



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Volume 20 Number 6, July 2011

soon-to-be Coveted Trophy Up For Grabs on July 30!

6TH ANNUAL TOUR DE WHATCOM INCLUDES TEAM COMPETITION THIS YEAR

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This month's contributors:
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Monica Gallagher,
Marie Kimball, Charlie
Mudson, Mark Peterson,
Greg Rehm, Sean Sweeney,
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://facebook.com/pages/Mount-Baker-Bicycle-Club/321683447138)

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

 twitter.com/mtbakerbike

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

This year's Tour de Whatcom will for the first time feature a friendly team competition, with a field of teams competing for a "most miles" trophy. Area businesses, groups, families, etc. who want to form a team, will front as many riders as they can who will collectively see how far they can go! The prize doesn't go to the swiftest but to the most collective miles. Having the largest mass of riders is one strategy and going with a smaller group of all-105 milers is another. (The Tour de Whatcom encourages MBBC

members to join area teams and help them out, rather than "stack the deck" by creating a bike club team which would *obviously* be the big winner!)

Some businesses are sponsoring their employee teams and picking up the entrance fees as part of their company wellness campaigns. Team registration forms and instructions can be downloaded from the website (go to the Registration tab, look for *Team Registration*). One cafe owner, knowing that her team would be too small to capture the trophy, mentioned that she would just like her team to beat a competing cafe.



The Tour de Whatcom's *Mileage Trophy of Glory* will be awarded to the team riding the most collective miles. A lighted globe sits atop a throne of spokes, chainrings, and a cassette, while surrounded by cables and other bike parts. See the trophy as it makes the rounds to local bike shops until ride day: July 30th.

Leading up to the event, the Trophy is circulating in the area. It will make the rounds of bike shops and businesses, ending at Fairhaven Bike And Ski just prior to the ride. The winners get to hold the trophy until July 2012, with their team name displayed on *the crank arm of distinction*, which is displayed on the trophy's base.

The trophy was jointly made by Eberhardt Eichner of the REstore, who did the woodwork, and Matt Velguth of The Bike Shop, who did the metal.

It is made all of bike parts, except for the wood base and the globe that lights up in multiple colors. Matt says, "The trophy was a lot of fun to make and I think it really embodies the joy of the event."

Whether you ride on a team or as an individual, the Tour de Whatcom is again set to be an awesome ride, in which you get to see everything: Mt Baker, Lake Whatcom, valleys, rivers, lush farmland, beaches and ocean all in one fairly level ride. We'll see you on July 30th!

tourdewhatcom.com

facebook.com/TourdeWhatcom

TheBikeShop1.org

WEEKLY AND GROUP RIDES

Sunday Rabbit Ride from Fairhaven Park, 30 mile route, 14++ mph, try to catch the "Rabbits" in front of you, 8:15 am meet time. Info: John Hauter, 360-733-4433 or johnh@fairhavenbike.com

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 Summer Evening Ride: Whidbey Island Bank, corner of Bakerview & Northwest. Meet 5:45pm leave at 6pm. Several groups: fast (22mph+), medium (15-16mph), and recreational riders on a shorter route. Distance 15-20 miles. Medium-speed group focuses on group-riding skills: 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 Hot Laps Ride: 30-40 miles, race pace. Training ride departs from Kulshan Cycles at 6pm to a practice road race course. Summer months. Check at Kulshan for information about this ride's summer 2011 schedule.

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

2011 CHUCKANUT CENTURY RIDE FOR HOSPICE

Sunday, September 18, 2011 Bellingham, WA



Chuckanut Century

Ride one of the most scenic rides in Washington

www.chuckanutcentury.org

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

SAVE \$5.00
Use Coupon Code - BPTG2011

register online at active.com




COMING UP IN JULY:

4 Independence Day Ride to LaConner for lunch. Meet at Fairhaven Park at 9:45am, depart 10am. 60 mile round trip.

2-24 Live Tour de France Coverage at Mount Bakery The 2011 Tour starts on **Saturday, July 2nd**. Early every morning for 6 years we've brought you live coverage of the biggest annual sporting event in the world! Shown on big screen TV's with more than a touch of European flair, coffee and goodies from Mount Bakery. Join us this year as we gear up for some special treats that will include: Big Screen coverage at the Pickford Cinema, Real Time Spinning Classes, and other fun stuff in the works.

