



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Volume 26, No 2, March 2017

Get ready for Spring Riding - **LEARN TO FIX YOUR BIKE WITH THE MBBC!**

Are you like me?

Love cycling, but know little of how to repair or maintain your bike?

Or, maybe you would like to expand your knowledge. Here's your chance to learn from experienced MBBC members, Shawn Lucke and Gregory Rehm, who are willing to share their time and skills in a series of hands-on bike clinics, just in time for the beginning of Daylight Time and start of Spring. The clinics are being held the first two Tuesday evenings in March.

Bring your bike, a bike stand if you have one, and any tools you have that might potentially be used. (As well as any bike tools that you want to learn to use!)

The location is "The Garage Majal" 2515 Keesling Street, Bellingham. You can park in the driveway or street parking is available.

Session 1

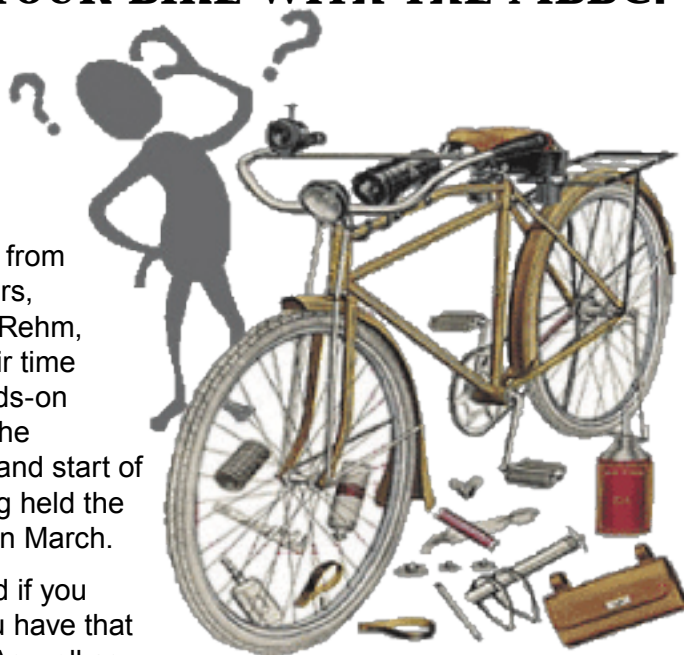
Tuesday, March 7th 6:30-8:00

Basic Roadside Repair: how to remove a wheel, tube and tire repair, truing a wheel, broken spoke, practice using air cartridges, recommended tools to carry.

Session 2

Tuesday, March 14th 6:30-8:00

Maintaining: cleaning chain, basic adjustments to brakes and gears,



cleaning, inspecting, and maintaining parts and frame, changing cassettes.

There is enough space to accommodate 8 people per class. Please respond to Carol Spano to reserve a spot, and if you have any questions. wildiscalling@gmail.com

in this newsletter:

Bike Maintenance Classes..	1
March Events	2
Weekly Rides	2
Events in 2017	3
New MBBC web site	4-5
Club Administration.....	6
Membership Form.....	6
MBBC Fondo Trip.....	7
Welcome new members ..	7
March Calendar	8

This month's contributors:
Dave Dardano, Brent Detta,
Bob Rosenthal, Carol Spano
Thanks All!



the club online:

mtbakerbikeclub.org
chuckanutclassic.org
and our social sites:



Seattle Bike Show:

March 4 & 5.
MBBC will be there
in booth 1117
with Bellingham
Tourism.

Stop by to see us!
seattlebikeshow.com



WEEKLY AND GROUP RIDES: *APPROACHING SPRING* EDITION

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

Sunday Rabbit Ride: 32mi road ride, south on Chuckanut, back via Colony and Lake Samish. All welcome; come prepared to push yourself. Pace varies by individual. Small similarly-paced groups leave from Fairhaven Bike. Those who ride slower than 16 mph, be ready to ride by 8:00 am (winter start time) Faster groups leave every 5 minutes thereafter, johnh@fairhavenbike.com 733-4433 fairhavenbike.com/about/sunday-rabbit-ride-pg355.htm



Tuesday Ferndale Social Ride: starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. Start time 10am. To check time and other info: Bob Parker rmp-4724@hotmail.com or 360-671-6910

Wednesday Group Trail Ride: Meet 5:45pm, leave 6pm from parking lot across from Boundary Bay Brewery on Railroad Ave. Beginning in October, this is the yearly overwinter trail ride with lights. Bring a trail-ready bike and light it up! This is a vigorous ride around our local trails and runs every week overwinter, rain or snow or cold! Info: t.ryan.2009@gmail.com Ride will switch back to evening road ride in late March/April 2017. Check with ride leader.

