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Higgins, Carol Spano,  
Kristin Kinnamon. Thanks!



the club online:

[mtbakerbikeclub.org](http://mtbakerbikeclub.org)  
[chuckanutclassic.org](http://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](https://twitter.com/mtbakerbike)



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



## Celebrating Spring! Let's Ride!



*Bicycle among the Skagit County Tulip Fields.  
Check out Seattle Times article, referenced  
below, for route ideas.*



*Take a Washington State Ferry to do the  
Tour de Lopez on April 28.*

Reference: "Here's how to maximize your  
experience at the 2018 Skagit Valley Tulip Festival."  
By Cantwell, Brian J. Published by The Seattle  
Times. March 29, 2018. [bellinghamherald.com/  
entertainment/article205515244.html](http://bellinghamherald.com/entertainment/article205515244.html)

### Note from the Club President

Spring is here and weekly rides are starting now.  
Our goal for this and every ride season is

#### "ZERO ACCIDENTS"

so with this in mind....

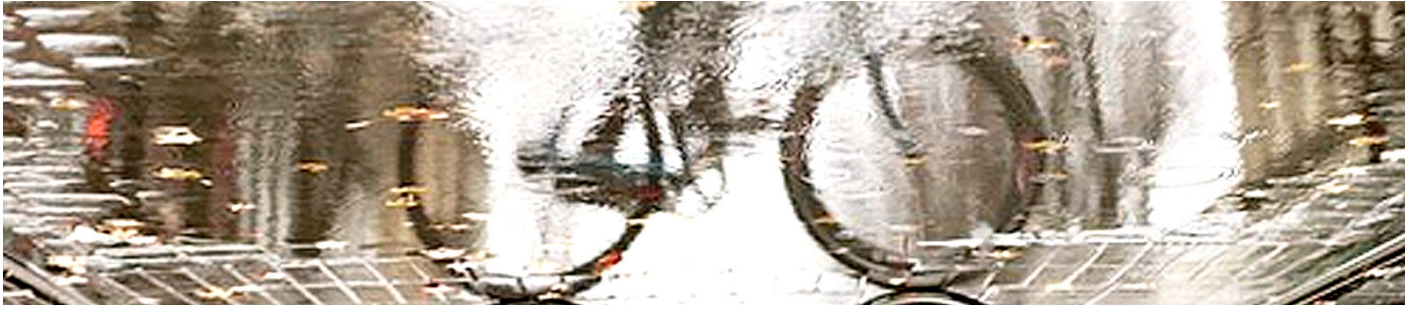
1. Please keep safe riding practices in the forefront of your mind as you ride.
2. Don't cross over the yellow line.
3. Don't take unnecessary risks!
4. If you're leading the pace line. Remember you are caring for the group of riders behind you.
5. Take a few extra seconds to assess a risky move or break-away.
6. Be aware of what and who is in your immediate ride environment.
7. Be predictable!
8. Communicate with the group – hand or voice!
9. Follow your ride leader's instructions
10. Wear bright clothing/lights and be noticeable!

Everyone will be starting this season at different fitness levels. Please be considerate of this and accommodate everyone as we all get back into shape, regardless of the starting points. When you come to a group ride, don't forget to flick that switch in your head from solo rider to group rider. Always keeping the needs of the group in mind, especially when it's a no-drop ride.

*submitted by Hilary Higgins*



## Weekly and Group Rides: Spring edition



**Sunday Fairhaven "Rabbit Ride"** Start time 8:30 am, Sundays. Riders who ride slower than 16 mph should be ready to ride at 8:15 am. Starts at Fairhaven Bike & Ski. 32 mile route down Chuckanut and back via Lake Samish. contact John: (jmhauter@comcast.net)

**Sunday Edison Social Ride** starts from Edison Elementary School parking lot. 30-40 miles, 10-14 mph, route varies. 10 am start time, weather may cancel. Contact Alfred: (arkley@comcast.net) or 360-527-8638.

