



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Volume 26, Number 5, June 2017



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This month's contributors:
Mary Cole, Riley Jones, Ian McCurdy, Chuck Meitle, Matt Plush, Robin Robertson.
Thanks All!



the club online:

mtbakerbikeclub.org
chuckanutclassic.org

and our social sites:

-  [facebook.com/mountbakerbicycleclub](https://www.facebook.com/mountbakerbicycleclub)
-  [facebook.com/chuckanutclassic](https://www.facebook.com/chuckanutclassic)
-  twitter.com/mtbakerbike
-  [flickr.com/mtbakerbikeclub/](https://www.flickr.com/photos/mtbakerbikeclub/)

THE FIRST HIDDEN GEM RIDE IS JUNE 3

The first of the North Puget Sound Bicycle Alliance's "Hidden Gem" rides is hosted by the Whidbey Island Bike Club and is **June 3rd**. The ride starts at 8am in Oak Harbor, WA so Bellinghamsters will need to get an early start so to get there and be ready to go at 8am. This is a great ride to show off Whidbey Island and meet the regular WIBC weekly riders.

See full details on page 7.

SAFE KIDS WHATCOM 8TH ANNUAL SAFETY FAIR

Safe Kids Whatcom and Northwest present the 8th annual Safety Fair.

This year's fair is bigger and better than ever. It's on Saturday, **June 3rd**,

10:00am to 1:00pm at the Barkley Regal Cinemas parking lots in Bellingham.

There will be rescue boats, a helicopter, fire engines and a ladder truck, the fire safety house, law enforcement vehicles, buses and big trucks, a bicycle course, more stuff and lots of safety information for families!



BELLINGHAM NAKED BIKE RIDE

The Bellingham Naked Bike Ride is in its 9th (or isn't it 10th?) year. Last year 400 riders celebrated confidence on bikes and confidence in their own skin. We ride "only as bare as we dare" and to make bicycling accessible to those who are not (and don't want to be) athletes.

The event is part of the World Naked Bike Ride that happens in more than 70 cities in 20 countries. Beyond re-framing public perception of the body, organizers intend the ride to illustrate bicyclist vulnerability in proximity to motor vehicles, protest "indecent exposure" to fossil fuels, and spark conversations within the local community.

Festivities are **Friday, June 2**. Meet up at the HUB (903 N State Street, behind the Dive Shop) after 3pm for body painting. The ride will start at 6pm and route itself through the downtown area, ending with a dance party at the Bellingham Alternative Library, 519 E. Maple St.

bellingshamnakedbikeride.com

This year's poster is on p. 4



Chuck Meille, Mid-Valley Bike Club

WEEKLY AND GROUP RIDES: SUMMER 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 7:45 am (summer start time) Faster groups leave every 5 minutes thereafter, johnh@fairhavenbike.com 733-4433



fairhavenbike.com/about/sunday-rabbit-ride-pg355.htm

Sunday Long-Slog Ride: for the slower, but serious riders who want to build strength and endurance.

Pace 13-15 mph, distance begins with 30 miles in April, working up to 70-80 miles by end of summer. Meet 9am at the bike racks behind Boulevard Park Woods Coffee.

info: Susan: swillhoft@yahoo.com and

Katie: collins.km13@gmail.com

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

Tuesday Fanatik MTB Summer Rides: 2-3 hour MTB

ride on Galbraith, every Tuesday evening through August. Start at Fanatik Bike Shop (1812 N State Street), meet at 5:45 pm then pedal through Whatcom Falls Park up to Birch Street. No-drop ride, open to all levels (but at a minimum you should be comfortable riding up the Ridge Trail and down SST). info: warranty@fanatikbike.com or 360-756-0504

Tuesday Evening Ride "Ramp-Up": Start at WCC

northeast parking lot. Meet 5:45pm leave at 6pm. Initially riders will be group by ability and average speed. (14-16 mph, 16-18 mph, 18+). 15-20 miles. Ride focus on the skills necessary to ride in groups. We will concentrate on safe riding practices, pace-line skills, how to overtake other riders and pass them in a safe manner, and how to deal with traffic. info: bikebeham@gmail.com

Tuesday "Hot Laps" 30-40 miles, race pace. Training ride

departs from Kulshan Cycles at 6pm to a practice road race course. Summer months only.