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, 7am summer-season start time, 7:30am winter depart.. 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. Weather-dependent. Robert Parker at rmp-4724@hotmail.com or 360-671-6910

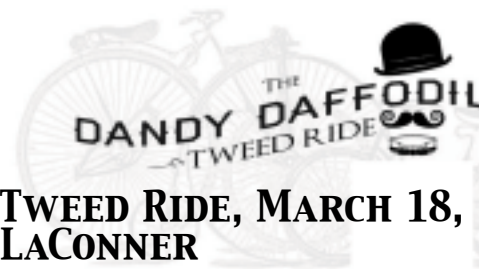
RIDING IN MARCH



Celebration of Strong Communities: **RIDE TO REMEMBER OSO MARCH 19TH**

Ride on SR 530 from Arlington to Darrington. Road ride, Family-friendly trail ride, and party in Darrington. We will remember those who were lost and affected by the slide and bring our communities together to ride the road that connects us.

ridetorememberoso.com



TWEED RIDE, MARCH 18, LA CONNER

What would be better than a group ride among fields of daffodils in which the cyclists dress in classic tweed or any smart looking out t. Any effort made to recreate the spirit of yesteryear is always appreciated. Any and all bicycles are acceptable on the Tweed Ride. It's a smashing way to throw a party for all our cycling friends to celebrate the arrival of Spring.

thedandydaffodil.com

MUSSELS IN THE KETTLES: MARCH 4

Mountain Bike Ride on Whidbey Island

Easy, Moderate, and Expert routes. Choose how you want to test your mountain biking skills. Coincides with the Penn Cove Mussel Fest.

musselsinthekettles.net

MUSSELS IN THE KETTLES

EVENTS IN 2017

Bike Month

National Bike Everywhere Month - May 1-31

Procession of the Species parade - TBD bpots.org/

Bike to Work and School Day - May 19

Adaptive Cycles Expo - TBD

watch for more Bike Month events to be announced in May.

Classes & Training

Bellingham REI Cycling maintenance classes: check the monthly calendar at rei.com/stores/bellingham.html.

March 12: Hands-on Bike Maintenance: wheel truing

Races

March 18-19 US Cycling Collegiate road racing in Bellingham:

Road race, Time trial, and Criterium downtown!

www.edu/cycling/2017raceflyer.pdf

May 28: Ski to Sea skitosea.com

June 24: Lake Padden Triathlon

cob.org/services/recreation/races/Pages/padden-triathlon.aspx

July 15: Lake Whatcom Triathlon lakewhatcomtriathlon.com

August 6: Bellingham Youth Triathlon - cob.org/services/recreation/races/Pages/bellingham-youth-triathlon.aspx

Sept 16: Bellingham Traverse

recreationnorthwest.org/bellingham-traverse

Gatherings

March 4 & 5 Seattle Bike Show: seattlebikeshow.com

CenturyLink Field Event Center, 800 Occidental Ave

10-5 Sat; 10-4 Sun

March 16: Women on Wheels -- 6 pm at the

Cascade Bicycling Center; 7787 62nd Avenue NE Seattle

cascade.org/connect/women-wheels

March 20-21 Washington Bike Summit

Sponsored by the Cascade Bicycle Club, the annual two-day summit brings together advocates for bicycling and safe streets with professionals in planning, design, engineering, health, education, business and tourism. Red Lion Hotel, Olympia. Registration required. wabikes.org/summit/

washington
bike
summit

June 10-11 Evergreen Mountain Bike Festival -9am-5pm

King County's Duthie Hill Park evergreenmtbfestival.com

Bike demos, skills clinics, Kids events, family fun. Free

July 2 Pedaler's Fair (Seattle: Ballard): 1-8pm pedalersfair.com

July 1-10 Free Bike Party -- Ten days of crowdsourced, DIY summer bike fun all around the Central Puget Sound region. freebikeparty.com

August 18-20 Gigantic Bicycle Festival -- Pacific Northwest Bicycle Celebration. Weekend of music, hand-built bicycles, art, film, speakers, workshops, and many rides of different distances and skill levels. Centennial Fields Park, Snoqualmie, WA 98065 giganticbicyclefestival.org

