



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Volume 20 Number 5, June 2011

SUMMER EVENTS ARE FILLING THE CALENDAR

If your summer schedule isn't full yet, it will be soon with all of the cycling events that are coming up. Here are a few new ideas (from Seattle to Vancouver BC) for the beginning of June, and more are listed on pages 2, 3, and 7. Keep your fenders on and your rain pants at the ready, but get out there and ride!

in this newsletter:

June Rides	1
Weekly Rides	2
More June Events.....	2-3-7
2011 Rides.....	3
Bike Month Recap	4-5
Welcome New Members..	6
Club Administration	6
Membership form.....	6
Short Subjects.....	7
June Calendar	8

This month's contributors:
Ellen Barton, Eric Brown,
Bill McCourt, Cat Sieh,
Bob Snead, Ken Wunschke.
Thanks All!



the club online:

www.mtbakerbikeclub.org

www.chuckanutcentury.org

and our social sites:



**MBBC
Club Ride:**

Bill's Hills of Bellingham (take 2) - June 12

We will run a repeat performance of *Bill's Hills* on Sunday, June 12th. Last year our intrepid group got 3/4 of the way through the ride before we were stopped by rain squalls, so this year we're trying again. This is a challenging ride with lots of hills in and around Bellingham. There are 3 loops, each covering 30 - 40 miles with 3000 to 4000 feet of elevation gain per loop. Do 1, 2, or all 3 loops. Maps provided. If you're not a MBBC member, join now to participate in this ride. We'll put together some food stops and a post-ride celebration and maybe a prize drawing too!

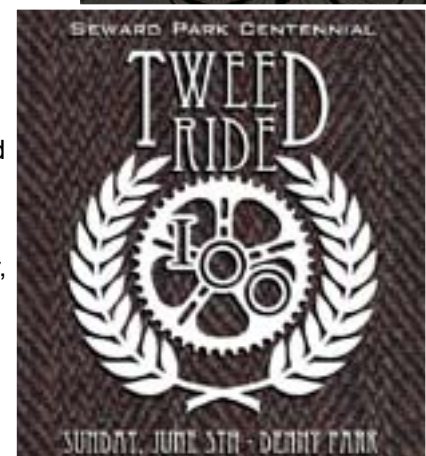
The ride will start at Marine Park in Fairhaven and will depart by 7:00am. For more information contact Bill McCourt, 380-3262

Velopalooza velopalooza.ca **June 3-19**

Check out the 2week+ bicycle festival up in Vancouver BC. Rides, food, music, films, lots of fun!

Tweed Ride gomeansgo.org **June 5**

Don your finest tweed for a bike ride back in time. Casual group ride leaves Denny Park (Seattle) at 11am on June 5 and takes one of Seattle's first bike routes to Seward Park.



GIRLS OF SUMMER JUNE 11TH ALL-GIRL ALLEY CAT



WEEKLY AND GROUP RIDES

Sunday Rabbit Ride from Fairhaven Bike & Ski, 30 mile route, 14++ mph, try to catch the "Rabbits" in front of you, 8:30 am start 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



COMING UP IN JUNE:

3-19 Velopalooza in BC, see p. 1 & velopalooza.ca

4 Bellingham celebrates **National Trails Day** with trail work parties being organized by REI, WhIMPs, and the City of B'Ham. See *Events/Trail Building* on p. 7

4 **Canada-to-Lynden ride.** The Abbotsford Cycling Action Group (local chapter of the British Columbia Cycling Coalition) invites Whatcom County riders to join the incoming Canadians on this June 4th ride to Lynden. It is a slow-paced (15 kph) ride on flat terrain, with timetable as follows:

10.00 AM -- Leave Aldergrove Lake Regional Park, crossing the border into the US about 15 minutes later.

11.00 AM -- Arrive in Lynden for the Farmers Day Parade.

11.30 AM -- After the Farmers Day Parade we encourage people to wander about Lynden and enjoy a lunch on your own.

2.00 PM -- A guided tour of the Lynden Pioneer Museum.

Admission is US\$7 for adults.

