



## Mount Baker Bicycle Club Newsletter, Oct-Dec 2018

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Contributors: Hilary Higgins,  
Jennifer Longstaff, Bruce  
Clawson, John Okan, Susan  
Willhoft & Michael Richard



### the club online:

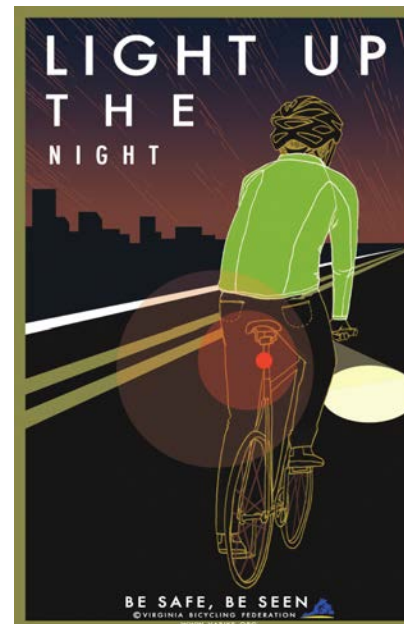
[mtbakerbikeclub.org](http://mtbakerbikeclub.org)  
[chuckanutclassic.org](http://chuckanutclassic.org)

### and our social sites:



## Put on your lights and ride!

"It's time for cyclocross, Wednesday night trail rides with lights, fenders, jackets, and tights. There are also many opportunities for indoor training over winter - don't lose your edge; spring riding will be here before we know it!"



## We had a great year!!!

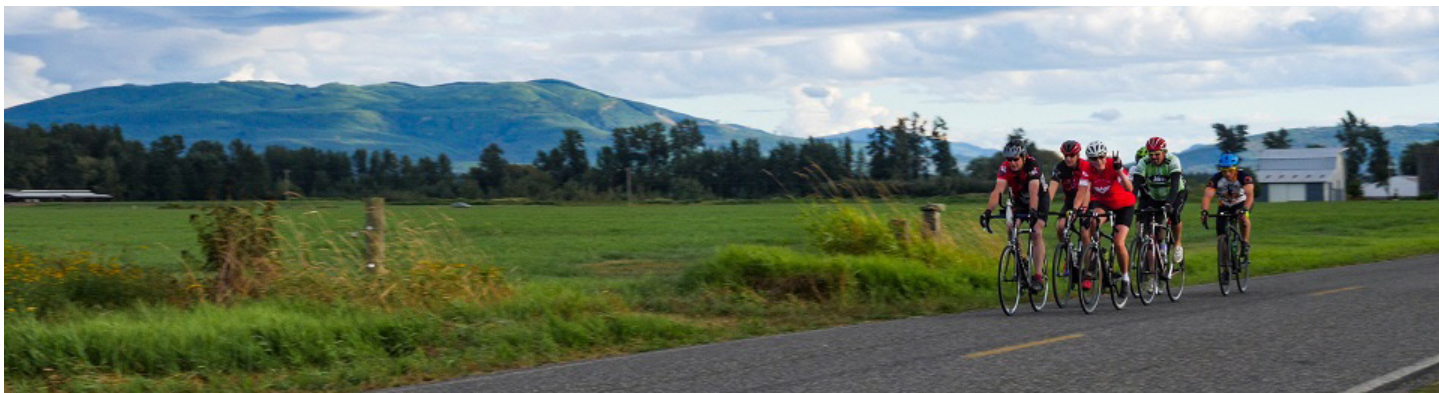
MBBC members had so much fun this year and many accomplishments.

"Despite weather, we succeeded in pulling off another Chuckanut Classic event. We had zero accidents this year. We helped spread bicycle joy in the community by providing funding to help the YMCA purchase the Triocab...and **We had outstanding turnout at all of our weekly rides.**" Hilary, Club President



Tuesday Group Ride September 2018





## MBBC Club Winter Ride

**Wednesday Group Workout Ride:** Meet 5:45pm, leave 6pm from parking lot across from Boundary Bay Brewery on Railroad Ave. We're beginning our winter schedule in October, so we will be riding on the trails. Bring a trail-ready bike (CX or mountain bikes) and lights. Check with ride leaders on Wednesdays with questions about the overwinter rides on local trails. Info: Tim Ryan, [t.ryan.2009@gmail.com](mailto:t.ryan.2009@gmail.com) 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.

## 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 Bicycle. 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 360-739-2913.