2017 RIDES

March 2017

4 Mussels in the Kettles (Coupeville) musselsinthekettles.net

18 Dandy Daffodil Tweed Ride (La Conner) thedandydaffodil.com

19 Ride to Remember OSO (Arlington) ridetorememberoso.com

19 Gran Fondo (Ephrata) rideviciouscycle.com/events

25 Pedal Against Trafficking Humans (Seattle) pathride.org

April 2017

2 Valley River Ride (Renton) cascade.org/rides/major-rides

TBD Emerald City Bike Ride: car-free streets (Seattle)

15 Tulip Pedal (La Conner) tulipfestival.org/events

29 Tour de Lopez (Lopez Island) lopezisland.com/tourdelopez.htm

29 Major Taylor (Seattle) cascade.org/rides-major-rides/ride-major-taylor

30 McClinchy Mile (Arlington) bikesclub.org/mcclinchy

May 2017

7 Bike 'n Brews (Seattle) cascade.org/seattle-bike-n-brews

13 Skagit Spring Classic (Burlington) skagitspringclassic.org

21 Tour de Cure (Woodinville) tour.diabetes.org

29 7 Hills of Kirkland (Kirkland) 7hillskirkland.com

June 2017

3 Lake to Lake Ride (Bellevue) bellevuewa.gov/lake-to-lake-ride.htm

4 Woodinville Wine Ride (Woodinville) cascade.org/rides/major-rides

10 Flying Wheels (Redmond) cascade.org/flying-wheels

17 Tour de Blast (Mt St Helens) tourdeblast.com

30 - July 3 NW Tandem Rally (Seattle) nwtr.org/2017

July 2017

4 July 4th Ride (Bellingham-LaConner) MBBC ride

7 Seattle Night Ride (Seattle) cascade.org/rides/major-rides

15-16 STP (Seattle to Portland) cascade.org/stp

19-23 RedSpoke (Redmond-Spokane) redspoke.org

27 RAMROD (Mt. Rainier) redmondcyclingsclub.org

29 Tour de Whatcom (Bellingham) tourdewhatcom.com

29 CF Cycle for Life (Woodinville) fightcf.cff.org

29-August 5 Ride Around Washington (RAW) cascade.org/raw

August 2017

3-7 Climate Ride Pacific Northwest (Seattle, Victoria, Islands, etc) climateride.org/events/pacific-northwest

5 Tour de Lavender (Sequim) tourdelavender.wordpress.com

6 Ride the Hurricane - portangeles.org/pages/RideTheHurricane

11-13 Obliteride (Seattle) obliteride.org

13 Bill's Hills of Bellingham (MBBC ride) mtbakerbikeclub.org

18-19 RSVP (Seattle-B'ham-Vancouver BC) cascade.org/rsvp

19 Tour de Whidbey whidbeyhealth.org/giving/tour-de-whidbey

26-27 Courage Classic courageclassic.org

27 Chuckanut Classic (Bellingham) chuckanutclassic.org

September 2017

9 Gran Fondo Whistler (Whistler BC) granfondowhistler.com/

9 Passport2Pain (Vashon Island) passport2pain.org

10-11 Bike MS: Deception Pass Classic (Mt Vernon) bikewas.nationalmssociety.org/site/TR?fr_id=28273

17 Cycle the WAVE (Seattle) thewavefoundation.org/cycle-the-wave

24 Kitsap Color Classic (Kingston) cascade.org/kitsap-color-classic

October 2017

November 2017

24 Black Friday Ride (MBBC Ride - Bellingham)

Members areas for better communication

INTRO TO OUR NEW MBBC WEBSITE

A benefit of being in a bike club is that there are other members who want the same things that you do: to find friends to ride with who are of similar speed and like similar kinds of riding.

A major request from our members are the ability to connect with others for bike rides and get-togethers.

