



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Volume 19 Number 3, April 2010

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This month's contributors:
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Anderson, Marie Kimball,
Robin Robertson, Melanie
Swanson, Matthew Velguth,
Erica Work. Thanks to All!





the club online:

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

 twitter.com/mtbakerbike

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

 [digg.com/users/
MtBakerBicycle](https://www.digg.com/users/MtBakerBicycle)



Kids work on their bikes, above, in the first Bike Shop project in Portland, ME. The Bike Shop truck, left, arrives in Bellingham after a 3000 mile trek cross-country.

THE BIKE SHOP ROLLS INTO BELLINGHAM

The Bike Shop is a non-profit child-centered project for participants from low-income homes. Without it many local children could not afford to purchase or even repair and maintain a bike. At the Shop, children and youth learn to give their bikes the care that keeps them operating safely. The shop also organizes rides to enable our group to cycle into the greater Bellingham area and beyond, exploring, building riding competence and self-esteem. A bicycle is literal empowerment.

Director Matthew Velguth brings his experience running a similar program in Portland, Maine. He chose Bellingham to open his next Bike Shop program because this area is very bicycle friendly and has children who will benefit from the Shop's youth programming. The Shop is currently located at 558 Sterling Drive, and will open on April 20th following completion of remodeling work. The Shop will be open to all Bellingham and Alderwood area children and youth from low-income homes.

Matthew comments about the shop's opening and initial needs. "Currently we are looking for bicycle donations," he says. "Kids' bikes primarily but some adult sizes for teens as well. We repair, so will take bikes in almost

any condition." After a month

or so of repairing bikes and working with participants, the Shop will host weekend rides

for participating children. "We will need volunteer guides. We generally look for a once-a-month commitment through the warmer months. Guides ride with children and help to teach both traffic safety and cycling skills."

If you are interested in either making a tax-deductible donation or volunteering as a guide, contact Matt at thebikeshop1@gmail.com or 360/758-2035. See the Shop's website at: www.thebikeshop1.org.

The Bike Shop will be joining National Bike Month festivities by hosting a Bike Swap fundraiser on May 15 at the Bellingham Sportsplex: 1225 Civic Field Way. Contact Matt if you'd like to volunteer for this one-day event or help set up the previous evening (May 14th). Bike Swap information is available at www.thebikeshop1.org/SWAP.html.

WEEKLY AND GROUP RIDES — Springtime Edition



Tuesday AM Social Ride: starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. 10am start time in winter, 9am in better weather. To check start time and for other info: Robert Parker at rmp-4724@hotmail.com or 360-671-6910

Tuesday Evening Ride: "Ramp-Up" begins April 6. 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

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 Oct-Mar this is a night trail ride with lights. Re-group at brewery afterward (7:30 pm). Contact: ridecoordinator@mtbakerbikeclub.org, 410-6431

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 rmp-4724@hotmail.com or 360-671-6910

Do you want to promote a weekly ride?

If you or your organization is heading up a ride this season, let us know so we can publicize it here!



NWEC
NORTHWEST EYE CLINIC
EYE PHYSICIANS AND SURGEONS



Convenient SSC document shredding, F+, and recycling collection, at home or at work, leave you more free time to hop on your bike and enjoy Whatcom County!

AWARD-WINNING
FOOD *plus!*
RECYCLING
Yard Waste • Food-Soiled Paper • Food Scraps

**CONFIDENTIAL
DATA SHREDDING**
Mobile • Secure • Recycled
SSC is proud to present Bike to Work & School Day 2010!

NOTES FOR APRIL:

Volunteers needed on Tulip Pedal, April 17

One of the biggest fundraisers for Skagit Safe Kids each year is the Tulip Pedal bike ride. It's also one of the biggest bike rides in the area – last year we had just over 600 riders! This year's ride is Saturday, April 17, and there are 20-, 40-, and 60-mile courses. We need help staffing and supporting the ride in areas such as:

- Registration area (staffing tables, check-in) at La Conner Middle School. 6:45am-12:30pm
- Rest areas (Edison Fire Dept., McLean Road Fire Dept. and Conway-Lutheran Church). 7am-4pm.
- We are in great need of technical help – volunteers to do safety checks on the bikes before riders head out and to assist with minor fixes. These volunteers should be prepared with knowledge and materials for minor repairs. They might also go out on the course in a support vehicle to assist with breakdowns. 6:45am and on.

