



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Vol 20 No 2, March 2011

Good News from Olympia

VULNERABLE USER BILL PASSES STATE SENATE 43-5

The Vulnerable User Bill (SB 5326) passed the state senate on a bipartisan vote, 43-5. Senator Adam Kline of southeast Seattle sponsored the bill and explained why it is important to hold negligent drivers accountable when they injure or kill vulnerable users of our roads. Senate Majority Leader Lisa Brown of Spokane and Senator Cheryl Pflug of Maple Valley spoke in favor of the bill, and no one rose to oppose it.

You can see the roll call vote at apps.leg.wa.gov/billinfo. The Vulnerable User Bill would not have made it this far without the efforts of the senators who sponsored the bill and the thousands of supporters who contacted their legislators over the past three years.

While we're technically halfway there, the house companion Vulnerable User Bill (HB 1339) was placed on second reading and has another couple weeks to get passed. There are still a several steps before declaring victory (see temperature graphic below), but with such overwhelming support in the senate, it's likely that the house will vote in favor as well.

Reprinted with permission from blog.cascade.org, February 24th, 2011 by Chris Rule, Cascade Bicycle Club

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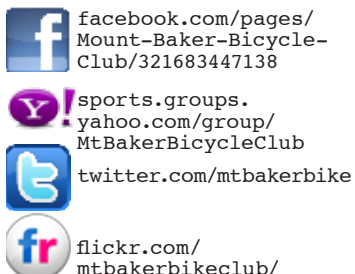
This month's contributors:
Robin Robertson, Chris Rule, Doug Schoonover.
Thanks All!



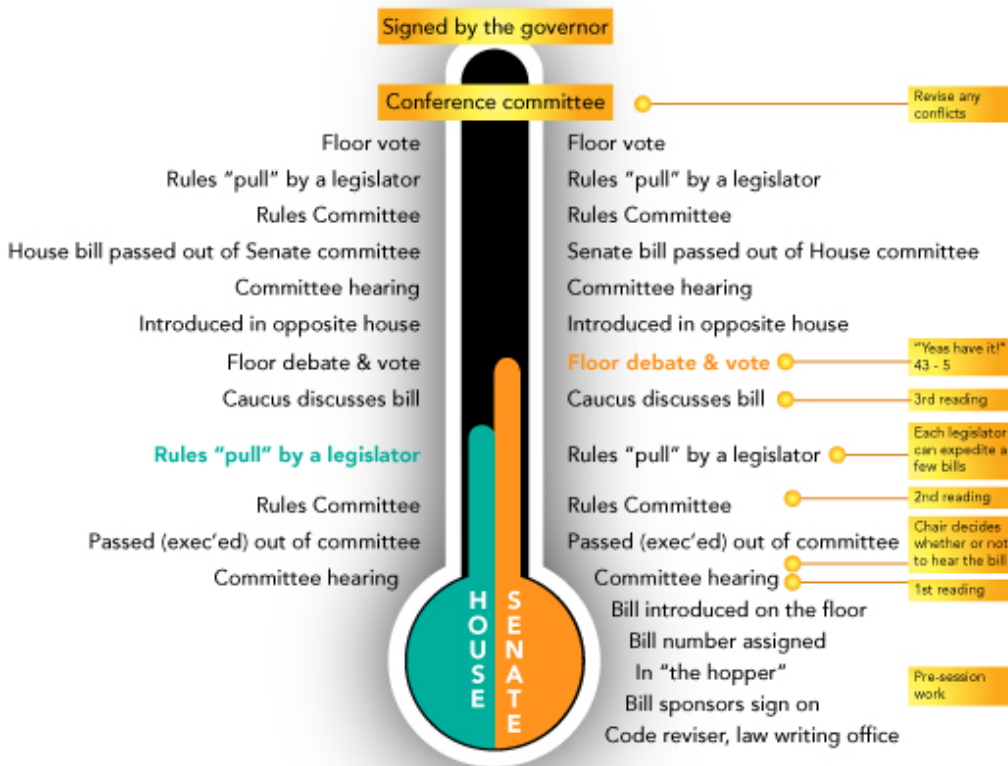
the club online:

www.mtbakerbikeclub.org
www.chuckanutcentury.org

and our social sites:



MAKING THE VULNERABLE USER BILL A LAW



WEEKLY AND GROUP RIDES



Chilly Hilly riders queued up for ferry. Photo: Cascade Bicycle Club

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. For additional info: Bob Parker

rmp4724@hotmail.com or 360-671-6910

Wednesday Group Workout Ride (Winter edition: trail ride with lights): 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 to sometime in March or April 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