Wednesday Group Workout Ride: Meet 5:45pm, leave

6pm from parking lot across from Boundary Bay Brewery on Railroad Ave. Split into fast and very-fast groups for 25-30-mile road ride. Info: t.ryan.2009@gmail.com

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

Thursday Going Up The County Ride 16-18 mph

pace, 20 miles. Start: Riverside Park in Everson. A ride for you county folk in Everson, Nooksack, Deming. info: Rick Jacoby rickjacob7@gmail.com

Saturday Donut Ride: 24 – 45 miles, race pace, departs

from Kulshan Cycles, 7am summer-season start time. 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

NEW WEEKLY RIDE: MTB SERIES BY FANATIK CYCLES

Fanatik Bike's Riley Jones is leading a MTB ride on Galbraith, every Tuesday evening through August. Each week's ride starts at Fanatik Bike Shop (1812 N State Street), meet at 5:45 pm then pedal through Whatcom Falls Park up to Birch Street. Ride is approx 2 hours long, plus the time to ride to/from the shop. Bring a bike, helmet, water, and a small snack.

No-drop ride, open to all levels (but at a minimum you should be comfortable riding up the Ridge Trail and down SST). info: warranty@fanatikbike.com or 360-756-0504, and weekly updates are being posted to the store's Group Rides Facebook page:

facebook.com/groups/1909062792675714 or search for "Fanatik Group Rides."



EVENTS IN 2017

Classes & Training

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

June 14: Women's Bike Maintenance Basics

June 25: Hands-on Bike Maintenance: Drivetrain

June 28: Women's Hands-On Trail/Roadside Repair

Bellingham Training & Tennis Club (formerly Fairhaven Fitness) announces its new cycling studio! Drop-in classes: 10 for \$150. See BeTrainingTennis.com or 360.733.5050

Races

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, Rides Events

June 2 Bellingham Naked Bike Ride (see p. 1) bellinghamnakedbikeride.com

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.

June 15 DHaRCO party at Fanatik all day: stop by Fanatik Bike on Thursday, June 15th for a DHaRCO apparel launch party. Fanatik will be "showing off all the goods" and will be buying anyone who's 21+ an ice cold beverage just for stopping by!

June 18 Doug & Robin's Sendoff 8am (see p. 4)

July 2 Pedaler's Fair (Seattle: Ballard): 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

Aug 5 MakeShift summer party at the HUB, including cycling scavenger hunt. facebook.com/events/753104231525692/

Aug 18-20 Gigantic Bicycle Fest giganticbicyclefestival.org
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

June 2017

- 3** NPSBA Hidden Gem Ride: Whidbey Island
- 3** Lake to Lake Ride (Bellevue) bellevuewa.gov/lake-to-lake-ride.htm
- 3** Apple Century (Wenatchee) applebikeride.com
- 4** Woodinville Wine Ride (Woodinville) cascade.org/rides/major-rides
- 10** Flying Wheels (Redmond) cascade.org/flying-wheels
- 10** Bike'n'Juice Fest Kids' Ride (Leavenworth) bikenjuice.com/
- 11** Gran Fondo (Ellensburg WA) rideviciouscycle.com/events
- 10-17** Ride the Rockies (Denver CO) ridetherockies.com
- 17** Tour de Blast (Mt St Helens) tourdeblast.com
- 17** Tour de Cure (Spokane) tour.diabetes.org
- 17** Chafe150 Gran Fondo (Sandpoint ID) chafe150.org/
- 18-24** Bike Tour of CO (Breckenridge CO) bicycletourcolorado.com
- 24** Chelan Century Challenge (Lake Chelan) centuryride.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
- 8** NPSBA Hidden Gem Ride: Arlington area
- 15-16** STP (Seattle to Portland) cascade.org/stp
- 19-23** RedSpoke (Redmond-Spokane) redspoke.org
- 27** RAMROD (Mt. Rainier) redmondcyclingclub.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** NPSBA Hidden Gem Ride: Skagit County
- 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** NPSBA Hidden Gem Ride: Bellingham
- 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
- 23** Bike-n-Brew (Friday Harbor) fridayharborbike-n-brew.org
- 24** Kitsap Color Classic (Kingston) cascade.org/kitsap-color-classic