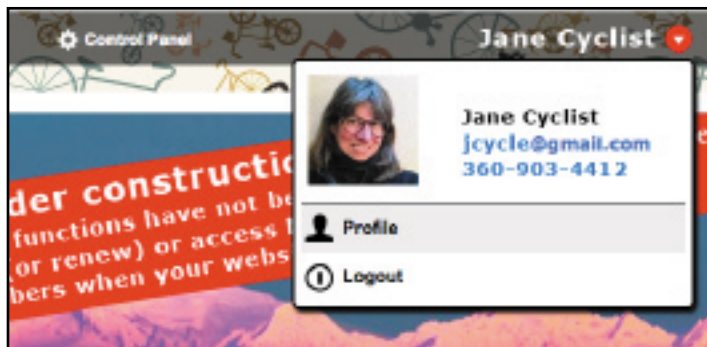
The MBBC has just launched a new website and partnership with ClubExpress. The new website includes a membership database so that everyone has their own login and access to the Member Center portion of the website. As a member, you can publicize your cycling interests (fast, slow, long, short, family, mountain, cruiser) and view the interests of other members. You can participate in discussions on the forums part of the website, and you can add your own bike rides to the calendar and invite others to ride them with you.

There are many member-focused features in the new website, and we're learning them as we go. For now, this newsletter article will help you get started and get familiar with some of the most-used portions of the new member tools.

1. Your Site Login



At the top right of any page on the mtbakerbikeclub.org website, you'll find the *Member Login* label. Click here to log in with your username and password (which were originally pre-assigned by the system). After your first login you can edit your profile to change your username and password.

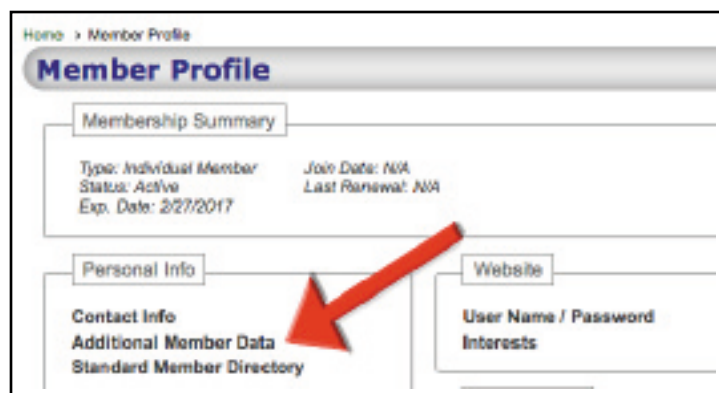


After logging in, your name will appear on the top, and by clicking it you'll be able to access your user profile.

2. Your Information and Privacy

The first thing you should look at when accessing your profile is the section called *Standard Member Directory*.

You can access it from the *Personal Info* section under your profile listing.



The *Standard Member Directory* section lets you choose how much of your profile information to make visible to other MBBC members. Note that none of your information is ever available to the public: it is only viewable by other members when they are logged into the website.



At the top of the *Standard Member Directory* section, you'll notice a pulldown called *Visibility*. Select one of the choices to show all or none of your information to other MBBC members online. The most restrictive option is to list nothing, not even your name, in the MBBC directory. You have the option to list a little bit (your name, city and state, as well as addition of email address, bio text, phone number, and address). Since many of our members communicate via email, I have chosen to show my name, city, and email address on my member directory listing.

3. More Profile Information

You can add your photo, a full paragraph of bio information if you'd like to share it, as well as phone and cell phone and other information. Please do not remove your address, phone, and email address from your profile - you can make them invisible by choosing *Do not list me*. But even if your information is invisible to the rest of the membership, your profile must be accessible by the MBBC admins to communicate information to you such as monthly newsletter and announcements and some US mail mailings such as membership cards.

continued on p. 5

NEW WEBSITE

continued from p. 4

4. Finding Members with Similar Interests

You can also access a group of cycling interests from your Member Profile, and choose the ones you would like to add to your own profile. Select *Interests* from under the *Website* section of the member profile page.

The screenshot shows the 'Interests' page of a member profile. On the left, there's a sidebar with 'Interests' highlighted. The main content area is titled 'Interests' and has a sub-header 'Type of Riding'. Below this, there's a list of riding types with checkboxes: 'Race-Face road rides', 'Moderate speed road rides', 'Serious road rides, slow speeds', 'Slow casual, around town', 'Family Rides with kids', 'MTB Rides, technical', and 'Mountain and Trail rides, casual'. A red box highlights the 'Interests' link in the sidebar, and a red arrow points to it.

This will open a window called *Interests*. Currently we have one set of interests to choose from: a list called *Type of Riding*. Choose any of these that you would like other members to know about. You will have the option of making your interests public so that other club members with the same interests can contact you. After you've chosen the interests you would like to share, be sure to *Save* at the bottom of the window.

