



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club, Vol. 20 No. 10, Dec 2011/January 2012

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This month's contributors:

Mike Joos, Stacy Keese, Marie Kimball, Ryan Rickerts, Kathy Salisbury, Mark Wheatley, YukonRider. Thanks All!



the club online:

www.mtbakerbikeclub.org
www.chuckanutcentury.org

and our social sites:



HAS ANOTHER YEAR ALREADY PASSED?

As we gear up (and batten down) for winter, we're looking forward to next year's activities, while also taking the time to reflect on last year:



MBBC Members' Annual Meeting and Reception Scheduled

Information from President Marie Kimball:

Join us for the annual *start-the-new-year* Members' meeting and reception, tentatively scheduled for **January 10, 2012**. The reception will include volunteer recognition, plans for ride-leader training, and "state of the club" message from the president and the board.

We're planning to have the reception on Tuesday, January 10th at 6:00 pm at a new venue this year: the Jeckyl and Hyde deli/alehouse, on 709 West Orchard Drive, Suite 1. This is the tentative plan at the time of this writing, but check the club Listserv (on Yahoo - see address on the left) in January for final details.

WEEKLY AND GROUP RIDES

Winter 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

Tuesday North Social Ride: starts from Pioneer Park in Ferndale, 30-40 miles, 10-14 mph route varies. 10am start time. Info: Bob Parker rmp4724@hotmail.com or 360-671-6910

Wednesday Group Workout Ride: race/training pace, 30 mile distance, meet at 5:45 pm, leave at 6pm from Boundary Bay Brewery at Railroad Avenue. Ride separates into fast and very fast groups. *From 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. 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 rmp4724@hotmail.com or 360-671-6910

everybodyBIKE Community Rides: check the events calendar at everybodybike.com/calendar.aspx
Details: 671-BIKE or info@everybodyBIKE.com

everybody  BIKE

SMART
TRIPS

WINTER TIME EVENTS!

Gatherings

Ladies' Night at Fanatik Bike Co. Monday, December 5, 6-9pm.

Cycling ladies: Kathy and the Fanatiks invite you to enjoy:

- Desserts
- Wine
- Santa pics
- Prizes
- Specials
- 20%-off coupon
- 7pm: Atomic Fireball Contest
- 7:30pm: Trike Race
- Nu-u-Muu dresses



Ladies' Night 2011

Monday Dec. 5th, 6:00pm



Bike Travelogue Slide Shows - third Wednesday of the month, January through March at ReSources Meeting Room 7-9 pm, \$3 suggested donation for everybodyBike.

January 18, February 15, March 21

see everybodybike.com/calendar.aspx

Races



Cyclocross 2011-2012: 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.

December 17: Thriller Cross (Civic Fields, Bellingham)

January 14: Chiller Cross (Cornwall Park, Bellingham)

CX practices Wednesdays, sometimes at Padden, sometimes at Civic Field, 6pm.

I hear there will be an espresso vendor at Thriller Cross (that's enough to get me there).

Info: Ryan Rickerts. details: cascadecross.com

Trail Building

Volunteer and help improve the city parks/trails that we all enjoy. Watch for springtime trail work parties coming up in 2012.

December 3 - 9am Whatcom Creek Trail

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

www.cob.org/documents/parks/volunteer/work-schedule.pdf

DECEMBER & JANUARY RIDES

MBBC'S ANNUAL NEW YEAR'S DAY RIDE:

Pedal in the new year. Meet at 10 am at Fairhaven Park on Sunday, January 1, 2012!

The group will depart before 10:30 am for The Old Edison Inn (www.theedisoninn.com) where owners John and Lynn will be expecting us, rain or... less rain. We can leave our bicycles in the beer garden and enjoy the warmth inside.

Nobody will be left behind on this group ride!

We pedal only 13.8 miles along Chuckanut Drive (assuming it is mudslide free)! Return the same way or via Colony Road and Lake Samish, or even Bow Hill Road and Old Highway 99.

Last year over 50 riders enjoyed a beautiful sunny (and cold!) ride to welcome the new year. Plan to start your 2012 with us! The ride is being coordinated by Mark Wheatley. In late December he'll ask for an RSVP to get an idea of how many people to expect, as a courtesy to John and Lynn. Watch the MBBC Club Listserv and RSVP to Mark.

STINKY SPOKE IS 1/14/2012

Woodinville's *Stinky Weather Poker Run* is a dirt-trail, fat-tired fun ride in which riders collect cards to build up a poker hand at stations along the route. Best hands at the end of the ride win prizes!

This ride is held on "what should be the worst day of the year for weather: combination of the rainiest and the coldest." There is a new route this year, and there will probably be some Bellingham riders carpooling down to the start. January 14; start between 9-10 am at Redhook Brewery. details: www.stinkyspoke.org/ and watch for carpools being formed (or post your own request to start one) on the MBBC Club Listserv.