3.00 PM -- Leave Lynden for 1-hour ride back to Canada.

Information: Ken Wuschke: ken.wuschke@gmail.com

12 **Bill's Hills of Bellingham** MBBC club ride, see p. 1

18 **Tandem 101:** The Evergreen Tandem Club invites MBBC members to join them for a Tandem



workshop from 9:30am-1pm on June 18 at Cascade Bike Club HQ at Magnuson Park in Seattle. The

workshop will start with a brief classroom introduction to tandeming, followed by a demonstration or two. Then, we'll have a stable of bikes available for you to try out. This is our 6th year for Tandem 101 and we've turned lots of folks on to tandems. evergreentandemclub.org

Information: Bob Sneed: bob@twocranks.com



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

Gatherings

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

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

Classes & Training

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

- **June 14** - *Bike Maintenance Basics*

- **June 5, 18, 26** - *Bike Maintenance 201*

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

Fairhaven Fitness has several camps and activities over summer.

- **June 6 - 27** Fitness and Nutrition Boot Camp

- **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

continued on page 7

2011 RIDES

June

4 Swan Century (Sedro Woolley) swancentury.org

5 Seattle Tweed Ride gomeansgo.org

5 Peninsula Metric Century (Southworth) twbc.org

5 Fort2Fort (Port Townsend) fort2fortride.org

10 B'ham Summer Ride: Bike to Breakfast everybodyBike.com

11 Flying Wheels (east side) cascade.org/EandR/flying/

11 All-Girl Alley Cat (Seattle) menstrualmonday.com

12 Bill's Hills of Bellingham (MBBC club ride) see p. 1

12 B'ham Summer Ride: BikeShop Tour II everybodyBike.com

18 Tour de Blast (Mount St. Helens) tourdeblast.com

24 B'ham Summer Ride: BikeForChocolate everybodyBike.com

25 Chelan Century Challenge (Chelan) centuryride.com

25 Cannonball (Seattle to Spokane) redmondyclingclub.org

26 B'ham Summer Ride: Bike Bayside everybodyBike.com

July

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

9-10 MBBC North Cascades club ride

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) redmondyclingclub.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) redmondyclingclub.org

30 Tour de Whatcom (Bellingham) tourdewhatcom.com

30 Seattle Century seattlecentury.com

August

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

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

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

Ride the Tour de France...in Bellingham!



Experience the Tour a whole new way!

Get a great indoor cycling workout when you ride each stage profile while watching the live tour.

July 2-24; 21 coached classes
 6:45am on Tour Days



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

BIKE TO WORK & SCHOOL DAY RECAP: 2011 BTW&SD

MANY THANKS TO THESE GREAT SPONSORS OF BIKE TO WORK AND SCHOOL DAY 2011!



Avenue Bread
Arne Hanna Aquatic Center
The Bagelry
Baker's Breakfast Cookies
Bandito's Burritos
Bellingham Athletic Club
Bellingham Cycle Works
Boundary Bay Brewery & Bistro
Bramble Berry
Brenthaven
Brown and Cole Stores
BTC Foundation
Casa Que Pasa
The Chrysalis Hotel & Spa
Cliff House
Colophon Café
Community Food Co-op
Dakota Art
Daylight Properties
Deals Only
Earl's Bike Shop
Eclipse Book Store
Fairhaven Bike & Ski
Fairhaven Market
Fairhaven Runners
Fanatik Bike Co.
Film is Truth
Fred Meyer
Great Harvest Bakery
Grocery Outlet
Hamster Puncture
Hardware Sales
Harmony Motor Works
Health Department
Jack's Bicycle Center

Kulshan Cycles
La Fiamma
La Vie En Rose Bakery
Little Cheerful Café
Mallard Ice Cream
Mount Baker Theater
Mount Bakery
Northwest Recycling
Old Town Café
Pepper Sisters Restaurant
Pickford Cinema
Ralf's Bavarian Bakery
REI
REstore
Robek's
Robert's Bicycle Repair
Rudy's Pizzeria
RunningShoes.com
Skylark's Restaurant
Sportsman's Chalet
Starbucks on Holly St.
Stork Craft USA
Superfeet
Sweet Art
Terra Organica
The Market at Fairhaven
The Table Restaurant & Bellingham Pasta
Tony's Coffee & Teas
Tony's Coffee House - Fairhaven
Trader Joe's
Village Books
Wonderland Teas
The Woods Coffee
Whatcom County YMCA
WTA



bellinghamtennis.blogspot.com

**SMART
TRIPS**



everybody  **BIKE**

BREAKS THE 10,000-RIDER MILESTONE!