Volunteers can choose any hours to work. Volunteers get lunch and a Tulip Pedal shirt.

If you are interested in volunteering, please contact Bill Craig, 360-428-3236 or billc@skagititems.com.

Bike Month Kickoff Reception - April 30th

Bike Month is right around the corner! Get your Team-Up team together and join us at the Copper Hog, 5-7pm. p. 3

2010 EVENTS PAGE - check each month as new events are added

Bike Month - May 1-31

Team Up Kickoff Reception - April 30, 5-7pm at the Copper Hog. Get your team together: detailed instructions at: www.everybodybike.com/events-rides.aspx

Pedal with your Politician - May 15

Bike to Work and School Day - May 21

Bike To Work & School Day planning meetings -

April 7, May 5; 6:30-8:30 pm 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

April 3: Bellingham Downtown Farmer's Market opens for the year. Stop by the everybodyBike booth. Saturdays 10-3, Depot Square: Railroad & Chestnut. bellinghamfarmers.org

April 24-25: Dirty Dan Days www.fairhaven.com

Classes & Training

everybodyBike Cycling safety and confidence

classes: calendar at everybodybike.com/calendar.aspx

April 14 Full Cycle: *First Gear*

April 15 Full Cycle: *Fixing to Ride*

April 17 Full Cycle: *On the Road*

May 1 Bike Rodeo at Bellis Fair



Get your training on at Fairhaven Fitness

Cycle Moles Spring Training Camp (8 weeks): Get ready for the Ski to Sea race or your other summer bike adventures! Starting April 5, M&W 6:45-8:00pm

Ride the Tour de France: Fun 90-minute indoor rides following the course of every stage: July 3-25, 6am M-F; 7am wkends

Mt. Baker Hill Climb Camp: Outdoor rides to get you ready for the hills; July 29-Sept 9, Thursdays 6-7:30am

details: bellinghamtennis.com or 733-5050

Bellingham REI Cycling maintenance classes (sign-up required):

April 1 & 26: Bike maintenance basics

April 10: Bike maintenance 201

details at www.rei.com/stores/events/65

Womens' Bike Maintenance Classes at The Hub

Melanie Swanson, bike mechanic at The Hub Community Co-Op, will again be offering bike maintenance classes for women. Learn how your bike operates and some basic maintenance

