



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Vol 20 No 3, April 2011

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This month's contributors:
 Marc Ambers, Marie
 Kimball, Jerrie Luginbill,
 Mark Peterson, John Pratt,
 Doug Schoonover, Matt
 Velguth. Thanks All!





the club online:


www.mtbakerbikeclub.org

www.chuckanutcentury.org

and our social sites:

 [facebook.com/pages/
Mount-Baker-Bicycle-
Club/321683447138](https://www.facebook.com/pages/Mount-Baker-Bicycle-Club/321683447138)

 [sports.groups.
yahoo.com/group/
MtBakerBicycleClub](http://sports.groups.yahoo.com/group/MtBakerBicycleClub)

 twitter.com/mtbakerbike

 [flickr.com/
mtbakerbikeclub/](https://www.flickr.com/mtbakerbikeclub/)



THE BIKE SHOP CELEBRATES 1 YEAR IN BELLINGHAM

A year ago (in the April 2010 newsletter) we saw a photo of The Bike Shop's truck at the end of its 3000-mile journey into town. Now, after its first year in Bellingham, Director Matt reflects on the past and on what's to come.

The Bike Shop's first anniversary in Bellingham is coming up in April! In our first year, the Bike Shop has met success with those we serve, and through the Shop these participants have been successful themselves. Drawing children and youth primarily from our north side neighborhood,

with a smattering from across the city, the Shop has been and continues to be active throughout the year. Bikes are serviced, sold, repaired and used on weekend rides, when the Shop's participants have been out exploring the city and county.

As the winter season approached, something uniquely Bellingham occurred: girls increasingly outnumbered boys on our Saturday morning rides. The last weekend in March, we had an all-girl group. These girls are tough! The past winter's freezing rain, snow and ice could not keep them home. In the Shop's eight years of operation this is the first time and Bellingham the first place that we had an all-girl turnout!

Warmer weather will now bring more than 100 other youth back to the



Presenting a leg up to The Bike Shop, the Whatcom County North Rotary Club provided a grant to purchase two more road bikes for the project. The 24" Cyclocross/Road Bikes by Redline were enthusiastically accepted by some of the Shop's young riders and Director Matt Velguth (left). Eric Moe, owner of Kulshan Cycles, provided an avenue for obtaining the gift.

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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

Tuesday Evening Ride: "Ramp-Up" begins April 5.

Whidbey Island Bank, corner of Bakerview & Northwest. Meet 5:45pm leave at 6pm. Distance and speed will be determined by the ability of the group, but initially will average 14 to 15 mph, distance 15-20 miles. Ride focus on the skills necessary to ride in groups. We will concentrate on safe riding practices, paceline skills, how to overtake other riders and pass them in a safe manner, and how to deal with traffic. information: Doug Schoonover 410-6431

Tuesday North Social Ride: starts from Pioneer Park in Ferndale, 30-40 miles, 10-14 mph route varies. 10am start time. For additional info: Bob Parker

rmp4724@hotmail.com or 360-671-6910

Wednesday Group Workout Ride (back on the road!): 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 mid-Sept through March this is a night trail ride with lights. Gather at brewery afterward. ridecoordinator@mtbakerbikeclub.org, 410-6431

Thursday South 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

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 rmp4724@hotmail.com or 360-671-6910



FEATURED IN APRIL:

Tuesday Evening "Ramp-Up" Ride begins April 5

Everyone's favorite summer evening ride begins again on April 5. Led by Doug, in April and May this is a learning ride for people who want to become comfortable riding in groups. The ride will break into groups of different speeds and skill levels during the first couple months, and will extend through the summer as a social practice ride. The ride begins at Whidbey Island Bank, corner of Bakerview and Northwest. (Park in the dirt lot on the north side of the bank.) Meet at 5:45 pm and the ride leaves at 6pm. Call Doug with questions: 410-6431.

MBBC Post-Fool's Day Ride - April 3

In "celebration" of April Fool's Day, Ken and Marie will lead a ride to Lummi Island on April 3. Meet at Cornwall Park off the Meridian entrance at 10am on April 3, with the group leaving at 10:15. Bring some cash for the ferry (in January the fare for bicycle and rider went up to \$7 for the round trip), plus some extra cash to purchase a snack on the island.