October 2017

- 7** Manastash Metric Century (Ellensburg) drier-ride.org

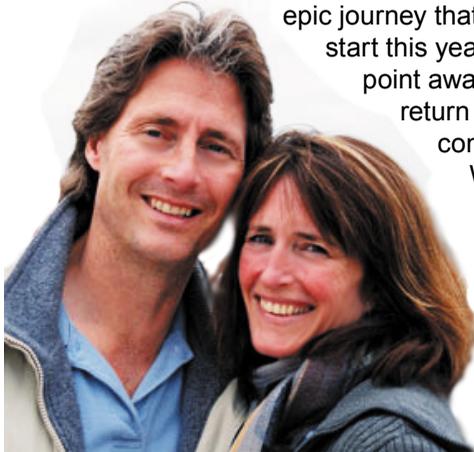
November 2017

- 24** Black Friday Ride (MBBC Ride - Bellingham)

December 2017

- 18 or 20** Lighted Neighborhoods Ride (MBBC Ride - Bellingham)

BON VOYAGE, DOUG AND ROBIN!



MBBC Sponsors and local cyclists Robin and Doug Robertson are starting out on a multi-year epic journey that they're calling "Ride C2C." C2C is *Corner-to-Corner*, from coast to coast. They'll start this year on June 18th, with the goal of a ride from Bellingham to Key West (the furthest point away from Bellingham in the continental US). They'll ride east for 4 weeks, then return home but the following year will resume the trip from where they left off. They'll continue each summer until they get to Key West. Will it take three years? Four? We'll track their progress year to year!

They'll be riding fully loaded touring bikes and will camp along the way. What an adventure!

June 18, 2017 is Day-One of the trip. They'll be leaving from the Bellingham Training and Tennis Club, 800 McKenzie Ave in Fairhaven, at 8am, Sunday the 18th. Everyone's welcome to **join the send-off ceremony** that morning - meet at the Club before 8am, and anyone who would like to ride along for a while at the start is welcome. The first day's ride will head toward Rasar State Park near Concrete. The first year's plan is to follow the Adventure Cycling "Northern Tier" route to North Dakota.

Robin will be blogging the trip when she can at healthykneescoach.com/blog.

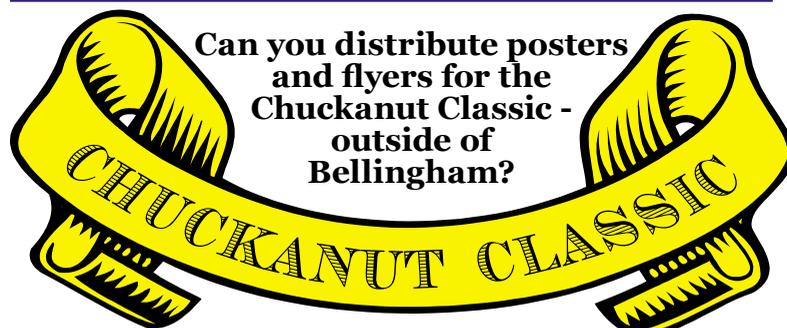
Best wishes Doug and Robin and may the wind be ever at your back!

MBBC TO HOST A TABLE AT BELLINGHAM BELLS "FAMILY DAY" GAME, JULY 2

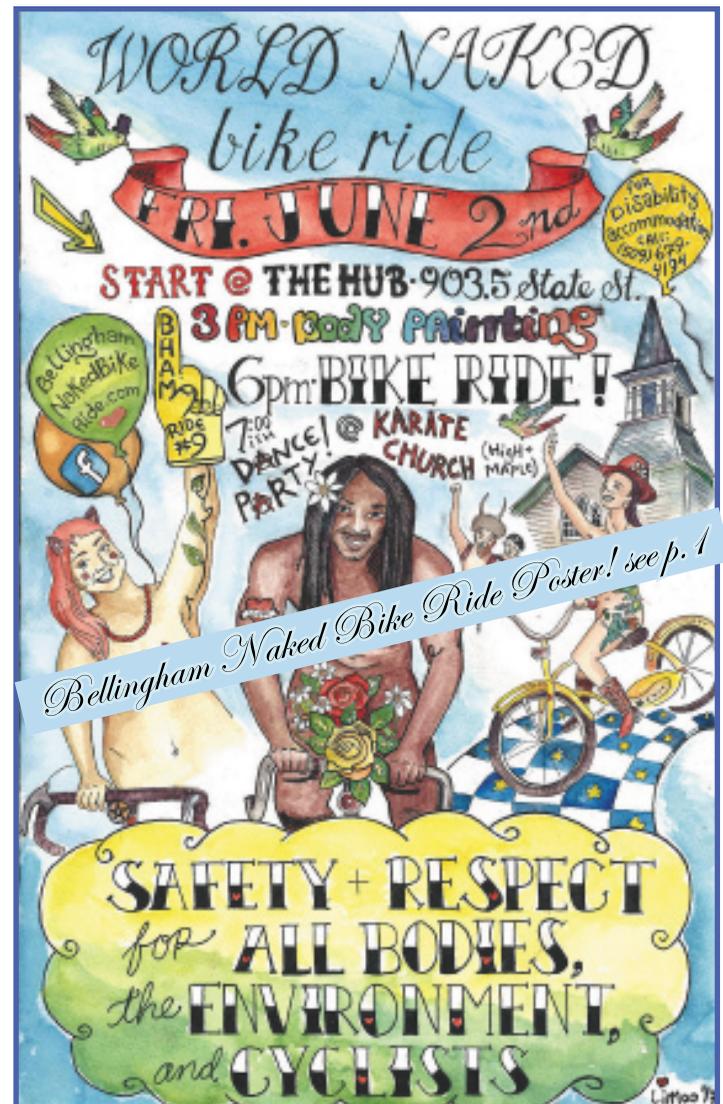
This summer, rather than its annual picnic, the Community Food Co-op is switching it up and sponsoring a Bellingham Bells game on Sunday July 2nd. Sunday games are "Family Fun Day" and feature face painting, bounce house, balloon art and more. There will hopefully be some musical guests between innings to add some Co-op flavor to the overall event. Gates open at 2pm, game begins at 3:05.

