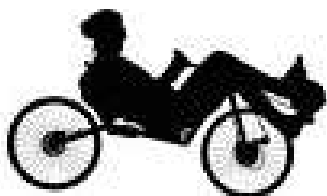




## Mount Baker Bicycle Club Newsletter, June/July 2018

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### the club online:

**mtbakerbikeclub.org**  
**chuckanutclassic.org**

### and our social sites:



MBBC's Signature Ride coming again in 2018!  
**August 26 2018**  
**chuckanutclassic.org**  
Supported road rides  
plus a guided family-fun route  
**Mark your Calendar!**

**CHUCKANUT CLASSIC**

formerly the Chuckanut Century

## Chuckanut Classic 25, 38, 62, or 100 mile routes and a 10 mile Family Ride!

No matter which route you choose, you'll be treated to Whatcom County's finest roads and sights. As you ride the south loop you'll have views of the San Juan Islands while overlooking Bellingham, Samish, and Padilla Bays along with stunning views of Chuckanut and Blanchard mountains, also known as "where the Cascade Mountains meet the sea."

The north loop offers spectacular views of Mount Baker as it stretches to meet the sky, as well as incredible views of the Canadian Cascades, Mount Shuksan, the Twin Sisters, Birch Bay, and Vancouver Island.

Although all cyclists should be prepared when they take to the roads, you can enjoy the added security of knowing that there is ride support if needed and rest stops with a wide variety of high-energy food and drink along all of the routes.

The 25 mile loop is perfect for those new to an organized event and ready to try a longer ride on their own. The 100 mile century is a great way to push yourself to an extra long distance while being supported along the way.

The 10 mile jaunt is a guided option for families and children, with ride leaders for extra security to help those unfamiliar with group riding.

**EARLY SIGNUP DISCOUNT BEFORE AUGUST 1, 2018. [Chuckanutclassic.org](http://chuckanutclassic.org)**



# Weekly Rides

## MBBC Club Rides

Participants are asked to sign a waiver and try out the ride -- then join the club after deciding if you'll be attending regularly. Helmets are required on MBBC Rides.

**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. Contact: [Doug Schoonover](#)

**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: Tim Ryan, [t.ryan.2009@gmail.com](mailto:t.ryan.2009@gmail.com)

**Thursday Going Up The County Ride:** 16-18 mph, 20 miles, Meet at 6pm at the Park in Everson. This is a convenient ride for anyone in Everson, Nooksack, Deming... Contact: Rick Jacoby ([rickjacob7@gmail.com](mailto:rickjacob7@gmail.com))



## Other Weekly Rides

**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](mailto: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](mailto: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](mailto:rmp-4724@hotmail.com) or 360-671-6910

**Tuesday "Hot Laps"** - race course training, summer only. 30-40 miles, race pace. Training ride departs from Trek Bicycles Bellingham (formerly Kulshan Cycles) at 6pm to a practice road race course. Summer months only. Check at Trek/Kulshan to find out when the ride starts/stops each season.



**Thursday Mello Velo Ride** Thursdays, 10:30 AM until 12:30 PM, 13-16 mph easy pace over several 25-30 mile loops. Starts at Cafe Velo, 120 Prospect Street (Fruit Street Front), Bellingham. Contact: Sonny Meehan [lesliemeehan@yahoo.com](mailto:lesliemeehan@yahoo.com) or 360-366-7492

**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](mailto:arkley@comcast.net) or 360-527-8638.

**Saturday Donut Ride** 25 to 50 miles, race pace, departs from Trek (formerly 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](mailto:rmp-4724@hotmail.com) or 360-671-6910