NWEC
NORTHWEST EYE CLINIC

	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 - MBBC2011



**Sanitary
Service
Company**

FEATURED IN MARCH:

Bike Expo March 12-13, Volunteers Needed

The MBBC is again hosting a booth at the Seattle International Bicycle Expo, partnering with Todd Williams (Tour de Whatcom) and Charlie Heggem (Festival 542). We'll promote the Chuckanut Century plus other riding in Whatcom County. The dates are March 12th and 13th, Saturday and Sunday. Volunteer for a 2 hour shift and get free admission. Hours are 9am to 6pm on Saturday and 10am to 4pm on Sunday. Sign up soon as the spots are going fast. Contact MBBC Event Coordinator Doug Schoonover: Doug.Schoonover@gmail.com or 360-410-6431 to reserve your spot.

This is a great way to spend the day, check out the new equipment, check out rides in other areas, attend seminars and demonstrations, and maybe even find a bargain or two.

The 2011 Seattle Bicycle Expo will be held once again in the deluxe, newly-constructed, two-story Smith Cove Cruise Terminal, 91, 2001 W Garfield St in Seattle. For more information on Bike Expo see www.cascade.org/EandR/expo

McClinchy Mile March 19

Beginning in Arlington. Ride a 34-mile flat and scenic loop or choose from two more challenging loops - 48 miles via Granite Falls or 52 miles thru Stanwood when you add the new north-end extension. Ride both and make it an early season century. Ride all 3 loops for even more miles. New this year - a free escorted family 8-mile round trip ride.

We had a full day of sun for this ride last year, hoping for the same in 2011.

bikesclub.org/html/mcclinchy/mcclinchy.htm

St. Pats Day Parade March 12, Bikes Needed

Bellingham's second St. Patrick's Day parade will be on March 12 from 12-2pm. Decorate your bike and join the everybodyBIKE leprechauns in the 2-mile slow parade route down Cornwall. Parade starts in the Woodsmith's parking lot on Cornwall.

Questions: 671-BIKE or info@everybodyBIKE.com

Additional information about the parade can be seen at www.stpatsbham.com

2011 EVENTS

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

Bike Month: May 1-31

May is Bike Month! May Events are:

- 1 100 Years of Bicycles: exhibit at Lynden Museum
- 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 -

March 2, 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

Bike Travelogue Slide Show: March 10, 7-8:30 pm,
Broadway at Meridian, upstairs from the ReStore. Three presentations in one: Bicycle Erie Canal Trail, Melbourne Australia, & US Southwest

Ladies Night at Kulshan Cyclery: March 10, 7-9pm.

Come enjoy an evening with refreshments, prizes and shopping. Check out the latest in women-specific products, make new riding buddies, learn how to fix a flat and find out about events and rides. 360-733-6440: Liz at Kulshan, 110 Chestnut

Seattle Bike Expo: March 12,13 volunteers needed, see p. 2.

St. Pat's Parade: March 12, see p. 2

Bicycle Alliance of Washington: Hub & Spoke

Advocacy Meeting, March 24, 5:30-8pm Skagit River Brewery, 404 S. 3rd Street, Mt. Vernon (near Amtrak station). The BAW is bringing its *Hub & Spoke* tour to Mount Vernon, inviting cyclists from Skagit, Whatcom and Snohomish Counties to meet for some networking and discussion of cycling issues. bicyclealliance.org/news
RSVP requested: LouiseMc@bicyclealliance.org

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

Fanatik celebrates the opening of its new larger location at 1812 N State Street. 756-0504 or sales@fanatikbike.com

TheBikeShop & Whatcom Events Bike Swap, April 30,
10am-4pm Sportsplex, 1225 Civic Field Way. info: 758-2035 or thebikeshop1.org/SWAP_A.html

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2011 RIDES

March

- 13 Gran Fondo (Ephrata, WA) beezleyburn.com
- 19 McClinchy Mile (Arlington) - see p. 2 bikesclub.org

April

- 2 Women's Ride from the New Fanatik fanatikbike.com
- 3 April 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) redmondyclingclub.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) redmondyclingclub.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) redmondyclingclub.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

Focus on a Club Member



CYCLING, EIGHT KNEE SURGERIES, AND PERSEVERANCE (OR IS IT STUPIDITY?)

by Robin Robertson
USAC Cycling Coach
Owner & Manager,
Bellingham Tennis Club &
Fairhaven Fitness.