2010 RIDES

April

17 Tulip Pedal (LaConner) www.tulipfestival.org/events

18 Daffodil Classic (Puyallup) www.twbc.org/events/

24 Tour de Lopez lopezisland.com/tourdelopez.htm

May

1 Camano Climb (Camano Island)

1 RACC: Ride Around Clark County (Vancouver WA) www.vancouverbicycleclub.com

2 Rhody Tour (Port Townsend) www.ptbikes.org

8 Skagit Spring Classic www.skagitbicycleclub.org

22 TourDeCure (Redmond) diabetes.org/tour

22 Munchenhaus Ride (Leavenworth) munchenhausbikeride.com

31 Seven Hills of Kirkland www.7hillskirkland.org

June

5 Apple Century (Wenatchee) www.applebikeride.com

5 Swan Century (Sedro Woolley) swancentury.org

6 Peninsula Metric Century (Southworth) www.twbc.org/events/peninsula

6 Fort2Fort (Port Townsend) fort2fortride.org

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

19 Tour de Blast (Mount St. Helens) www.tourdeblast.com

26 Chelan Century Challenge (Chelan) www.centuryride.com

July

10 S2S (Seattle to Spokane; 283 miles in one day of insanity) www.redmondcyclingclub.org/S2S/S2S.html

11-17 TourBC (Creston BC loop) www.tourbc.net

11-31 Big Ride Washington (statewide loop) bigride.org

14-18 RedSpoke - Redmond to Spokane www.redspoke.org

17-18 Seattle to Portland/STP www.cascade.org/EandR/stp

29 RAMROD - Ride Around Mt. Rainier One Day www.redmondcyclingclub.org

31 Tour de Whatcom (Bellingham) www.tourdewhatcom.com

31 Seattle Century www.seattlecentury.com

August

7 Bike to Battle Cancer (Bellingham) biketobattlecancer.org

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

28-29 RAPSody - Ride Around Puget Sound (Tacoma) www.rapsodybikeride.com

29 Summits of Bothell www.summits-of-bothell.org

September

11-12 MS 150 Bike Ride (Mt. Vernon)

12 Mt. Baker Hill Climb (Glacier) norkarecreation.com

11-13 Trek Tri-Island (San Juan, Lopez, Orcas Islands) alaw.org

19 Chuckanut Century (Bellingham) mtbakerbikeclub.org

19 Cycle The Wave (Issaquah) cyclethewave.com

25 Tour de Whidbey (Oak Harbor) tinyurl.com/5zw9zv

26 Kitsap Color Classic www.cascade.org/EandR/kitsap

October

1-3 Fall Bike Festival (Winthrop) www.mvsta.com





SEATTLE BIKE EXPO 2010: MBBC IS "BEST IN SHOW"

The Seattle Bike Expo was the weekend of March 13-14 and this year the MBBC participated in a double-sized booth, thanks to joint sponsorship with two other local organizations.



The Ride/Run 542 event, aka "Mt. Baker Hill Climb" by Charlie Heggem and Norka Recreation, as well as the

Tour de Whatcom by Todd Williams for the Boys and Girls Clubs, joined the Chuckanut



Century by the Mount Baker Bicycle Club for Whatcom Hospice. The large booth was a walk-through arrangement that included posters and information for all three Whatcom County events, plus the original artwork for the previous years of Ride 542, historical bike jerseys from past events, giveaways, and snacks. After the Expo when awards were handed out, we were told that the booth took First Place for Best Booth at the show! Good job and thanks to sponsors and volunteers!



Description of photos:

two photos top left: World Champion artistic cyclists from Germany, including new UCI World Champion in single artistic women, Corinna Hein, plus Stefan Musu and Lukas Matla, performed at the Expo.

two photos top right: mint-condition classic bikes and accessories on display at the Expo.

two photos center: MBBC booth, sponsored also by Tour de Whatcom and Ride 542, set up and ready to go, then full of volunteers and fans!

photo right: Booth Babes Dennis, Marc, and Doug engage the masses.



photos courtesy of Marc Ambers Photography

CYCLING, FUEL, AND YOUR METABOLISM

Do you want to have more endurance when you ride? The key is in your metabolism. Simply put, metabolism is the body's way of converting food into energy, and then using that energy to sustain and build the body. It takes a complex and interrelated series of chemical and physical processes to accomplish that. A simple way to understand your body's metabolism? It works a lot like the engine of a car.

To get up and go, your body needs food, much like a car engine needs fuel. Your body's engine is your metabolism. When you rev the engine—say, when exercising—you burn more fuel.