The Tour showings run through Sunday July 24th. We'll open with the start of the broadcast each day – usually 5:30 am – and follow until the coverage ends at 8 to 8:30 or so. Full breakfast menu starts at 7am, and before 7 there will be quiche, pastries, espresso, and other goodies available.

Come early and watch the day's stage with other road-racing lovers, at 309 W. Champion. Sponsored by Norka Recreation, supporting Local Cancer Care. Donations appreciated.

mountbakery.com/special-events/tour-de-france

norka.us/content/Le_Tour/Le_Tour.asp

Tour image from www.letour.fr/indexus.html

24 Padden Mountain Pedal: For 19 straight years the Padden Mtn Pedal has been a cornerstone of the Pacific Northwest mountain bike racing calendar. Top notch park amenities create a scenic and convenient venue and the legendary course lures riders back year after year. Padden is known to be one of the best spectator courses- riders doing multiple laps make for great viewing and raucous cheers. Racing starts at 10am, continues to about 3pm. indieseries.org

30 Tour de Whatcom: see p. 1



2011 EVENTS ... more events added to the list each month - check back!

Gatherings

Bike Travel Presentations at the Bellingham REI
 How to pack, plan and get the most from long bike trips, presented by two who have done it.
 July 12 - Christian Mollitor, Pacific Coast trip
 July 19 - Alan Williams, Cross-Country
 details: www.rei.com/stores/events/65

Bike Booth at Saturday Market Stop by the everybodyBIKE booth at the Bellingham Farmers Market, Saturdays 10-3, Depot Square: Railroad & Chestnut bellinghamfarmers.org

Flying Spokes Exhibit runs through November at the Lynden Pioneer Museum, corner of Front and 3rd Street
 360-354-3675 lyndenpioneermuseum.com
lyndenpioneermuseum@gmail.com
troy@lyndenpioneermuseum.com

Bike-In Movie at the Pickford - August 20 - runs through November at the Lynden Pioneer Museum, corner of Front and 3rd Street 360-354-3675

Races

July 24: Padden Mountain Pedal indieseries.org see p. 2
Sept 17: Bellingham Traverse bellinghamtraverse.com

Parks & Recreation Race Series

see www.trithecookie.com

July 23: Lake Padden Duathlon

August 27: Bellingham Youth Triathlon

October 9: Runningshoes.com Duathlon

October 9: YMCA Youth Duathlon

Classes & Training

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

- **July 26** - *Bike Maintenance Basics*

- **July 9 & 24** - *Bike Maintenance 201*

- **July 2** - *Annual Garage Sale*

Fairhaven Fitness has several camps and activities over summer.

- **July 2 - 24** Cycle Moles Ride the Tour

- **July 25 - September 9** Cycle Moles Ride 542 Hill Climb Training

details: bellinghamtennis.com or 360-733-5050



Ride the Tour de France...in Bellingham!
 July 2-24, 6:45am, Only \$127!



Ride 542: Mt. Baker Hillclimb Training Camp
 Begins July 25th!

Fairhaven Fitness @ Bellingham Tennis Club
 Register Online: www.bellinghamtennis.com



2011 RIDES

July

4 Independence Day Ride to LaConner (MBBC Club Ride) see p. 2

8 B'ham Summer Ride: Library Loop 1 everybodyBike.com

9-10 Seattle to Portland/STP cascade.org/EandR/stp

10 B'ham Summer Ride: Culture Re-Cycle everybodyBike.com

13-17 RedSpoke - Redmond to Spokane redspoke.org

16 S2S (Seattle to Spokane) redmondcyclclub.org

17-23 TourBC (Creston BC loop) tourbc.net

22 B'ham Summer Ride: Readers Ride everybodyBike.com

23 Echelon Gran Fondo (Edmonds) echelongranfondo.org

23-24 ALS Ride (LaConner) laconnerchamber.com (events)

24 B'ham Summer Ride: TransportationTour everybodyBike.com

28 RAMROD (Mt. Rainier) redmondcyclclub.org

30 Tour de Whatcom (Bellingham) tourdewhatcom.com p. 1

30 Seattle Century seattlecentury.com

August

5 B'ham Summer Ride: Library Loop 2 everybodyBike.com

6 8 Lakes Bike Ride (Spokane) lcsnw.org/events.html

7 B'ham Summer Ride: Ode to Alan Rhodes everybodyBike.com

14 Tour de Peaks (North Bend) tourdepeaks.org

19 B'ham Summer Ride: Mallard's Cycle everybodyBike.com

21 B'ham Summer Ride Finale: Woods Spruce Social or
 Woods Giant Redwood Challenge everybodyBike.com

21 Retro Ride (LaConner) Ken Rasmussen kayakfit@fidalgo.net

27-28 RideAroundPugetSound (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