As more members add interests, you'll be able to find groups with the same interests listed on the site's Member Center pages.

5. Adding Your Own Events to the Calendar

From the main menu on the left, choose *Events* and then the subdirectory *Event Calendar*.

The screenshot shows the main menu of the website. The 'Events' link is highlighted with a red arrow, and the 'Event Calendar' link is also highlighted with a red arrow.

You'll see a monthly calendar and you can click on any event name to find more information. To add your own event, click the *Add QuickEvent* button on the top right.

The screenshot shows the 'Events - Grid View' page. A red arrow points to the 'Add QuickEvent' button in the top right corner.

A large *Create QuickEvent* window (see below) will open, and you can fill out the information for your event. Be sure to include yourself as the contact (the system will fill in your membership contact information for this). Click *Save* and your event's on the calendar!

Give the new website a try - we hope people will start using the communications features and they will lead to more get togethers and rides this year!

More website features instruction coming in April!

The screenshot shows the 'Create QuickEvent' form. A red arrow points to the 'Add QuickEvent' button. A red arrow points to the 'Event Date/Time' field. A red arrow points to the 'Save' button.

MBBC ADMINISTRATION

Mount Baker Bicycle Club Board of Directors and Officers:

Hilary Higgins - President
John Okan - Vice President
Jennifer Longstaff - Secretary/Membership
Dina Soda -Treasurer
Bill McCourt, Greg Rehm, Tim Ryan, Joe Wiederhold
- at large

Project leaders:

Chuckanut Classic: John Okan and committee
New Year's Day Ride: Mark Wheatley
Newsletter-Bagel Procurer: Cathie Gerlicher
Graphic Design: Tim Ryan
Website: Michael Richard
Bike to Work Day Stations: Pam Fonda, Mary Cole



Club Bike Jerseys

The official MBBC bike jersey is available in two styles: a colorful (1) short-sleeved 3/4 zip, available in men's and women's club cut sizes (2) long-sleeved full zip thermal in men's and women's race cut. Jerseys may be ordered directly from Voler.com. voler.com/browse/collections/details/li/MtBakerBicycleClub. MBBC members: check your email for discount code.

Contacts:

Information-- bikebeh@gmail.com
Chuckanut Classic -- chuckanut@mtbakerbikeclub.org
Newsletter -- news@mtbakerbikeclub.org

Contribute to the MBBC newsletter submission guidelines:

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 (news@mtbakerbikeclub.org) 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, HTML, MS Word, PDF. Please use JPG, PNG, or TIFF format for photos, and ensure they are at least 250 ppi. 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.

Classified ads are a MBBC member privilege and are printed as space is available.

individual and corporate membership forms may be downloaded at: mtbakerbikeclub.org/membership

MBBC Membership Form for 2017

☐ 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 via (choose one): ☐ on-line or ☐ printed & mailed

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:

- | | | |
|--|--|-------------------------------------|
| <input type="checkbox"/> Board Member | <input type="checkbox"/> Ride Leader | <input type="checkbox"/> Newsletter |
| <input type="checkbox"/> Chuckanut Classic | <input type="checkbox"/> Bike to Work and School Day | |
| <input type="checkbox"/> Special Events | <input type="checkbox"/> Website Calendar | <input type="checkbox"/> Education |

MBBC memberships are valid January-December of each year. Renewals due every January.

Membership type:

Individual: \$20 _____
Family/Associate: \$30 _____
Additional Donation: _____
(donations support community bicycling programs)
Total enclosed: \$ _____

Please enclose a check payable to:
Mt. Baker Bicycle Club

Mail to: Mount.Baker Bicycle Club
attention: membership
Post Office Box 2702
Bellingham, Washington 98227

Sign up for the MBBC group by April 1st

MBBC GROUP TRIP TO WHISTLER GRAN FONDO IN SEPTEMBER

MBBC member Dave Dardano is organizing a club trip to Canada to ride the Whistler Gran Fondo in September.

From the event website (granfondowhistler.com):

Imagine for one day, the best possible cycling roads are closed to traffic. Before you is an epic route with challenging climbs and thrilling descents. All you have to do is concentrate on the beauty around you. You're feeling fit and you're lined up for a huge ride with thousands of your fellow cyclists. It's not a race, so there's no pressure. You can ride whatever pace you want. You can even stop for a sandwich along the way – they're provided. And no matter what pace you choose, you're not likely going to be riding alone, and you can count on local spectators cheering along the way. The scenery is better than you would see in a magazine. The ride ends with a massage and a party, and everyone's invited. This is the GranFondo Canada Experience!