As I wrote this story about my knees, I realized that cycling saved me and continues to bring me sanity in many ways. Exercise has always been an important part of my life and cycling is now my only option because of my knees. Without it, I would be cuckoo. Cycling brings me physical fitness, mental release, opportunity to travel, and a great social scene ~ lucky me!

I didn't start out as a cyclist. I became a runner because my brothers always chased me. I was an active kid who did gymnastics too – but it always seemed like I was flopping on the ground. Turns out I was born with a rare condition of *discoïd meniscus* in the lateral (outside) compartments of both knees – and my left knee had a lump in its cartilage that made it lock or give out.

1 (1976) So, at the tender age of 13, I had my first open-knee surgery (arthroscopy hadn't yet been invented) to remove the entire cartilage because that was the technology at the time. My doctor told me to "exercise as tolerated by pain."

Back to running... I loved running! Especially since I was faster than my brothers and pretty fast in general. I also loved downhill skiing through moguls on long boards. Well, you guessed it, my knee swelled, I wrapped it and iced it and thought that's what the doctor meant by toleration. I ran competitively in high school and for WWU.

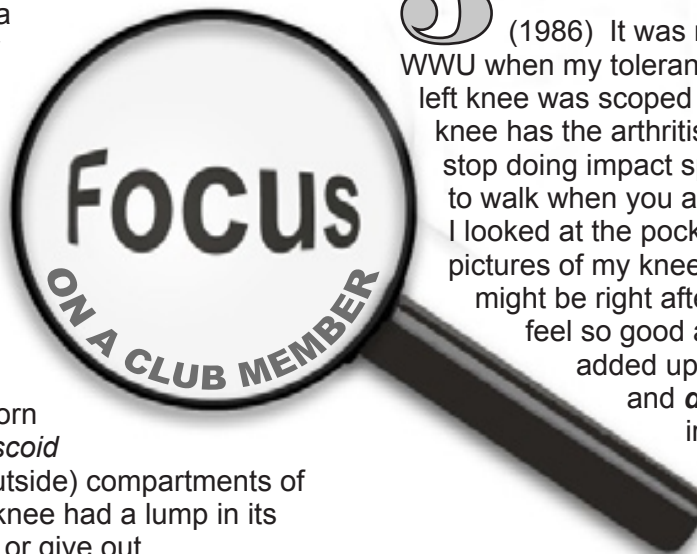
2 (1985) My right knee had been carrying the burden for my weaker left leg and it was bugging me

too. Fortunately, by now the docs had the technology to trim out the piece of excess cartilage instead of yanking out the whole thing. Problem solved. Kept running!

3 (1986) It was my last season of track at WWU when my tolerance for knee pain ran out. My left knee was scoped and my prognosis dim – "Your knee has the arthritis of an 80 year old. If you don't stop doing impact sports now, you won't be able to walk when you are 30." I smirked at that until I looked at the pockmarked and jack-hammered pictures of my knee joint and decided the doctor might be right after all. Besides, running didn't feel so good anymore. However, this all added up to no more running or skiing and **definitely** no tennis (now **that** is ironic). The transition away from my beloved running and skiing was a tough one.

Enter: the world of Cycling!
(*sound of angels singing in a choir*) I got a beautiful Reynolds 503 aluminum Trek for my college graduation present. I took it with me wherever I went and rode and rode and rode. My knees felt much better and my love for cycling grew. My husband and I loved cycling so much that we quit our jobs in 1990 and traveled around the world on our bikes.

4 (1995) Well, I made it to 34 years old before I could no longer walk without excruciating pain. My left knee had become quite knock-kneed because the outside of the joint was collapsing. Being too young for a knee replacement, I had a rather extensive surgery called "femoral osteotomy" where, to relieve the grinding in my collapsing side of my knee, my femur was cut, my leg realigned (straightened out)



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Focus on a Club Member

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and bolted back together with some nifty hardware. I call this foot-long scar my Nike swoosh (*Just Did It*). Rehab included three months on crutches, lots of therapy to strengthen my atrophied leg muscles; about a year of rehab. After four months I was cleared to get on my bike (on a trainer) to work at making the pedals go around. I didn't know you could sweat so much going nowhere so slowly. After a year I was out on the road again and a magical thing happened when I took a step pain free.

5

(1997) My need to ride a bike prevails – This surgery was to remove the hardware from the osteotomy and shave off some arthritic bone spurs that got in the way of pedaling.

6

(2001) My arthritis is gaining on me and the bone spurs are getting in the way. My doctor tells me he can save me a scar (really, does it matter now?) if we open up the center of the knee so that he can get to both sides to shave off the bone spurs. I was back on my bike in four weeks.