**Tuesday North-Side Social Ride** starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. 10am start time fall through winter, may be altered by weather in winter. The route is chosen based on where the riders want to regroup for lunch. Contact Robert: (rmp-4724@hotmail.com) or 360-671-6910



**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.



**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-Side Social Ride** starts from Edison Elementary School parking lot. 30-40 miles, 10-14 mph, route varies. 10 am start time. Contact Alfred: (arkley@comcast.net) or 360-527-8638.

**Saturday Donut Ride** 25 to 50 miles, race pace, departs from Kulshan Cycles, 7:30 am October through February. Goes to Ferndale and return, or if you wish continue to Birch Bay and return.

**Saturday Recumbent Ride** All bikes! Second Saturday of the month at 10 am. 14 miles. Start at Kulshan Cycles. This is a very relaxed social ride (avg 10 mph) with a lunch stop. May cancel depending on weather. Contact Robert: (rmp-4724@hotmail.com) or 360-671-6910



CycloFemme Bellingham 2017

## Some of the events upcoming in 2018

### Cycle Moles Indoor Training



CHECK OUT OUR **BRAND NEW**

# Cycle Studio

Your first drop in cycle class is **FREE!**

8 week spring cycle camps **2/26-4/22**



800 McKenzie Ave, Bellingham  
360.733.5050  
[www.betrainingtennis.com](http://www.betrainingtennis.com)

Spring "Moles" sessions will get you ready for Ski to Sea! Contact Fairhaven Fitness: [cyclemoles.com](http://cyclemoles.com) or 360-733-5050 Drop-In sessions also available!

### Races

May - October **BMX racing**, Fridays and Saturdays; practice track open Tuesday and Thursdays. [bellinghambm.com](http://bellinghambm.com)

### Classes

Bellingham REI Cycling maintenance classes: [rei.com](http://rei.com)

### Rides

**Tour de Lopez** April 28, Lopez Island, This ride is a non-competitive rural road tour with marked short and long routes, on public county roads through the scenic landscape of Lopez Island. Besides the ride, BBQ and music on Saturday, you can enjoy the 4th Annual Bite of Lopez and other local activities on Friday. Register early on Active.com or contact the Chamber office to be sent registration forms. [www.lopezisland.com](http://www.lopezisland.com)

### North Puget Sound Bike Alliance Rides

**McClinchy Mile** April 29, Arlington [bikesclub.org/mcclinchy](http://bikesclub.org/mcclinchy)

**Skagit Spring Classic** May 12, 7AM, Bayview Elementary School, Burlington. [skagitspringclassic.org](http://skagitspringclassic.org)

North Puget Sound Bike Alliance are eligible for a \$10 discount. MBBC members: see your April email for the discount registration code; Also, club members can get the registration discount code on the MBBC website Member Center page "Current MBBC Member Offers"

**Ronde de Sumas Berg** April 21, 8:30 am sharp, Abbotsford BC. An "unofficial" group ride that covers 53 miles up, down and over Sumas mountain in Abbotsford BC. Total elevation gain is 7000 feet. The route is on 90% public streets, with 10% park trails, 1/2 paved, 1/2 gravel. No costs nor extras. Start is at 1801 North Parallel Rd, near entrance to the Parallel Market Place Mall. Contact Ed Bunker ([eddyvelo@telus.net](mailto:eddyvelo@telus.net))

### Gatherings

**Washington Bike Summit** April 29-30 Spokane Falls Community College, Spokane. 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. Registration required. [wabikes.org/washington-bike-summit/](http://wabikes.org/washington-bike-summit/)

**Procession of the Species Parade** May 5th, Bellingham, [bpots.org](http://bpots.org)

### May is National Bike Everywhere Month

The best way to celebrate Bike Everywhere Month is simply to get on a bike: ride to work, ride to the grocery store or just ride for the sheer joy of being outside soaking up the spring weather!