SUPERHERO LIGHTED BIKE PARADE: 12/2/2011

Join us for a superhero themed bike ride at night! Come dressed as your favorite superhero and bike with us through downtown Bellingham. Be sure to decorate your bike with lights and reflectors, and decorate yourself with a cape and helmet.

Gather at 6:30 pm at the Pacific Arts Festival grand opening (formerly TubeTime) next to Public Market on Cornwall Avenue. Ride departs 7:00 pm through down town Bellingham and returns to end at the Pacific Arts Festival. Social pace: 10-12 mph. Details and a route map at: everybodybike.com/eventDetail.aspx?id=300/



This Ride is sponsored by Pacific Arts Holiday Market.



cycling superhero images created by Mike Joos, and found online at mikejoosart.blogspot.com/



Bellingham has several options for donating an old bike to be used again: The Bike Shop and The Hub, to name a couple.

But if you have a bike that is just too far gone to ever be pedaled or ridden, you can give it new life and festively decorate your yard for Christmas. In about an hour you can make a reindeer (or other types of hooved animals) from an old bicycle. The following instructions and images were written 3 years ago and published by <http://www.instructables.com/member/YukonRider/> and it's such a fun idea I'm re-posting them here in the newsletter in plenty of time for these critters to appear in Bellingham neighborhoods this year.

HOW TO RECYCLE AN OLD BICYCLE INTO A CHRISTMAS REINDEER



Bicycle animals make a unique recycled statement in the spirit of Tim Burton's "Nightmare before Christmas." You can also use the parts to make a catchy head mount for the shed or gate. If the old bike is one that has served you well over the years... why not immortalize it?

1. Find an old or damaged bike to salvage. Strip the bike down to its frame, removing reflectors, pedals, shifters, brakes, derailleurs, cables & wheels.

Remove and keep the saddle, and the handlebars/stem unit.

Remove both the crank arms, or at least the one with the chain ring attached so that the frame can sit level on the bottom bracket.

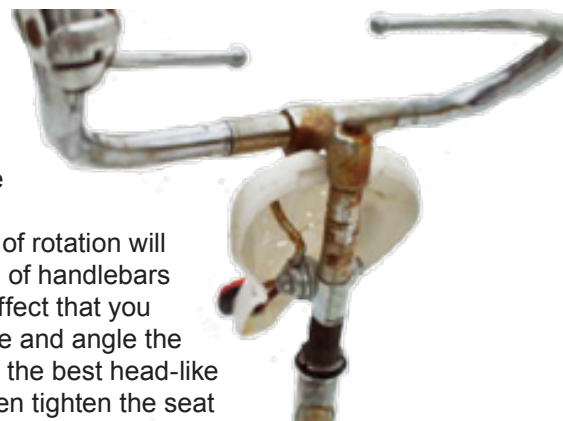


2. Make a support base for the front forks. This can be done fairly quickly by attaching them to some old lumber such as a 2x4 and 2x6 piece using some screws. This will allow you to keep your bike animal

steady while you work on it. Once completed and sitting in the yard, kids will sometimes try to climb on your bike reindeer so it's best to make it stable.

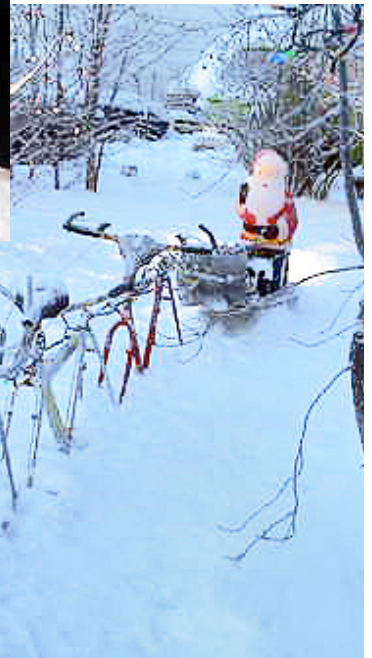
While the handlebars are off the bike, rotate the seat clamp so that it is aligned parallel to the seat top and slide it onto the handlebar stem shaft. Slide the handlebar, seat and stem assembly back into the head tube of the bike, align the handlebars with the forks and then tighten the stem bolt. **3. Your bike animal now has a head and antlers.**

Loosen the handlebar nut so you can rotate the handlebars up or forward to create the best antler-like effect. The amount of rotation will depend on the type of handlebars you have and the effect that you want to create. Slide and angle the seat up or down for the best head-like appearance and then tighten the seat clamp as well.



Options: Old 10 speed style bars with the secondary brake levers give the best look for reindeer - either as just a head mount or with the full body. Mountain bikes with the extra bar ends can make a decent moose. Old single or 3-speed roadster or cruiser style handlebars make a fair deer or steer look. Three examples (reindeer, moose, deer)

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are shown in the images on the instructables website, mentioned in the first paragraph.