Spring Training CAMP

*Ride stronger
this Spring!*

Get 7 weeks of training:

Dates: 4/12 - 5/26

Days: Tues & Thurs

Time: 6:30 - 7:45pm

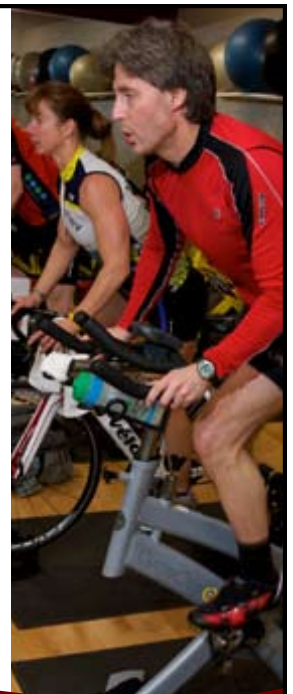
Price: \$175



Register online!

800 McKenzie Ave.
Bellingham, WA 98225
360.733.5050

www.bellinghamtennis.com



**2011 CHUCKANUT CENTURY
RIDE FOR HOSPICE**

Sunday, September 18, 2011 Bellingham, WA

Ride one of the most scenic rides in
Washington

www.chuckanutcentury.org

Choose from
25, 50, 62, 100, or
124 - mile routes

register online at
active.com
SAVE \$5.00
Use Coupon Code - MBBC 2011

2011 EVENTS

... more events added to the list each month - check back!

Bike Month: May 1-31

May is Bike Month! May Events are:

- 1 Woods-to-Woods Bike-Along Ride
- 7 Ride from Village Books to Farmer's Market
- 13 Cuture Cycle: Bike Tour of Bellingham Art
- 14 Pedal with your Politician
- 15 Tour de Southern-Bellingham's Bike Shops

May 20 is Bike to Work and School Day

- 21 Adaptive Cycles Expo
- 27 Diva Cycle Ride: Thrift Shop Tour
- 29 Flower Power Ride: Tour of Nursery and Gardens

see details of Bike Month activities at everybodyBIKE.com

Bike To Work & School Day planning meetings -

April 6, May 4;

6-8 pm Council of Gov'ts Office, 314 E Champion St.

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

Fanatik Bike Co Grand Opening: April 2 & 3 10am-5pm

Fanatik celebrates the opening of its new larger location at 1812 N State Street. 756-0504 or sales@fanatikbike.com or fanatikbike.com (also see p. 7 of this newsletter)

TheBikeShop & Whatcom Events Bike Swap, April 30,

10am-4pm Sportsplex, 1225 Civic Field Way. info: 758-2035 or [thebikeshop1.org/SWAP A.html](http://thebikeshop1.org/SWAP_A.html)

REI Garage Sale, April 2, 10am-7pm

rei.com/stores/events/65

Flying Spokes Exhibit: May 27-Nov 30

This exhibit at the Lynden Pioneer Museum takes a look at bicycles as transportation, technology, art, cultural icon, and a shared experience of people from around the world. lyndenpioneermuseum.com

Races

May 29: Ski to Sea skitosea.com

July 24: Padden Mountain Pedal indieseries.org

Sept 17: Bellingham Traverse bellinghamtraverse.com

Parks & Recreation Race Series

see www.trithecookie.com

June 25: Lake Padden Triathlon

July 23: Lake Padden Duathlon

August 27: Bellingham Youth Triathlon

October 9: Runningshoes.com Duathlon

October 9: YMCA Youth Duathlon

2011 RIDES

April

- 2 Fanatik Grand-Opening Celebration rides: 11am road team ride
- 2 Fanatik Celebration rides: 5pm Cruiser ride
- 3 Fanatik Celebration rides: 3:30 pm MTB on Galbraith fanatikbike.com
- 3 April Post-Fools Ride around Lummi Island (MBBC club ride)
- 10 Daffodil Classic (Puyallup) twbc.org
- 16 Tulip Pedal (LaConner) laconnerchamber.com (events)
- 30 Tour de Lopez (Lopez Island) lopezisland.com

May (see also: special *Bike Month rides* in box on the left)

- 1 Rhody Tour (Port Townsend) ptbikes.org
- 1 May Day Classic (Federal Way) maydaymetric.net
- 7 Ride Around Clark County (Vancouver WA) vbc-usa.com/racc
- 7 Skagit Spring Classic skagitspringclassic.org
- 14 Camano Climb (Camano Island) stanwoodvelosport.com
- 14 High Tide Ride (Anacortes)
- 21 Inland Empire 100 (Richland) inlandempirecentury.org
- 21 Reach the Beach (Portland, OR) reachthebeach.org
- 22 Munchenhaus Ride (Leavenworth) munchenhausbikeride.com
- 21-23 Golden Triangle Tour (BC) elbowvalleycc.org
- 30 Seven Hills of Kirkland 7hillskirkland.org