Fuel Sources: FAT and CARBOHYDRATES

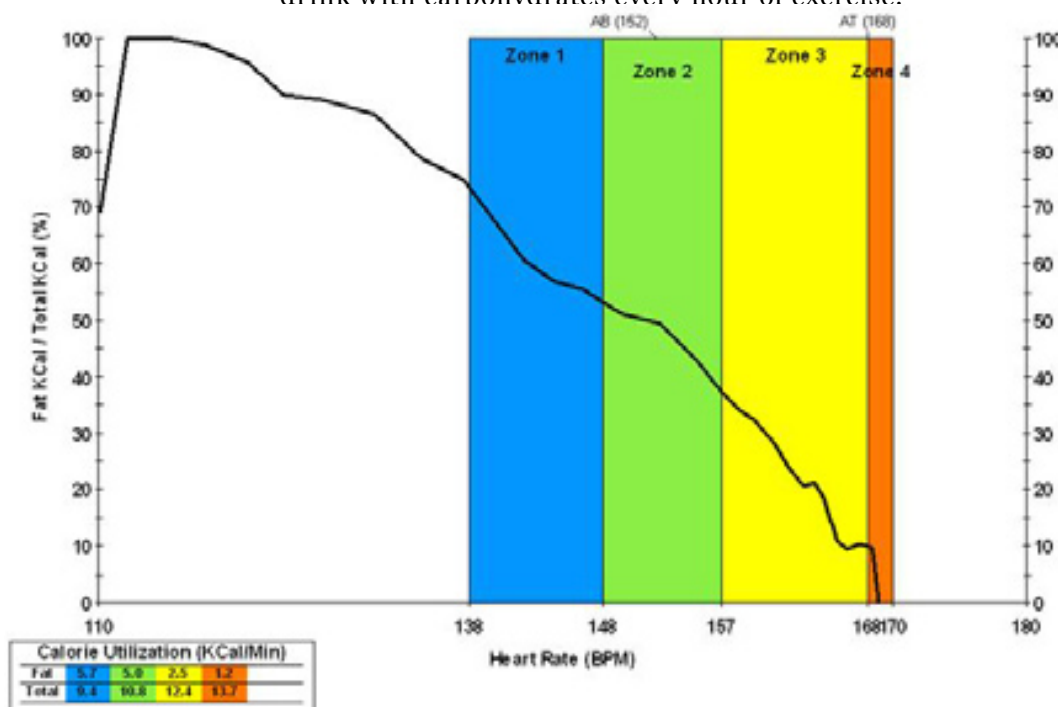
In general, your body stores fuel in one of two ways: as fat or as carbohydrates. To convert fat into energy, oxygen must be present. This means you are aerobic (with oxygen) in your activities. When you increase your muscle demand through a high level of activity, your body wants more energy than you have oxygen to produce and you rely on anaerobic metabolism (converting stored fuel to energy without oxygen). Only carbohydrates can be converted to energy anaerobically.

The relationship between fat and carbs for fuel is on a sliding scale: at rest you probably use a much higher percentage of fat for fuel and as your activity level increases, you'll use less fat and more carbohydrates until you hit your anaerobic threshold when you are using all carbohydrates. The actual sliding scale for each person depends on your metabolism. The good news is that you can train your body to burn higher amounts of fat for longer, becoming a very efficient fat burning machine...more on that below.

Fat is a "clean burning" fuel – there is no exhaust (by products) and virtually an unlimited supply. Carbohydrates are a "dirty fuel" – you have a limited supply with a by product of lactic acid (that "burn" feeling with exhausted muscles). Your body taps into carbohydrates usually for big power demands or when you are in your anaerobic state. You usually know when you have crossed from the aerobic to anaerobic state because your breathing becomes labored and you feel like you are working very hard. After a hard effort, once your body goes into an anaerobic state, it takes some time to resume aerobic metabolism (so

this means that you continue to use your precious carbohydrate stores even when you are recovering and already feeling better from your effort).

Have you ever bonked or hit the wall? That feeling that you can't possibly go on because you are all out of energy or your muscles won't go any harder? That feeling is caused by depleting your carbohydrate stores. You can minimize bonking by taking in calories while you exercise. Your body can process about 200 calories per hour during exercise – so eat a gel, or a bar, or have a drink with carbohydrates every hour of exercise.