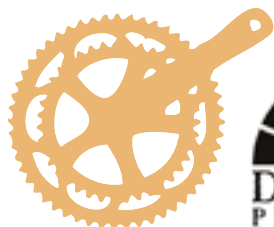
18 Chuckanut Century (B'ham) chuckanutcentury.org

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

continued on page 7





GIRLS OF SUMMER JUNE 11TH ALL-GIRL ALLEY CAT

“GIRLS OF SUMMER” RIDE IS SILLY FUN

June 11th Alley Cat Review by Jennifer, photos by Monica Gallagher, Charlie Mudson, Sean Sweeney

I had no idea what an Alley Cat Race was (look it up on Wikipedia for a definition), but armed with a map of Seattle and my commuter bike, I headed down to the I-5 Colonnade Park for the 3pm start on June 11. This Alley Cat was a women's-only ride, and I met up with about 50 other women at the start, most of whom were dressed in festive outfits such as riding skirts, overalls, and tutus for this “Romp through Seattle's streets in celebration of Girls on Bikes.” I was the only one in a lycra bike jersey, but I wore that MBBC jersey like a banner, pointing out the “Bellingham” side panel to everyone!

Each participant was given a list of locations but no route, and no rules as to which order the stations must be visited. I spent some time figuring out where the stations were, and deciding on (what I thought was) a good route to link them all together.

With the “Girls of Summer” out riding, there were plenty of “Boys of Summer” volunteering at the check-in stations. In addition to checking us in, each station had some silly task associated with it, including bike decorating, photos in front of a prom-dance backdrop, a time trial on *Big-Wheel* tricycles, and fingernail painting.

My lack of familiarity with the back roads of Seattle was partially responsible for my stellar finishing place of DFL. Also my sometimes-poor sense of direction, but mostly, all those hills in Leschi that I probably didn't need to climb (but did anyway). But it was a perfect day for riding, I encountered lots of friendly cyclists out and about on the Seattle streets, and I look forward to going back next year. Maybe some other MBBC women will join me!



MBBC RIDER ENJOYS IDYLIC SWAN CENTURY

June 4 Sedro Woolley Ride Review by Scott Dorough

Clear skies, calm winds and a beautiful pastoral setting greeted me when I had the good fortune to ride the metric loop of *The SWAN Century and Family Fun Ride* from Sedro Woolley to Concrete. The ride is an annual non-competitive event through the scenic flats of Skagit Valley, offered in connection with the community's *Blast from the Past* Town Celebration and Festival benefiting SWAN (Serving Women Across Nations), a local humanitarian organization dedicated to serving the needs of women and children in developing countries.

At 7:30 on a glorious Saturday morning, a group of more than 60 cyclists including myself departed from Metcalf and Ferry Sts in downtown Sedro and headed eastbound on low traffic backroads along the Skagit River. Unbeknownst to motorists speeding by a short distance away on State Hwy 20, there's an adjacent Shire-like, life-in-the-slow-lane setting, ideal for a not-too-far-removed, laid-back lifestyle, not to mention a wide range of cycles and cyclists. Knowing the high-speed chase that is normal transport through this avenue to North Cascade passes, pushing the cranks here gives one the feeling of having crossed into a parallel insanity-free environment via a mythical 9-3/4 Street porthole on Sedro's eastern outskirts.

The outbound portion took the group through the side-road communities of Lyman and Hamilton, with the first water and rest stop at a local park along the banks of the river. Then it was on to Razor State Park only a few miles down the lane for the first snack stop. Home baked cookies were served in abundance.

The return route after the midpoint in Concrete crossed the Skagit River and proceeded westbound along the scenic South Skagit Hwy. Though the road was designated “highway,” auto traffic was light and there were long straight stretches from which to get pristine views of the river in full spring flow against a backdrop of azure skies and verdant Cascade foothills, some with snow still visible in the upper elevations. On return to Sedro, hot meatball sandwiches, Caesar and pasta salad, cold lemonade and a big scoop of ice cream awaited all finishers, right in the middle of downtown festivities.