The Co-op will have an area in the ballpark for community and nonprofit organization tables, similar to what they have done over the years at the community party at Boulevard and Maritime Heritage parks. The MBBC will have a table in this area, and need a couple volunteers to staff the table and answer questions about bicycling in Bellingham and to encourage people to sign up for the Chuckanut Classic, coming up on August 27th.

If you'd like to work at the MBBC table, please contact our volunteer coordinator Carol Spano for more details. wildscalling@gmail.com



Posters and postcards will be ready for distribution in late June, and we need people to put them up in bike shops outside of Bellingham. If you'll be traveling to BC or to southwestern WA, contact Trent Vigor if you can take materials to out-of-town shops! trent.vigor@yahoo.com



Bike to Work and School Day 2017

MBBC AGAIN PRESENTS TWO CELEBRATION STATIONS

Bike to Work and School Day was on May 19 which turned out to be a sunny day and a good day for a bike ride. Thanks to our great station coordinators and volunteers, and especially to all of our sponsors, the MBBC was able to again put together two celebration stations to greet bicycling commuters on the Friday morning.

This year's station coordinators were Mary Cole in Everson, and Ian McCurdy in Bellingham. The coordinators spoke to local businesses and gathered a large set of raffle prizes as well as treats for bicyclists, and they arranged to get treats, tables, and tents set up and volunteers for each station. MBBC's volunteer coordinator Carol Spano also assisted in signing up volunteers. Both stations were near schools so were patronized by work commuters and by young scholars.

Volunteers who staffed the stations were Ray Carlstrom, Vicki Day, Kelly Kendall, Merdie Muller, Jim Steele and Kathy Steele.



*left: Mary, Kathy, and Jim at the Everson station.
above: Ray, Kelly, Vicki and Merdie in Bellingham*

Many thanks to our local sponsors who donated food and prizes to the two MBBC celebration stations in Everson/Nooksack and in Bellingham. "It takes a village" to put on a celebration station, and this is our village. Please support these businesses that support bicycling in our community!

- Aqua Island Technologies
- Aslan Brewery
- The Bagelry
- Black Drop Coffee
- Cafe 544
- Community Food Co-op
- Elizabeth Station
- Friends of the Everson Library
- Good To Go Meat Pies
- Grocery Outlet
- Hardware Sales
- Jim's Automotive Experts
- Kulshan Brewery
- La Fiama Pizza
- Mallard Ice Cream
- Mount Baker Bicycle Club
- Mountain Meadow Massage
- Nooksack Animal Hospital
- Nylatech
- Peoples Bank
- The Pickford Film Center
- Re-Store
- Service Pro
- Tony's Coffee
- Valley Coffee Co.
- Valley Drug
- Wander Brewery
- Westside Pizza
- Woods Coffee

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/Membership
Bill McCourt, Greg Rehm, Tim Ryan - at large

Project leaders:

Chuckanut Classic: John Okan and committee
Chuckanut Classic marketing: Trent Vigor
Volunteer Coordinator: Carol Spano
Ride Leader Coordinator: Dave Dardano
Newsletter-Bagel Procurer: Cathie Gerlicher
Graphic Design: Tim Ryan
Bike to Work Day Stations: Mary Cole (Everson),
Ian McCurdy (Bellingham)



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: discount code available on website Member Center: see *Member Offers* menu item.