If that sounds like a great time to you, join Dave and other MBBC members for a trip to Vancouver on September 8th and ride the 'Fondo the next day, with optional stay for a day or two afterward for more riding around Whistler. Dave is organizing carpools and hotel room blocks. Hotels are already filling up in anticipation of the weekend ride, and signup for the event gets more expensive the later you sign up. The MBBC has received a discount Team-Signup code so with your early signup and use of the \$25-off code, you'll get a pretty good deal the earlier you sign up!

Notes from Dave:

I rode last year and can assure you it's a well organized event in every aspect: from picking up your packet the night before to the celebration area at the finish line.

We'll need to be at the starting line around 6:15-6:30am on September 9th, so spending the night in Vancouver is advised. Packet pick-up is the 8th. I've checked rates at hotels and have found a decent rate at the place I stayed last year.

For those who want to stay in Whistler on Saturday night, there are hotel options there too. Let's get our Friday Vancouver plans locked down early, then we can discuss Saturday and maybe Sunday nights in Whistler. Once we know how many people are going, we can see how many cars and drivers we'll need. The most important thing is to get signed up as a club before April 1st, both to get the best prices on the event, and to make sure our Vancouver hotel plans are made.

The MBBC Discount Code is:
GFW2017_CLUBDISCOUNT_MountBakerBicycleClub
and the registration website is:
<http://granfondowhistler.com/registration/registration>

Yes this is early to be thinking about a September ride, but there's a bit of urgency: (a) as time goes by the event cost goes up (b) hotels are filling up and if we don't reserve a room block soon we may not get the hotel we want and other hotels will cost a lot more.

Please contact Dave at:


ddardano@gmail.com or 360-325-6849

and let him know that you're interested or, even better, that you plan to ride. Please make it easy on Dave and sign up as soon as possible so he can plan for everyone! Deadline to join the MBBC group is April 1st; and at that time, Dave will negotiate for room prices based on how many rooms we need. It's going to be a great time and an end-of-summer cycling adventure for all!



John All
Justin Blackburn
Mike Dougan
Madoc Dunn
Piper Dunn
Keith Eilers
Gary Hall
Brady Payne
Christoph Reitz
Linda Shindruk
Perry Shindruk
John Triggiani

We're glad to have you in the MBBC!

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			March 1 Wed Trails Ride	2 Edison social ride	3	4 Donut Ride Mussels in Kettles Seattle Bike Show d1
5 Rabbit Ride Edison social ride Seattle Bike Show d2	6	7 Ferndale social ride MBBC Bike Maint class #1	8 Wed Trails Ride	9 Edison social ride	10	11 Donut Ride Recumbent Ride
12 Rabbit Ride Edison social ride REI Wheel Truing <i>Daylight Time Begins</i>	13	14 Ferndale social ride MBBC Bike Maint class #2	15 Wed Trails Ride	16 Edison social ride Women on Wheels	17 <i>St. Pat's Day</i> MBBC April Newsletter Deadline	18 Donut Ride Dandy Daffodil WWU/US Cycling
19 Rabbit Ride Edison social ride WWU/US Cycling Ephrata Gran Fondo Ride Remember Oso	20 WA bike summit <i>Spring Equinox</i>	21 Ferndale social ride WA bike summit	22 Wed Trails Ride	23 Edison social ride	24	25 Donut Ride PATH Ride
26 Rabbit Ride Edison social ride	27	28 Ferndale social ride	29 Wed Trails Ride	30 Edison social ride	31	April 1 Donut Ride



Mount Baker Bicycle Club
Post Office Box 2702
Bellingham, Washington 98227

MBBC's Signature Ride coming again in 2017!
August 27, 2017
chuckanutclassic.org
 Supported road rides
 plus a guided family-fun route.
Mark your Calendar!

CHUCKANUT CLASSIC

formerly the Chuckanut Century



**SMART
TRIPS**

If you are a club member and wish to receive a printed version of the newsletter rather than online, please inform news@mtbakerbikeclub.org. Club members are entitled to a printed/mailed version sent to a US address..

Welcome to Bellingham
Now Get on Your Bike!
www.mtbakerbikeclub.org