10,000 Celebrate Bike to Work & School Day

Bike to Work and School Day broke the 10,000 participant milestone for the first time in its 14 year history in Whatcom County on Friday, May 20, 2011. Up 20% from 2010 participation, the growth in popularity shows that bicycling and walking for transportation is both something to celebrate and an integral part of local culture.

Bike to Work and School Day is promoted by everybodyBIKE, the bicycle program of Whatcom Smart Trips. The event has grown from one Celebration Station in 1998 to over 50 Celebration Stations at schools, businesses, and community centers all around the county. More than 100 volunteers prepare and staff the stations; an equal number of businesses donate prizes and refreshments to reward the growing numbers of children, adults, and seniors on bicycles, tricycles and even unicycles. The event is part of National Bike to Work day celebrated every year on the third Friday in May.

For the first year ever, grocery stores participated in "Bike to Shop Day" by hosting all-day Celebration Stations to reward people who bicycle or walk for daily shopping trips. More than one hundred people at three participating markets enjoyed Bike to Shop treats and gifts and the chance to win raffle prizes of \$50 cash cards and more. "I work at home," said one executive, "so Bike to Shop makes it possible for me to participate in this terrific community celebration."

Festivities extended throughout the day with a pancake breakfast, live music, Tricycle Relay Races, an evening beer garden, and lots of prizes. Nearly 100% of all Bellingham public schools hosted

Celebration Stations. Public and private schools in Ferndale, Lynden, Blaine, and Burlington-Edison also hosted stations.



For schools, Bike and Walk to School Day is a teaching and learning opportunity. Jeff Boersma, Principal of Lynden Christian School, explained to students, staff and parents: "Too often, many people just jump into a car for every short trip.

Gas is expensive, and cars pollute. Many of our daily trips are only 1-4 miles, which only takes a few minutes by bike. This day is to promote the option of walking and cycling as a normal almost every day activity. Honor God with exercise, clean air, and healthy living!"

Bellingham has been a nationally recognized "Bicycle Friendly Community" at the Silver level since 2005, as designated by the League of American Bicyclists. Bellingham residents use bicycles for 6% of all trips, almost as high as Portland, Oregon's 7% bicycle mode share. Nationwide, bicycle use as a percentage of all trips is 0.9%. Washington ranks as the number one "Bicycle Friendly State" nationwide, as evaluated by the League of American Bicyclists.

--press release, submitted by Ellen Barton



Keep the Momentum Going with your Kids! Sign up for a Bicycle Skills Rodeo

The everybodyBIKE teaching team is scheduling Bike Skills Rodeos throughout the summer. In the rodeos, elementary children will get a chance to bike through a bicycle skills course. They will learn about bicycle traffic laws, rules of the road, helmet and bike fit and the ABC Quick Check.

To schedule a private Bike Skills Rodeo at your school or event, contact everybodyBIKE at 671-BIKE or info@everybodyBIKE.com



Welcome new members!