FAT or CARBS: Does it Matter?

It matters because fat is unlimited and carbohydrates are not. Through metabolic training, you can actually teach your body to use more fat for longer up to your anaerobic threshold. When you do this, you will have more endurance and will conserve your carbohydrate stores for when you really need them in a sprint, on a hill, or at the finish line.

Robin Robertson is a USAC Coach certified in Metabolic Testing, and is the Owner & Manager of Bellingham Tennis Club & Fairhaven Fitness, which is a MBBC Sponsor this year!
www.bellinghamtennis.com





Welcome new members!

James Boyd

Jon Mutchler

Brent Waggoner

And thank you to member-sponsors:

Brad Burdick and the Mt. Baker Theatre

Charlie Heggem and Norka Recreation
(Festival 542)

Todd Williams and the Tour de Whatcom

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

MBBC ADMINISTRATION

Mt. Baker Bicycle Club

Board of Directors and Officers:

Marie Kimball - President; Chris Covert-Bowlds - Vice President; Scott Dorough - Secretary; Tiffany Holmgren - Treasurer; Marc Ambers - Ride Coordinator; Doug Schoonover - Event Coordinator; Cathie Gerlicher, Bill McCourt, Eric Stromerson -- members 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

also available at: www.mtbakerbikeclub.org/files/membershipform.pdf

everybody  BIKE

SMART

TRIPS

MBBC Membership Form

☐ 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 can be any person living at the same address as the individual member)

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

(There will be a \$20 fee for all returned checks.)

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

skills in a supportive and fun setting. The class will cover basic bicycle anatomy, how to care for the bike chain, flat tire repair, and troubleshooting. The class will be held several times. Call to reserve your spot. Last year all the dates filled up quickly!

Dates: **April 6 & 20; May 4 & 18; June 1 & 15.**

Location: The Hub: 903 1/2 State St, behind Washington Divers

Cost: Free, donations accepted.

Pre-registration required: 746-2854 or sign up at The Hub.

Training at Bellingham YMCA details: 733-8630
Mountain Bike Basics, Thursdays 5:30-8:30pm April 22-May 13
Beginning Triathlon Training, Wed & Sat, April 7-June 23

Races

May 30: Ski to Sea www.skitosea.com

Sept 18: Bellingham Traverse bellingshamtraverse.com

Parks & Recreation Race Series www.trithethecookie.com

June 26: Lake Padden Triathlon

July 24: Lake Padden Duathlon

August 14: Bellingham Youth Triathlon

October 10: Runningshoes.com Duathlon

October 11: YMCA Youth Duathlon

Indie series will be in Bellingham July 18

see full schedule at: www.indieseries.com

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), the Bellingham REI and by the Parks Department.

Trail maintenance dates from WhIMPs:

April 11 & 17 - May 2 & 9 - June TBD.

Meeting times all at 10am. Tools supplied. Wear appropriate clothing for the weather conditions. Check website for exact location. www.whimpsmtb.com/trailbuilding.html

Reports of previous trail days are on the blog:

wmbctrails.blogspot.com

Trail work dates from Bellingham Parks Dept. Spring work dates weren't published yet at newsletter time, so check for information: Bellingham Parks & Recreation, 360-778-7105
cob.org/documents/parks/volunteer/work-schedule.pdf

Earth Day Service Project: Interurban Trail

Join Whatcom Land Trust and REI on Earth Day, 4/22/2010 at the Interurban Trail. We'll be working on a section of the Trail in Fairhaven removing invasive plants.