## June & July 2018 Events

### Rides

#### JUNE RIDES 2018

2 Flying Wheels (Redmond) [cascade.org/flying-wheels](http://cascade.org/flying-wheels)  
2 Apple Century, (Wenatchee), [applebikeride.com](http://applebikeride.com)  
9 MBBC Hidden Gem (Bellingham)  
10 Woodinville Wine Ride (Woodinville) [cascade.org](http://cascade.org)  
10 Gran Fondo (Ellensburg WA) [rideviciouscycle.com/events](http://rideviciouscycle.com/events)  
16 Chafe150 Gran Fondo (Sandpoint ID) [chafe150.org/](http://chafe150.org/)  
22 P Valley Gran Fondo (Fort Langley BC) [valleygranfondo.com](http://valleygranfondo.com)  
23 Tour de Blast (Mt St Helens) [tourdeblast.com](http://tourdeblast.com)  
23 Chelan Century Challenge (Lake Chelan) [centuryride.com](http://centuryride.com)  
24 Two County Double (Olympia) [capitalbicycleclub.org/2County/](http://capitalbicycleclub.org/2County/)  
29 Seattle Night Ride (Seattle) [www.cascade.org](http://www.cascade.org)

#### JULY RIDES 2018

4 July 4th Ride (Bellingham-LaConner) MBBC ride  
14-15 STP (Seattle to Portland) [cascade.org/stp](http://cascade.org/stp)  
18-22 RedSpoke (Redmond-Spokane) [redspoke.org](http://redspoke.org)  
21 Tour de Whatcom (Bellingham) [tourdewhatcom.com](http://tourdewhatcom.com)  
26 RAMROD (Mt. Rainier) [redmondcyclingleub.org](http://redmondcyclingleub.org)  
28 CF Cycle for Life (Woodinville) [fightcf.cff.org](http://fightcf.cff.org)  
29-August 4 Ride Around Washington (RAW) [cascade.org/raw](http://cascade.org/raw)

### Races

- **BMX racing** May-October, Fridays & Saturdays; practice track open Tuesday and Thursdays. [bellingshambmx.com](http://bellingshambmx.com)
- **The Seattle all-women Alley Cat race**, July 14th. Ride around Seattle trying to find secret checkpoints; end up at a bike party. Facebook "[Moxie Summer Jam](#)."
- **Lake Padden Triathlon**, June 23, Bellingham
- **Lake Whatcom Triathlon**, July 14, Bellingham
- **Triathlons by BuDuRacing.com**, all Summer

### Classes

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

Bellingham Training & Tennis Club  
[betrainingtennis.com](http://betrainingtennis.com)

**MBBC Hidden Gem** June 9th, 9:30 am, Meet at Bloedel Donovan Park to split into ride groups, collect route map, sign waivers, and check in with ride leaders.

Ride departure at 10 am on one of three routes:

- **FAST:** 55 miles, 3300 ft ele. gain, ave. speed 17-18 mph (due to hills!)
- **MEDIUM:** 40 miles, ave. speed 15-17 mph
- **CASUAL:** 26 miles, 1400 ft ele. gain, ave. speed 12-14 mph



We will regroup in the parking lot after the ride and decide on an after-ride meetup location for lunch and a beer!

Contact: Hilary Higgins [bikebeh@gmail.com](mailto:bikebeh@gmail.com)

#### MBBC 4th of July Bike Ride

Celebrate Independence Day and some great summer weather with an MBBC ride. Ride on July 4th (but of course), 9:45 am start for this annual MBBC ride.

Meet at Fairhaven Park at 9:45 am, depart 10:00 am. 60 mile round trip, down Chuckanut Drive and into beautiful downtown La Conner.



Everyone rides at their own pace. The group will meet up in La Conner for lunch together at the Calico Cupboard cafe in La Conner, 720 S. 1st Street.



#### Shifting Gears Rides

Lots of Road Bike Rides / Beginner's Mountain Bike Rides / Workshops all Summer with Shifting Gears.