Contacts:

Information-- bikebeham@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:

- Board Member Ride Leader Newsletter
 Chuckanut Classic Bike to Work and School Day
 Special Events Website Calendar 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

North Puget Sound Bike Alliance

FIRST "HIDDEN GEM" RIDE JUNE 3

As longer days and warm weather are approaching, so is the first of our "Hidden Gem" rides series, a collaboration of our partnership of 4 north Puget Sound bike clubs.

Each club will host a special local ride and members of all 4 clubs are invited. The host club will take riders on one of their favorite local rides: a "Hidden Gem" that might not be widely known to those outside of the local club. The route will be a scenic ride of 50 to 60 miles that is not included on any of the signature events.

The first Hidden Gem is hosted by the Whidbey Island Bike Club and is June 3rd. *The ride starts at 8am in Oak Harbor, WA. Those coming from off-Whidbey are advised to leave early so to get to the start and be ready to go at 8am.* This is a great ride to show off Whidbey Island and meet the regular WIBC weekly riders.

There are two route distances: 42 miles (with lots of climbing) and 36 miles (with not quite as much climbing). Downloadable route maps are available on RideWithGPS. Go to the MBBC website event calendar, click on June 3 "Hidden Gem Ride - Whidbey Island" for all the details including link to route maps and starting location.

A note from Matt Plush about start and ending coffee places (it's all about the coffee): *Starting point is at Honey Moon Bay Coffee, which has more parking then at Whidbey Coffee. We usually stop the ride at Whidbey Coffee since it has more seating, and faster service, but Honey Moon Bay Coffee has better coffee.*

Contact: Matt Plush and the Whidbey Island Bike Club: administrator@whidbeybicycleclub.org

The schedule for the rest of the Hidden Gem ride series is:

- July 8: BIKES Club hosted ride - Arlington area
- August 5: Skagit Bicycle Club ride - Skagit Valley (Burlington, La Conner, Anacortes etc)
- September 9: MBBC ride out and about in Whatcom County. We're tentatively planning some little-known roads up in the north county - our own members may not be very familiar with these!



Welcome

Welcome new members

Andi DeKoster

Dean DeKoster *(welcome back!)*

Kristina DeKoster

Renate DeKoster

Jim Edwards *(welcome back!)*

John Erasmus

Carolyn Gray

Dwight Jackson *(welcome back!)*

Theresa McMickle

Terri Ulm *(welcome back!)*

We're glad to have you in the MBBC!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				June 1 Up the County Ride Edison social ride	2	3 Donut Ride Hidden Gem Ride - Whidbey Island Lake to Lake Ride
4 Rabbit Ride Edison social ride Slog Ride Woodinville WineRide	5	6 Tues Ramp-Up Ride Ferndale social ride Fanatik MTB ride	7 Wed Workout Rides	8 Up the County Ride Edison social ride	9	10 Donut Ride Recumbent Ride Flying Wheels Evergreen Mtn Fest
11 Rabbit Ride Edison social ride Slog Ride Ellensburg GranFondo	12	13 Tues Ramp-Up Ride Ferndale social ride Fanatik MTB ride	14 Wed Workout Rides REI Bike Maint class	15 Up the County Ride Edison social ride Fanatik DHaRCO party	16	17 Donut Ride Tour de Blast Tour de Cure Chafe150 GranFondo
18 Rabbit Ride Edison social ride Doug & Robin sendoff Slog Ride <i>Father's Day</i>	19	20 Tues Ramp-Up Ride Ferndale social ride Fanatik MTB ride	21 Wed Workout Rides <i>Summer Solstice</i>	22 Up the County Ride Edison social ride	23 MBBC July Newsletter Deadline	24 Donut Ride Lake Padden Tri Chelan Century Challenge
25 Rabbit Ride Edison social ride Slog Ride REI Bike Maint class	26	27 Tues Ride Ferndale social ride Fanatik MTB ride	28 Wed Workout Rides REI Bike Maint class	29 Up the County Ride Edison social ride	30 NWTR 2017 begins	July 1 Donut Ride <i>Canada Day</i>



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



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



BELLINGHAM TRAINING & TENNIS CLUB

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.