year for the project in Washington.

Collecting data about bicycling and walking is critical to improving transportation systems to support these modes. Compared to other transportation modes, bicycling and walking have historically received little attention when it comes to data collection and analysis. The count data that volunteers will collect on September 25, 26, and 27 will play a valuable role in planning, designing and funding bicycle and pedestrian projects, while helping us to better understand the factors that influence the levels of bicycling and walking in our communities.

Kim Brown, Transportation Options Coordinator for the City of Bellingham, is coordinating the volunteer effort in Bellingham. For more information, or to volunteer for a shift, contact Kim at 360.778.7950 or at kimbrown@cob.org.

For more information about the state's documentation project, see <http://www.wsdot.wa.gov/bike/count.htm>



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

THE NEW CLUB JERSEYS ARE HERE!

And they look great!

The first run of new bike jerseys is in, and we ordered an assortment of sizes so you can try on a few different ones to find the best size for you. If we run out of your size, your name and size will go on the list for the second order.

We have both men's and women's cut, club cut and race cut, and full zip on these very colorful shirts! The manufacturer's logo is understated, allowing our great design (thanks to Tim Ryan) to show through.

Contact Marie to set up a meet-up to try on and either buy or order your jersey. Club member price is \$60 (and if you're not a club member but want a jersey, you should join!)





Welcome new members!

- Sue Blackadar
- Jane Brooks
- Terry Brooks
- Sue Dervin
- Denise Easton
- Erica Gissberg Johnson
- Mark Graham
- John Goetz
- Alyssa Klimo
- Anthony Klimo
- Scott Klimo
- Usanee Klimo
- Phred Morin
- Andrea Naviaux
- Lisa Troupe
- Mark Troupe
- Steve Walker

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

SUMMER RIDES

The 2012 everybodyBIKE Summer Rides Series (21 rides from May through August) increased its participation levels over the 2011 inaugural season.

In 2011, the kick-off ride had 60 bicyclists, while in 2012 the first ride of the season drew 90 riders.

The other rides of the series averaged 29 per ride, nearly twice the 2011 average of 16 riders per ride. And the grand finale, the 58-mile Woods2Woods Giant Redwood Classic (a visit to all 12 Woods Coffee locations in Whatcom County), had 90 riders sign in at the official start from Boulevard Park, with even more starting at other Woods locations.

Continuing the theme of guided theme rides to interesting destinations around town, everybodyBIKE will sponsor a short series of **Autumn Rides**, beginning on September 9th.

The current calendar and themes for the Autumn Rides series is:

September 9: Wheels n' Wisdom. 1-3 pm. Ride to a few lesser-known places that offer classes, like Bellingham Technical College, Ciao Thyme, and Otion Soap Bar. Meet at the UpFront Theatre, 1208 Bay Street.

September 23: Whatcom Creek Salmon. 1-3pm. Celebrate the returning salmon. Enjoy stream-side trails to Red Tail Reach or Whatcom Falls. Talk with fish hatchery students or NSEA about local salmon. Departs from Maritime Heritage Park.

September 30: Cheese Tasting Tour. 3-5pm. Celebrate and taste local cheeses and enjoy specialty cheese purveyors like Quel Fromage in Fairhaven and at the Public Market.

October 7: Trees and Trails. 1-3pm. See and learn about significant heritage trees around Bellingham. Hear a talk from a city arborist during a stop at Elizabeth Park.

for specific details see everybodyBike.com.

Autumn Rides



everybodyBIKE

SMART

TRIPS



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
September						1 Donut Ride Bike Swap
2 Rabbit Ride Edison Social Ride REI Bike Maint 201	3 <i>Labor Day</i>	4 Tuesday evening Summer ride Ferndale social ride	5 Wed Group Ride Hub: Women's Bike Maint Drop-in Cyclocross Practice	6 Edison Social Ride	7	8 Donut Ride Recumbent Ride Whatcom Farm Tour Padden Birthday Bay to Bay Ride Living the Dream ride MS 150 - day 1
9 Rabbit Ride Edison Social Ride eBike Autumn Ride Mt Baker Hill Climb High Pass Challenge MS 150 - day 2	10	11 Tues evening Summer ride Ferndale social ride	12 Wed Group Ride Cyclocross Practice Fanatik Ladies' Night-Riding Demo	13 Edison Social Ride	14	15 Donut Ride Bellingham Traverse RideAroundTheSound Vashon Passport to Pain Ride
16 Rabbit Ride Edison Social Ride Chuckanut Century REI Bike Maint 201 Cycle the Wave	17 Hub:Women's Bike Maint Drop-in REI Bike Maint	18 Tues evening Summer ride (?) Ferndale social ride	19 Wed Group Ride Hub: Women's Bike Maint Drop-in Cyclocross Practice	20 Edison Social Ride	21 MBBC Newsletter October/ November Deadline	22 Donut Ride <i>Autumn Equinox</i>
23 Rabbit Ride Edison Social Ride eBike Autumn Ride Mud to Suds	24	25 WWU Info Fair Ferndale social ride WA BikePed Count	26 Wed Group Ride WA BikePed Count Cyclocross Practice	27 Edison Social Ride WA BikePed Count	28	29 Donut Ride Killer Cross
30 Rabbit Ride Edison Social Ride eBike Autumn Ride Kitsap Color Classic	October 1 Hub:Women's Bike Maint Drop-in	2 Ferndale social ride	3 Wed Group Ride Hub Wms Bike Maint Cyclocross Practice	4 Edison Social Ride	5	6 Donut Ride StarCrossed



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



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

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