[www.letsshiftgears.com](http://www.letsshiftgears.com)

**Tour de Whatcom**, July 21st, Bellingham, [tourdewhatcom.com](http://tourdewhatcom.com)

**Tour de France** Always fun, check out viewing parties at Mount Bakery and at Cafe Velo!

### Advocacy

**The Bellingham Bicycle/Pedestrian advisory committee has 3 open positions.** Bicycle / Pedestrian Advisory Committee members must be residents of Whatcom County who have an interest in promoting the use of bicycle/pedestrian travel for transportation and recreation. If you're interested in finding out more and perhaps joining the committee, see the website: <https://www.whatcomcounty.us/275/Bicycle-Pedestrian-Advisory-Committee>



#### Hidden Gem Ride Series 2018

June 9: MBBC Hidden Gem  
July 7: B.I.K.E.S in Snohomish County  
August 4: SBC in Skagit County  
September 8: WIBC on Whidbey Island



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

Ryan Gaffney  
Sheila M Kluck  
David Myers  
Chris J Smith  
Chris K Wiscavage

### MBBC Member Offers

MBBC active/current members are entitled to various online offers. These offers may start and expire at different times; here is the current list.

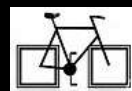
**Discount registration codes for North Puget Sound Bike Alliance (NPSBA) rides for 2018**

**MBBC Jerseys at member discounted price.**

Members can sign up for the **MBBC Ride With GPS club account.**

Members are eligible for **\$20 discount on the RBC GranFondo Silicon Valley: June 23. and the RBC GranFondo Whistler: September 8th.**

**SQUARE**



**TIRES**



### MBBC 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



## 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



2018

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
27				31	1 Bellingham Naked Bike Ride	2 Donut Ride / Flying Wheels (Redmond) / Apple Century (Wenatchee)
3 Rabbit Ride / Edison Social	4	5 Tuesday Evening Summer Ride! / Ferndale Social / Hot Laps	6 Wednesday Workout Ride	7 Edison Social / Going Up The County / Mello Velo	8	9 Donut Ride / Recumbent Ride / MBBC Hidden Gem Ride 
10 Rabbit Ride / Edison Social / Woodenville Wine Ride / Grand Fondo (Ellensburg)		12 Tuesday Evening Summer Ride! / Ferndale Social / Hot Laps	13 Wednesday Workout Ride	14 Edison Social / Going Up The County / Mello Velo		16 Donut Ride
17 Rabbit Ride / Edison Social <i>Father's Day</i>		19 Tuesday Evening Summer Ride! / Ferndale Social / Hot Laps	20 Wednesday Workout Ride	21 Edison Social / Going Up The County / Mello Velo		23 Donut Ride / Tour de Blast (Mt St Helens) / Chelan Century Challenge
24 Rabbit Ride / Edison Social / Two County Double (Olympia)	25	26 Tuesday Evening Summer Ride! / Ferndale Social / Hot Laps	27 Wednesday Workout Ride	28 Edison Social / Going Up The County / Mello Velo	29 Seattle Night Ride	30 Donut Ride

2018

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
1 Rabbit Ride / Edison Social	2	3 Tuesday Evening Summer Ride! / Ferndale Social / Hot Laps	4 <i>4th of July</i> MBBC 4th of July Ride  Wednesday Workout Ride	5 Edison Social / Going Up The County / Mello Velo	6 	7 Donut Ride / BIKES Club Hidden Gem 
8 Rabbit Ride / Edison Social	9	10 Tuesday Evening Summer Ride! / Ferndale Social / Hot Laps	11 Wednesday Workout Ride	12 Edison Social / Going Up The County / Mello Velo	13	14 Donut Ride / Recumbent Ride / STP starts
15 Rabbit Ride / Edison Social	16 	17 Tuesday Evening Summer Ride! / Ferndale Social / Hot Laps	18 Wednesday Workout Ride / RedSpoke starts	19 Edison Social / Going Up The County / Mello Velo	20	21 Donut Ride / Tour de Whatcom
22 Rabbit Ride / Edison Social	23	24 Tuesday Evening Summer Ride! / Ferndale Social / Hot Laps	25 Wednesday Workout Ride	26 Edison Social / Going Up The County / Mello Velo / RAMROD (Mt. Rainier)	27	28 Donut Ride / Cycle for Life (Woodenville)
29 Rabbit Ride / Edison Social / Ride Around Washington starts	30	31 Tuesday Evening Summer Ride! / Ferndale Social / Hot Laps	1	2 	3	4

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