7

(2005) Arthroscopy this time, to remove a chunk of something wandering around in my knee. I was back on my bike in 2 weeks.

8

(2007) I favor my left leg because it is weaker and my knee has a limited range of motion. My right knee finally had enough of hauling the extra work and I had a partial menisectomy to remove some cartilage tears. I was back on my bike in a week. In 2008 I started racing and won the Washington State BARR (Best All-around Road Racer) award for the Masters B division.

What is next? I am having some déjà vu as my right knee is beginning to show the same symptoms as my left did prior to surgery #4 (the Nike swoosh surgery). Fortunately (!?) I am getting to the age where knee replacements are the solution. I am just really partial to my own bones and so will do whatever I can to hold that off for as long as possible. In the meantime? You'll see me on my bike – on the road, in the mountains, riding to and from work, and racing for Jack's Bicycle Team!



Robin coaching a cycling camp at Fairhaven Fitness. Photos by a blurry, low-resolution smartphone.



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





Welcome new members!

Mike Benson

Alaine Borgias

John Enyeart

Pam Fonda

Paul Haskins

Dan Meucci

Lisa Meucci

Evan Wert

Kirsten Wert

Pat Wheat

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

- **Fairhaven Fitness** is seeking an **Indoor Cycling Instructor**. Apply before March 7; download an application and details: bellinghamtennis.com/files/CyclingInstructorJobDescription.pdf
- The **WhIMPs** (Whatcom Independent Mountain Pedalers), our local mountain biking group, has a **new web site**: check out what's happening on the trails at: whimpsmtb.org
- The **Concerned Neighbors of Lake Samish** wish to thank those who attended the pre-hearing in February. Formal hearings have now been scheduled, and that schedule, as well as an explanation of issues regarding the proposed Sleepy Hollow development around the lake, is given on their web site: lakesamish.org/issues/sleepy_hollow.html



Races

Events: continued from page 3

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

Classes & Training

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

USA Fit Bellingham is once again instructing triathlon training in preparation for the Lake Padden Triathlon on June 25.
- Training series starts: **March 30**.
usafitbellinghamtri.com

Bellingham REI Cycling maintenance classes, sign-up required: monthly calendar at www.rei.com/stores/events/65
- **March 21** - Bike Maintenance Basics
- **March 26** - Bike Maintenance 201

everybodyBike Cycling safety and confidence classes: check the events calendar at everybodybike.com/calendar.aspx currently scheduled:
- **March 28 First Gear:** 6pm at Birchwood Elementary School
- **April 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

Trail Building

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

Trail maintenance dates from WhIMPs:

March 6 rescheduled to March 13 due to snow - check with Kulshan to be sure! (Raptor Ridge, meet 8:30am at North Chuckanut Trailhead parking lot.); **March 13, 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:

March 5 - 9am Happy Valley Park & 1:30pm Fairhaven Park
March 12 - 1:30pm Old Village Trail
March 26 - 1:30pm Squalicum Creek Park
March 26 - 2pm Fairhaven Park
April 2 - 10am Cordata Trail
April 2 - 1:30pm Padden Creek Trail & 6th Street

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



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		March 1 Tues North Social Ride	2 Wed Group Ride Bike to Work Day planning meeting	3 Thurs South Social Ride	4	5 Donut Ride Bellingham Parks trail work parties
6 Edison Social Ride <i>Kulshan/Jack's/WhIMPs trail work party - moved to 13th</i>	7	8 Tues North Social Ride	9 Wed Group Ride	10 Thurs S Social Ride Bike Slide Show Kulshan Ladies' Night	11	12 Donut Ride Recumbent Ride St Pat's Day Parade Bike Expo - Day 1 Bellingham Parks trail work parties
13 <i>Daylight Time Begins</i> <i>WhIMPs work party</i> Edison Social Ride Bike Expo - Day 2	14	15 Tues North Social Ride	16 Wed Group Ride	17 Thurs South Social Ride <i>St. Patrick's Day</i>	18	19 Donut Ride
20 <i>Spring Begins</i> Edison Social Ride	21 Bike Maintenance Basics @ REI	22 Tues North Social Ride	23 Wed Group Ride	24 Thurs S Social Ride BAW Advocacy Meeting	25 April MBBC Newsletter Deadline	26 Donut Ride Bellingham Parks trail work parties Bike Maintenance 201 @ REI
27 Edison Social Ride	28 everybodyBike First Gear class	29 Tues North Social Ride	30 Wed Group Ride USAFit Training Series	31 Thurs South Social Ride	April 1	2 Donut Ride Bellingham Parks trail work parties Fanatik Shop's Grand Opening



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..