Register online or call 647-8955, only 30 spots available

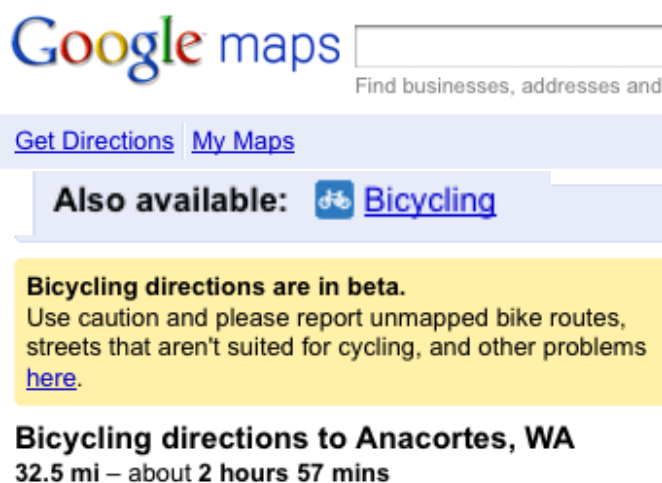
www.rei.com/event/3569/session/4177

Mount Baker Club Ride

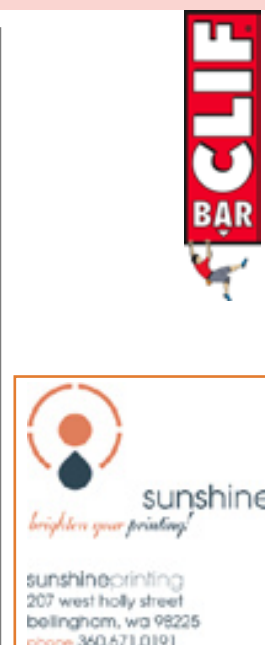
April 24 Bike the Farmlands of Skagit County. Easy, flat ride. Meet 10am Sunnysland. Jan 734-6602 for more info.
mountbakerclub.org


SHORT SUBJECTS

Did you know? Google Maps (maps.google.com) **has bicycling directions in beta-testing now!** If you're trying to find a route from one point to another, type in your start and destination addresses on Google Maps, then select "by bike." Google has a link on the directions page to send your feedback if its suggested bike route is inappropriate. Try it!



The Bellingham REI has an opening for a TECHNICAL SPECIALIST II. This person has responsibility for the assembly and repair of bikes and snowsports equipment at REI. For details and to apply for the position, see the promotion on rei.com (shortened URL to the position is: <http://bit.ly/bdN50Y>)



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				April 1 REI Bike Maint Basics	2	3 Donut Ride Farmers Market opens REI Garage Sale
4 <i>Easter</i>	5 Cycle Moles spring training begins	6 Tues AM Social Ride Hub Bike-Maint class <i>Tues Ramp-Up Ride begins!</i>	7 Wed Group Ride YMCA triathlon training begins Bike Day planning mtg	8	9	10 Donut Ride Recumbent Ride REI Bike Maint 201
11 WhIMPs trail maintenance party	12	13 Tues AM Social Ride Tues Ramp-Up Ride	14 Wed Group Ride everybodyBike 1st Gear	15 <i>Tax Day</i> everybodyBike Fixing to Ride	16	17 Donut Ride Tulip Pedal WhIMPs trail maint e'bodyBk OnTheRoad
18 Daffodil Classic	19	20 Tues AM Social Ride Tues Ramp-Up Ride Hub Bike-Maint class <i>The Bike Shop</i> opens	21 Wed Group Ride	22 <i>Earth Day</i> Service Project Trail maintenance YMCA Mt. Bike classes begin	23 May MBBC Newsletter Deadline	24 Donut Ride Tour de Lopez Mount Baker Club ride Dirty Dan Days
25 Dirty Dan Days	26 REI Bike Maint Basics	27 Tues AM Social Ride Tues Ramp-Up Ride	28 Wed Group Ride	29	30 <i>Arbor Day</i> Bike Month kickoff party!	May 1 Donut Ride Camano Climb RACC everybodyBike Rodeo



Mt. Baker Bicycle Club
Post Office Box 2702
Bellingham, Washington



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 if they wish.