June

- 4 Swan Century (Sedro Woolley) swancentury.org
- 4 High Tide Ride (Anacortes)
- 5 Seattle Tweed Ride gomeansgo.org
- 5 Peninsula Metric Century (Southworth) twbc.org
- 5 Fort2Fort (Port Townsend) fort2fortride.org
- 11 Flying Wheels (east side) cascade.org/EandR/flying/
- 12 Bill's Hills of Bellingham (MBBC club ride)
- 18 Tour de Blast (Mount St. Helens) tourdeblast.com
- 25 Chelan Century Challenge (Chelan) centuryride.com
- 25 Cannonball (Seattle to Spokane) redmondcyclngclub.org

July

- 9-10 MBBC North Cascades club ride
- 9-10 Seattle to Portland/STP cascade.org/EandR/stp
- 13-17 RedSpoke - Redmond to Spokane redspoke.org
- 16 S2S (Seattle to Spokane) redmondcyclngclub.org
- 17-23 TourBC (Creston BC loop) tourbc.net
- 23 Echelon Gran Fondo (Edmonds) echelongranfondo.org
- 23-24 ALS Ride (LaConner) laconnerchamber.com (events)
- 28 RAMROD (Mt. Rainier) redmondcyclngclub.org
- 30 Tour de Whatcom (Bellingham) tourdewhatcom.com
- 30 Seattle Century seattlecentury.com

August

- 21 Retro Ride (LaConner) Ken Rasmussen kayakfit@fidalgo.net
- 27-28 RAPSody - Ride Around Puget Sound (Tacoma) rapsodybikeride.com

September/October

- 10-11 MS 150 Bike Ride (Mt. Vernon)
- 11 High Pass Challenge (Packwood) cascade.org/EandR/hpc
- 11 Mt. Baker Hill Climb - Festival 542 (Glacier) norka.us/
- 16-19 Trek Tri-Island (San Juan, Lopez, Orcas Islands) alaw.org
- 18 Chuckanut Century (Bellingham) chuckanutcentury.org
- 24 Tour de Whidbey (Greenbank Farm)
- 25 Kitsap Color Classic cascade.org/EandR/kitsap
- 9/30-10/2 Fall Bike Festival (Winthrop) www.mvsta.com

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PHOTOS IN WINTER

The weather may be dismal, but we still ride... and find other things to do while waiting for spring!



John Pratt Photography

Patti arranges the Chuckanut Century poster at the MBBC table at Kulshan Ladies' Night in March



Marc Ambers Photography



Doug Schoonover

Bellingham booth: MBBC, Ride 542, Tour de Whatcom, at Seattle Bike Expo in March



Marc Ambers Photography

German Artistic Cyclists and Norco Team Member Ryan Leech wow the crowds at the Seattle Bike Expo in March



The bundled-up MBBC club riders head to Lynden on the Presidents' Day Ride in February



Marc Ambers Photography



Welcome new members!

Linda Blake

Peter Frye

Gretchen Pflueger

Ryan Pflueger

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

MBBC ADMINISTRATION

Mt. Baker Bicycle Club

Board of Directors and Officers:

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

Contacts:

Marie Kimball--bikebham@yahoo.com (656-5778)
Doug Schoonover--
ridecoordinator@mtbakerbikeclub.org (410-6431)
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 or TIFF format for photos, and ensure they are at least 250 ppi. Any articles may be edited for grammar, spelling, and space considerations.

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

Email the newsletter editor:

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



MBBC Membership Form

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 bike safety education)

Total enclosed: \$ _____

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

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

SHORT SUBJECTS ...A LITTLE OF THIS AND THAT ABOUT CYCLING

The new WhIMPs MTB Web Site has added a Rider Talk Forum

Mark Peterson of the Whatcom Independent Mountain Pedalers (WhIMPs) asks the mountain-using bicyclists among us to participate in the Forum. *"We encourage you to sign up on our site-not only to be able to log in and view the forum but so we can also start collecting data as we move to a newer data base style of email communication. With all the changes happening around our mountains as of late we will need everyone's help-being a member on the WMBC site will help us get the word out to you more effectively."*

www.whimpsmtb.org

Fanatik Bike Co. Celebrates Grand Opening of New Store

In celebration of the grand opening of its new 1812 N. State Street location, Fanatik Bike Co. is planning a weekend of events on April 2 and 3. Ryan Leech will put on a crowd-pleasing trials show in the parking lot on Saturday. Group rides (road, cruiser, and MTB) are scheduled, with Norco pro riders Darcy Turenne and San Dueck attending the Galbraith ride on Sunday. Barbecues will be cooking up meat and vegetarian options both days.