### May 18 Bike to Work & School Day in Bellingham

May 18th Check for locations of "Celebration Stations" online: Website will be updated as this event gets closer! [biketoworkandschoolday.org](http://biketoworkandschoolday.org). **MBBC Volunteers needed at the MBBC Nooksack Valley Middle School Station and our Bellingham Station near the Bike Path Illinois Street Bridge/Sunnyland School.** [volunteers@mtbakerbikeclub.org](mailto:volunteers@mtbakerbikeclub.org)

**May 13 CycloFemme Bellingham 2018!** 1 PM, Cafe Velo, 120 Prospect St, Suite 2, Bellingham, RSVP on our Facebook Page: CycloFemme Bellingham 2018! A leisurely pace, about 10 miles in length, on interurban trails. All you need is a bike, a helmet, and a smile. **Volunteers Welcome** Cafe Velo hosts a low-key planning meeting on Thursday, April 5th at K2 (6pm)! "We share an experience outside in our communities. We feel our literal strength as we lift, push and propel one another. And along the way, we discover—or rediscover—the joy in riding a bike."

**May 19 Adaptive Cycles Expo** 9 a.m. to 3 p.m., Civic Field Track. A small fleet of adaptive cycles that enable people of all abilities to enjoy cycling are available to try. All are invited to have a go on the bikes, which include hand-cycles for riders with limited or no leg movement, three and four-wheel cycles for people who need more stability; and tandem cycles for people who want or need a guide while cycling. There will be cycles for both kids and adults. **MBBC Volunteers needed to commit to entire event to lead demonstrations. Training included.** [volunteers@mtbakerbikeclub.org](mailto:volunteers@mtbakerbikeclub.org)



**Welcome new members**  
**We're glad to have you in the MBBC!**

Steve Bailey  
 Blayne Barnhart  
 Heidi Beierle  
 Frank Boteler  
 Jennifer Boteler  
 Karen Crogan  
 Andrew Heinz  
 Carla Jennings  
 Rowan Maden  
 Sage Maden  
 Anthony Market  
 Bridget Market  
 John Peppel  
 Ken Salapatek  
 Alexa Shindruk  
 Averyl Shindruk  
 Fraser Shindruk  
 M. Sunday  
 Garin Wallace



**Bike to Work Day Table**

## **Volunteer Appreciation Corner**

**Holy Expo Tables!** John Okan promoted the MBBC at the Recreation Northwest Outdoors Expo in February and the Vancouver (BC) Recreation Expo and the Seattle Bike Expo in March.  
**Thank you John Okan!**



*"We are so fortunate to live and play here in Whatcom County. I was reminded of this at the NW Rec Expo. Yes, we have Seattle and Vancouver for day trips, but we can walk out our door, hop on our bike and ride, or hike, or paddle or..."*

*A few weeks ago, I was on a ride with a recent transplant I met at the Expo, as we rounded a corner in Ferndale, we were rewarded with an amazing view of Baker, and we both knew exactly why we have chosen live here." John*

## **Volunteer Opportunities**

Contact Carol Spano at [volunteers@mtbakerbikeclub.org](mailto:volunteers@mtbakerbikeclub.org) if you'd like to help with any of the following.

**Become a Ride Leader**

**Special Rides Committee**

**Chuckanut Classic Support**



**Bike to Work & School Day Stations**

**MBBC Booth Events Staffing**

**MBBC Administration**

**Bicycle Triathlon**

**Adaptive Cycles Expo**

# MBBC Administration

## Mount Baker Bicycle Club Board of Directors and Officers:

Hilary Higgins - President  
John Okan - Vice President  
Jennifer Longstaff - Secretary  
Dina Soda - Treasurer  
Dave Dardano - Rides Coordinator  
Bill McCourt, Tim Ryan, Carol Spano, Dave Dardano - at large

## Project leaders:

Chuckanut Classic: John Okan and committee  
New Year's Day Ride: Mark Wheatley  
Newsletter: Susan Willhoft  
Graphic Design: Tim Ryan  
Bike to Work Day Stations: Ian McCurdy, 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](http://voler.com/browse/collections/details/li/MtBakerBicycleClub).