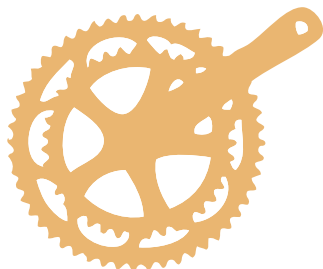
Cindy Miller

Roy Miller

Janice Riley

Leah 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

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

- **Local cyclist Cat Sieh** and friends are getting an early jump on a cycling trip across the country, which means they're also hitting some interesting weather along the way. Follow their adventures at flamingwheeledglory.wordpress.com
- **Girls of Summer: All-Girl Alley Cat: June 11** An adventurous romp through Seattle city streets celebrating Girls on Bikes! In addition to prizes to the fastest riders, we will also have prizes in fun and creative categories to encourage new or non-competitive riders. Register at the I-5 Colonnade Bike Park (under I-5 between Franklin Ave and Lakeview Blvd) at 2pm and race at 3pm sharp on June 11. Bring \$5 to race, plus map of Seattle, a bag, lock, pen, and helmet. More at menstrualmonday.com
- **Parking along Galbraith:** With the ever-increasing popularity of the south side trails combined with the current trail access on the north side, the parking on Samish Way has become more and more congested, even on weekday afternoons. It's becoming a safety issue. The vehicles parked on the north side of Samish, while perfectly legal, make it extremely difficult for the Galbraith Lane residents to see oncoming traffic when they are trying to pull out of their street. As such, we've been asked to put the word out to fellow riders to please try to park on the south side of Samish Way when the parking lot is full. If you *must* park on the north side of Samish Way, please provide a 50+ foot buffer so Galbraith Lane residents can see down the road. The speed is 50 mph, so it's important they can see when they pull out of their street. - Eric Brown on the WhIMPs listserv



Events: continued from page 3

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

- **June 21 First Gear:** 6pm at the Bellingham REI
- **June 12 Let's Bike Safety Education:** 1:30 pm
Schedule a Bike Safety Rodeo: 671-BIKE or
info@everybodyBIKE.com

2011 Rocky Mountain Cycles Demo Tour, June 11

Lake Padden, 11am-3pm. Demo mountain bikes and ride with Thomas Vanderham. Sponsored by Kulshan Cycles, 773-6440.

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 work dates from WhIMPs:

June 4: National Trails Day Raptor Ridge rough-out sponsored by Kulshan Cycles, Whatcom County Parks + Woods Coffee, meet at the North Chuckanut Trailhead parking lot. (First left heading south after Old Samish Way.) 8:30am-4pm

also on June 4 Blanchard Mt drainage work sponsored by the Dept of Natural Resources (DNR), Kona, the WMBC, and Whatcom Trails Co-op. Meet at lower trailhead at 9am. Tools supplied. Wear appropriate clothing for weather conditions. Check the website and WhIMPs listserv for more information. sports.groups.yahoo.com/group/whimps_mtb_club/ and whimpsmtb.org

Trail work dates from Bellingham Parks Dept:

June 4 for National Trails Day - 10am Boulevard Park

June 22 - 6:30pm Woodstock Farm

June 29 - 6:30pm Cordata Trail

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

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 and Washington Trails Association: trail work party for National Trails Day, June 4

8:30am, Horseshoe Bend Trail (Mt Baker Hwy, 2 miles east of Glacier Public Service Center), st65@rei.com

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			June 1 Wed Group Ride	2 Thurs South Social Ride	3 Velopalooza Begins	4 Donut Ride CityOfBHam Trail Work WhlMPs Trail Work REI Trail Work party Canada/Lynden Ride Swan Century
5 Rabbit Ride Edison Social Ride REI Bike Maint 201 Seattle Tweed Ride Peninsula M Century Fort2Fort	6	7 Summer Evening Ride Tues N Social Ride Hot Laps	8 Wed Group Ride	9 Thurs South Social Ride	10 Summer Ride Series	11 Donut Ride Recumbent Ride RMC Demo Tour All-Girl Alley Cat Flying Wheels
12 <i>Bill's Hills</i> Rabbit Ride Edison Social Ride everybodyBIKE Summer Ride Series	13	14 Summer Evening Ride Tues N Social Ride Hot Laps REI Bike Maint Basics	15 Wed Group Ride	16 Thurs South Social Ride	17 July MBBC Newsletter Deadline	18 Donut Ride REI Bike Maint 201 Tandem 101 Tour de Blast
19 <i>Father's Day</i> Rabbit Ride Edison Social Ride REI Bike Maint 201	20	21 <i>Summer?</i> Summer Evening Ride Tues N Social Ride Hot Laps everybodyBIKE First Gear	22 Wed Group Ride CityOfBHam Trail Work	23 Thurs South Social Ride	24 Summer Ride Series	25 Donut Ride Lake Padden Tri Chelan Century Cannonball
26 Rabbit Ride Edison Social Ride REI Bike Maint 201 Summer Ride Series	27	28 Summer Evening Ride Tues N Social Ride Hot Laps	29 Wed Group Ride CityOfBHam Trail Work	30 Thurs South Social Ride	July 1	2 Donut Ride REI Garage Sale



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..