For the more ambitious pedalers still hungry after lunch, the ride continued on to Samish Island and back for a complete 100 mile century. It was still early in the season for this ol' Softrider, though, and after the meatball and ice cream stuffing, I deemed 100 km to be far enough.

Entry fees from the ride go to educate children and provide micro-credit loans to women in Kenya and Bolivia. Let's get behind this ride next year and give the good folks at SWAN our MBBC support!



“Preposterous! Ridiculous! Foolish! okay, count me in.”

BILL'S HILLS RIDERS RETURN TO TELL THE TALE

Recap of our June 12 ride by Greg Rehm with photos by Marie Kimball



I was certain than none of us either would or could do this ride. The very idea of the ride is an exercise in self-inflicted humiliation. Nevertheless, the second annual attempt to ride Bill's Hills, this year's Spring quarterly MBBC Club Ride, attracted eleven hardy (or possibly psychologically unbalanced) riders. The 2010 ride ended early when rain quashed the enthusiasm of the crew that set out to test club cyclist Bill McCourt's hypothesis that one could do a century ride with ten thousand feet of climbing all in the Bellingham area. I didn't even consider participating. However, the stories and enthusiasm for the follow-up attempt were infectious and I joined the campaign.



“I'll ride 'til I don't want to.”

Equipped with a healthy dose of skepticism, we set out in great riding weather. I had told myself (and others) that I would just enjoy seeing how far we'd (I'd) get since no one would choose to go the whole route. I had underestimated just how much fun this crazy ride (and the crazy riders) would be. I had also underestimated the evil genius of Mr. McCourt. If there was a steep bit of road to be found, he'd found it and put it in the well laid-out route. Doug Schoonover had printed detailed cue sheets and maps for us. Judy McCourt and Kathy Whitmer set up wonderful rest/fuel stops for us every twenty miles.



Ken, Rob, Eric, Shawn, Tim, Bill, Marie, Marc, Scott, Doug, and Greg (taking the pic) set out from Marine Park at 7:30 am

The course is arranged into three “loops” that took us south, west and north. Bits of relatively flat road connected together the hills. And hills they are. Other rides advertise significant climbs, but this ride has predominately short, sharp pitches. Friends have been asking if Alabama hill, famously steep, was on the ride. Nope – the hills Bill chose are steeper. Sections of Hillsdale Road and Gooding Avenues exceed 20% grade. The energy and humor of the group was wonderful. At the end of each ridiculously hard climb, someone would call out, “What's next, Bill?”

What was next was every bit of inclined tarmac a Bellinghamster can think of: Toad Lake, Squalicum Mountain, King Mountain, Sudden Valley, Barkley/McCloud, the Stair Steps and the list goes on.

“Not even one more.”

Deep into loop three (and further than I thought anyone, especially myself, would go), those with GPS cyclo-computers were reporting the cumulative climb at the top of each rise. Perhaps it was the longer, albeit shallower climb that drained any remaining glycogen from our legs, but Squalicum Mountain seemed to be a break point. The group lost one last rider but everyone who continued from this point finished. After we crested our last hill, Yew Street, on our way back to the start, I was certain that I had nothing left but a terrible desire for a doughnut and a beer. Fortunately, my wife had stashed a dozen in the car for us and we headed to Boundary for beers.

Many thanks to Bill (the Architect of our Suffering), Judy and Kathy for their fantastic work putting together a great day of riding with great support. Congratulations to the six finishers: Bill McCourt, Ken Giffin, Marie Kimball, Shawn Lucke, Scott Dorough, and Greg Rehm. Kudos to those who began the ride and stuck with it for many of the hills: Doug, Eric, Marc, Tim, and Rob. Legs of Steel!

Seven riders made it to the top of Gooding Road (23% grade) and still have to face Emerald Lake, Hillsdale and Squalicum Mountain to top out the list but that ain't all folks!



All eleven starters at the first rest stop in the south loop thanks to Judy McCourt and Kathy Whitmer.



Doesn't Bill look fresh in this photo? That's going to change.



Welcome new members!