4. Add the Tail: If you keep the seat post in the frame you might be lucky enough to have the pedal threads fit into it for a novel tail look. Otherwise find an old bike part such as another old stem for the tail.

5. Red nose: If you want a Rudolph in your herd, attach a round red bicycle reflector to the nose of the seat tip. It will catch car headlights and light up when people drive by or pull into your driveway. You can also add a Christmas light onto the nose for the full Rudolph effect.

6. Let your bike-animals roam freely, or hook 'em up to Santa's sleigh.

Once you have several reindeer/moose/deer you can line them up, add on an old toboggan, a Santa figure, and a string of Christmas lights for reins. Voila, you have now recreated a scene from the night before Christmas... but with a Burton-esque twist.

Presents are optional. Ho Ho Ho.



instructables.com/member/YukonRider/



Welcome new members!

Ken Eastham
Barbara Herrmann
Shawn McGuirk
John Stewart
Heather Koon Swanson
Leif Swanson
Ken Wagner
Roy Zipris

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



RECYCLED BIKE PARTS BECOME ARTWORK FOR HOLIDAY CARDS

If you're the card-sending type and you haven't found the perfect greeting for this year, consider a card created by photographing recycled bike parts shaped into festive decorations. Stacy Keese of Skeese Greetings (skeese.com)

makes *Cards for the Athletically Minded*, and her website invites you to examine *Cards Specific to Bicycle Enthusiasts*.

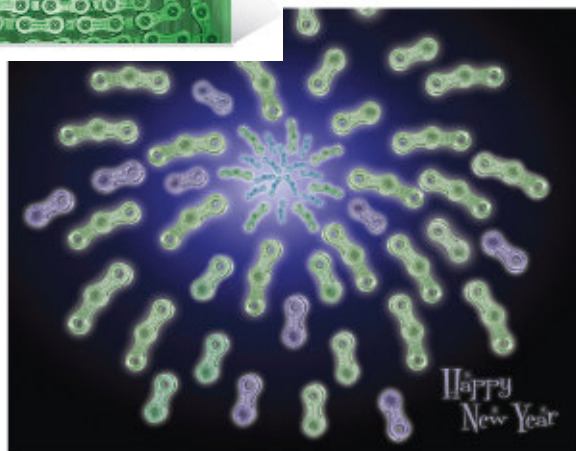
She is also on Etsy (etsy.com/shop/SkeeseGreetings) where her store's purpose is *Linking the Cycling Community, one Card at a Time*.

Besides holiday cards, Stacy designs bicycle-parts-related cards for many other occasions. I especially like the wedding card which shows two interlocked chainrings and the slogan "With this Ring."

(Yes, I'm a sap for bicycle stuff and recycled stuff!)

Happy Everything, y'all, and I hope to see you at the Members Reception in January!

- Jennifer



Double-Month Newsletters

This month's newsletter covers December and January. Regular monthly newsletters will begin again in February 2012 with Doug's annual "Mark your calendar" schedule of next year's rides!

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
					December 1 Thurs S Social Ride	2 SuperHero Lighted Ride
4 Edison Social Ride	5 Ladies' Night at Fanatik Bike Co.	6 Tues N Social Ride	7 Wed Group Ride CX practice	8 S. Social Ride	9	10 Donut Ride Recumbent Ride
11 Edison Social Ride	12	13 Tues N Social Ride	14 Wed Group Ride CX practice	15 S. Social Ride	16	17 Donut Ride Thriller Cross
18 Edison Social Ride	19	20 <i>Hanukkah begins</i>	21 Wed Group Ride CX practice	22 <i>Winter Solstice</i>	23	24 Donut Ride
25 <i>Christmas</i>	26	27 Tues N Social Ride	28 Wed Group Ride CX practice?	29 Thurs South Social Ride	30	31 Donut Ride REI Garage Sale
January 1 New Year Day Ride <i>New Year</i>	2	3 Tues N Social Ride	4 Wed Group Ride CX practice	5 Thurs South Social Ride	6	7 Donut Ride Recumbent Ride
8 Edison Social Ride	9	10 MBBC annual reception	11 Wed Group Ride CX practice	12 Thurs S Social Ride	13	14 Donut Ride Chiller Cross Stinky Spoke
15 Edison Social Ride	16 <i>MLK Day</i>	17 Tues N Social Ride	18 Wed Group Ride Bike Travelogue Slides	19 MBBC February newsletter deadline	20	21 Donut Ride
22 Edison Social Ride	23	24 Tues N Social Ride	25 Wed Group Ride	26 Thurs S Social Ride	27	28 Donut Ride
29 Edison Social Ride	30	31 Tues N Social Ride	February 1 Wed Group Ride	2 Thurs S Social Ride	3	4 Donut Ride



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..