For more details, see fanatikbike.com

The Bike Shop: continued from page 1

Shop. Our year-round active cyclists will blend in with the majority of seasonal participants and continue to ride, ride, ride! The greater Bellingham community has been very supportive of the Shop participating in both the Tour de Whatcom and our fund-raising Bike Swaps. Our next swap is April 30th at the Sportsplex. This year we are teaming up with Whatcom Events (Ski to Sea) and dedicating the large indoor field to all other outdoor gear with bikes again in the smaller field. The entire event will help fund our 2011 year and keep those TBS wheels turning! Details: www.thebikeshop1.org

- submitted by Matthew Velguth, Director, The Bike Shop

Events: continued from page 3

Classes & Training

Fairhaven Fitness presents **Cycling Spring Training Camp sessions, 4/12-5/26** bellinghamtennis.com

Bellingham REI Cycling maintenance classes, sign-up required: monthly calendar at www.rei.com/stores/events/65

- April 5 & 27 - *Bike Maintenance Basics*
- April 17 & 30 - *Bike Maintenance 201*

everybodyBike Cycling safety and confidence classes: check the events calendar at everybodybike.com/calendar.aspx currently scheduled:

- April 25 & 26 *First Gear*: 6pm at Carl Cozier Elementary School
- May 31 *First Gear*: 6pm at Happy Valley Elementary School
- June 12 *Let's Bike Safety Education*: 1:30 pm



everybodyBIKE

Trail Building

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

Trail maintenance dates from WhIMPs:

April 16, May 15, & June 25 (9:45 am upper Padden parking lot)
Tools supplied. Wear appropriate clothing for weather conditions. Check the website and whimps listserv for more information. whimpsmtb.org (click *trailbuilding*)

Trail work dates from Bellingham Parks Dept:


- April 2** - 10am Cordata Trail
- April 2** - 1:30pm Padden Creek Trail & 6th Street
- April 9** - 9am Maritime Heritage Park
- April 16** - 9am Happy Valley Park
- April 23** - 10am *Four Earth Day Work Parties* - see schedule
- April 30** - 9am Woodstock Farm

There are city trail-work days scheduled through June. For the complete schedule and information: Bellingham Parks & Recreation, 360-778-7105 and more, including directions to trailheads: www.cob.org/documents/parks/volunteer/work-schedule.pdf

REI Earth Day Service Project

April 23 - 9am Help NSEA and the Whatcom Land Trust as we work to plant hundreds of native trees and shrubs along the stream banks at the old Acme Landing Strip (in Acme, WA)

st65@rei.com OR www.rei.com/stores/events/65

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
					April 1	2 Donut Ride Bellingham Parks trail work parties Fanatik Shop's Grand Opening REI Garage Sale
3 Edison Soc Ride MBBC April Fool's Ride Fanatik Grand Opening (Day 2)	4	5 Tuesday Ramp-Up Ride begins! Tues N Social Ride REI Bike Maint class	6 Wed Group Ride (Road) Bike to Work/School Day Planning Meeting	7 Thurs South Social Ride	8	9 Donut Ride Recumbent Ride Bellingham Parks trail work parties
10 Edison Social Ride Daffodil Classic	11	12 Ramp-Up Ride Tues N Social Ride F'Haven Spring Cycling Camp begins	13 Wed Group Ride	14 Thurs South Social Ride	15	16 Donut Ride WhIMPs trail work Bellingham Parks trail work parties
17 Edison Social Ride REI Bike Maint 201 class	18 <i>Passover Begins</i>	19 Ramp-Up Ride Tues N Social Ride	20 Wed Group Ride	21 Thurs South Social Ride	22 <i>Earth Day</i> May MBBC Newsletter Deadline	23 Donut Ride Bellingham Parks trail work parties REI trail work party
24 <i>Easter</i> Edison Social Ride	25 everybodyBike First Gear part 1	26 Ramp-Up Ride Tues N Social Ride everybodyBike First Gear part 2	27 Wed Group Ride REI Bike Maint Basics class	28 Thurs South Social Ride	29	30 Donut Ride Bham trail work party REI Bike Maint 201 Tour de Lopez Bike Swap



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..