MBBC members: check your email for discount code.

## Contacts:

Information-- [bikebeham@gmail.com](mailto:bikebeham@gmail.com)  
Chuckanut Classic -- [chuckanut@mtbakerbikeclub.org](mailto:chuckanut@mtbakerbikeclub.org)  
Newsletter -- [newsletter@mtbakerbikeclub.org](mailto:newsletter@mtbakerbikeclub.org)  
To Volunteer - [volunteers@mtbakerbikeclub.org](mailto:volunteers@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 ([newsletter@mtbakerbikeclub.org](mailto:newsletter@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](http://mtbakerbikeclub.org/membership)

## MBBC Membership Form for 2018

☐ 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)

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



## Member Survey Question

Have you started bicycling yet this year? Why or Why not?

*"Yes, I have started, been riding all winter... because... I love it and keeps me fit." Dave*

*"Yes, have been biking all winter – but mostly trail riding and mountain biking, a few donut rides in the meantime... because... it makes me feel good and I can't live without my bikes." Hilary*

*"Yes, to indoor... because... teaching classes." Matt*

*"Yes!... because... I love to be outside on my bike early in the season to see where my best indoor efforts land in reality." Sandi*

*"Yes -- 471 miles stationary, 168 road... because... I'm trying to recover from hip surgery after a car hit me while riding my bike." Joe*

*"Yes... because... getting ready for my Trans America bike ride in June." Bill*

*"No... because... too cold & doing other." Susan*

*"No to outdoor... because... weather, no time." Matt*

*"No real riding yet this year. Shame on me! ... because... I've been busy (the age-old excuse) and have been doing a lot more walking instead" Jennifer*

*"I've been on my bike trainer but not biking outside ... because... I'm a weather wimp" Rachel*

*"Yes, I never stopped since last year. Weather did slow me down a lot of days, though!" Mary*



2018

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
1 <b>Rabbit Ride &amp; Edison Social</b>	2	3 <b>"Ramp-Up" Ride &amp; Ferndale Social</b>	4 <b>Wednesday Workout Ride</b>	5 <b>Edison Social</b>	6	7 <b>Donut Ride</b>
<i>Easter</i>						
8 <b>Rabbit Ride, Emerald City (Seattle) &amp; Edison Social</b>	9	10 <b>"Ramp-Up" Ride &amp; Ferndale Social</b>	11 <b>Wednesday Workout Ride</b>	12 <b>Edison Social</b>		14 <b>Donut Ride &amp; Monthly Recumbent Ride</b>
15 <b>Rabbit Ride, Gran Fondo (Goldendale) &amp; Edison Social</b>	16	17 <b>"Ramp-Up" Ride &amp; Ferndale Social</b>	18 <b>Wednesday Workout Ride</b>	19 <b>Edison Social</b>	20	21 <b>Donut Ride &amp; Ronde de Sumas Berg (Abbotsford BC)</b>
22 <b>Rabbit Ride, Major Taylor (Seattle) &amp; Edison Social</b>	23	24 <b>"Ramp-Up" Ride &amp; Ferndale Social</b>	25 <b>Wednesday Workout Ride</b>	26 <b>Edison Social</b>	27	28 <b>Donut Ride &amp; Tour de Lopez (Lopez Island)</b>
29 <b>Rabbit Ride, McClinchy Mile, Populaire &amp; Edison Social</b>	30	1 MAY <b>"Ramp-Up" Ride &amp; Ferndale Social</b>	2 <b>Wednesday Workout Ride</b>	3 <b>Edison Social</b>	4	5 <b>Donut Ride, Procession of the Species &amp; Tour de Cure (Woodenville)</b>



The Mount Baker Bicycle Club newsletter is issued online only. Feel free to print this and share with everyone!