Mary Blackstone
Rob Fletcher
Charlie Herron
Donna Lowe
Tim Ryan
Donald Smith
Pasi Virta
David Wood

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



REPORT FROM WHIMPS

Summer means lots more mountain bike riding on the great surrounding trails. Our local mountain bike club, **Whatcom Independent Mountain Pedalers**, has had its plate full this spring with all the goings-on on Galbraith Mountain.

Mark Peterson, president of the WhIMPs, asks those who use the mountain to keep up with recent happenings and announcement on the club's website:
www.whimpsmtb.org.

Currently, big news items to note are:

- ◆ There is substantial logging going on (on Galbraith) and many trails are affected.
- ◆ Any access, whether via trail or road, is **closed in all active logging areas**. A big piece of equipment had a very, very close call recently with a trail user who did not observe the posted trail/road closures. Venturing onto any of the active logging areas poses an extreme hazard to trail users. Logging crews are not expecting intrusion from the public into these areas and the equipment they operate does not allow for the visibility necessary to operate safely with the general public in the vicinity.
- ◆ It is imperative that trail users observe and obey all posted trail closure notices, both for your own safety and for our continued agreements for using the mountain. Please help keep the mountain open to biking while logging activities are occurring by obeying all posted signs, caution tape closing off roads and trails.
- ◆ Spread the word about this!!
- ◆ Access from the south side needs to be via the Galbraith Lane/County Road #224 Right of Way that heads north from Galbraith Lane-not through the gates we have used in the past. Negotiations are still ongoing regarding a purchase of some kind in the area. I remain relatively hopeful for a good outcome.
- ◆ Those who wish to keep current on WhIMPs news, please make sure to sign up on our website. We are going to be transitioning over to our mass mailer and want to also get more people talking on our forum. So as time goes on we will wean ourselves off of the Yahoo listserv that many are using.

Events: continued from page 3

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

currently scheduled:

First Gear classes: July 14, August 10-11, September 15, October 20-21

September 10: Kiwanis Bike Rodeo

For details on all events, information, or to schedule a Bike Safety Rodeo: 671-BIKE or info@everybodyBIKE.com

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.

Trail work dates from Bellingham Parks Dept:

July 6 - 6:30pm Padden Creek Trail at 6th Street

July 13 - 6:30pm Boulevard Park

July 20 - 6:30pm Woodstock Farm

July 27 - 6:30pm Padden Estuary

July 30 - 10am Big Rock Garden Park

August 27 - 10am Big Rock Garden Park

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



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Summertime					July 1	2 Donut Ride CityOfBHam Trail Work REI Garage Sale Tour de France begins
3 Rabbit Ride Edison Social Ride	4 <i>Independence Day</i> 4th of July Ride	5 Hot Laps Summer Evening Ride Tues N Social Ride	6 Wed Group Ride CityOfBHam Trail Work	7 Thurs South Social Ride	8 Summer Ride Series	9 Donut Ride Recumbent Ride STP (Day 1) REI Bike Maint 201
10 Rabbit Ride Edison Social Ride STP (Day 2) Summer Ride Series	11	12 Hot Laps Summer Evening Ride Tues N Social Ride REI Pacific Coast Ride presentation	13 Wed Group Ride CityOfBHam Trail Work RedSpoke begins	14 Thurs S Social Ride everybodyBike: First Gear	15	16 Donut Ride S2S
17 Rabbit Ride Edison Social Ride TourBC Begins	18 August MBBC Newsletter Deadline	19 Hot Laps Summer Evening Ride Tues N Social Ride REI Cross-Country Ride presentation	20 Wed Group Ride CityOfBHam Trail Work	21 Thurs South Social Ride	22 Summer Ride Series	23 Donut Ride Echelon Gran Fondo ALS Ride begins
24 Rabbit Ride Edison Social Ride REI Bike Maint 201 Summer Ride Sres Padden Mtn Pedal	25 Mt Baker Hillclimb training camp begins	26 Hot Laps Summer Evening Ride Tues N Social Ride REI Bike Maint Basics	27 Wed Group Ride CityOfBHam Trail Work	28 Thurs South Social Ride RAMROD	29	30 Donut Ride Tour de Whatcom Seattle Century CityOfBHam Trail Work
31 Rabbit Ride Edison Social Ride	August 1	2 Hot Laps Summer Evening Ride Tues N Social Ride	3 Wed Group Ride	4 Thurs South Social Ride	5 Summer Ride Series	6 Donut Ride 8 Lakes 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..