**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

**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 360-739-2913

**Saturday Donut Ride** 25 to 50 miles, race pace, departs from Trek Bicycle, 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 Trek Bicycle. 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

**Saturday Up County Ride** Second Saturday of the month at 10am, beginning October 13th, with a post-ride lunch for those who would like. Start in Lynden at 4th & Front St. (restrooms). Rides will be 25-30 laid-back miles. Contact John Okan: [jokan001@luthersem.edu](mailto:jokan001@luthersem.edu)

### You can call an impromptu overwinter ride!

Put it on the MBBC Website Calendar. Members can add their own rides:

- log into the MBBC website
- open the Events Calendar
- choose Add QuickEvent.
- fill out the complete information about your ride, choose yourself as the contact, and choose the category Member-posted rides.
- Your ride will now be listed on the calendar and on the left side of the home page!



# Gatherings - Rides - Events

**October 6 - Ellensburg Manastash Metric/Half Century** Two routes through rolling terrain around Ellensburg. The 66-miler includes a steep climb that the 33-mile route avoids. [www.drier-ride.org/](http://www.drier-ride.org/)

**October 7 - Take a Kid Mountain Biking**  
Free. Introduce mountain biking to the next generation. 2-5pm Lake Padden Rotary Shelter (by playground on east side). Activities include guided trail riding, mini skills courses. Info: [wmbcmtb@gmail.com](mailto:wmbcmtb@gmail.com)

**October 13 - Shoot the Trails Awards**  
WMBC Tickets available for sale from Bellingham and Ferndale local bike shops. Photo and video entries due before Oct.3. Details and rules: [wmbcmtb.org/shoot-the-trails-awards/](http://wmbcmtb.org/shoot-the-trails-awards/) or [wmbcstt@gmail.com](mailto:wmbcstt@gmail.com)

**November 23 - Black Friday Ride**  
Meet 10am at Cornwall Park (Meridian entrance) for ride to Ferndale (or beyond, depending on weather and who wants to keep riding).

**December - Lighted Neighborhoods Ride.** Light up your bike and join a ride to view the best holiday lights around the city! Check website in December for exact details (weather-dependent).

**January 1, 2019 - New Years Day Ride**  
Meet 10am, depart before 10:30am from Fairhaven Park for the Old Edison Inn where owners John and Lynn will be expecting us and we can enjoy the warmth inside. Friends and family are also invited to join us at the Old Edison Inn for lunch at about 11:30am, even if they don't ride. [theoldedison.com](http://theoldedison.com) No one will be left behind on this group ride.

## Annual MBBC Members' Reception January 2019

Join the club for our annual membership-renewal and pizza/beer party.

Check MBBC website for details



## Races

Cascade Cross Series has announced its 2018-2019 schedule. Details at [CascadeCross.com](http://CascadeCross.com)

- October 13: Bellingham BMX
- October 27: Woolley Cross
- November 10: Hannegan Speedway
- November 24: DeltaTech
- December 8: Camp Lutherwood
- January 5, 2019: Bandit Cross & Awards Party



## Classes

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

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

**Wednesday night CX practices** 6pm Wednesdays through Thanksgiving. Practices are at Lake Padden Ballfields, moving to Civic Field as weather requires. All ages and skill levels are welcome. Special instruction available for kids and beginners. You will need a 'cross or mountain bike – and a helmet. \$5 per practice, or \$30 for unlimited practices during the season. Kids are always free. All fees go to facility rental and to local cycling advocacy groups. David Neubeck, 360-738-2025; [dneubeck@hotmail.com](mailto:dneubeck@hotmail.com).





## Ride Journals - part 1

### Silicon Valley Gran Fondo 2018

I was the lucky recipient of the MBBC 'one free entry' to the inaugural Silicon Valley Gran Fondo. I'm originally from California but hadn't been back in years, and thought this would be a great way to see some familiar landscapes on my bike. Like the Gran Fondo Whistler, the SVGF is put on by the same great organizers, and it enjoys a similar elevation challenge on a mountain ride.

Other than that, forget everything you remember about your Gran Fondo trek to Whistler. The SVGF rises from the heat of Palo Alto over the Santa Cruz Mountains to the cooler coastline north of Santa Cruz (and hamlets like Pescadero and San Gregorio) and back. The route is generally of the "back road" variety, with two intense narrow canyon rides at about miles 15 and 45. While the mountain portions of the route are densely forested, it's the California version with dusty, grassy ground beneath the canopy and very low humidity. There are no road closures, and riders share the route with packs of high-end car clubs and "pocket rocket" motorcyclists who love mountain roads as much as we do. The SVGF's highlight is the climb from the coast back up Tunitas Creek Road. This is where the King and Queen of the Mountain are crowned for competitive cyclists, and this little canyon road features a winding, narrow, tree-shaded route with an 8%+ average grade over the course of about seven miles. Intense! Heading inland, the heat is all around you as you hit the top stretches of the mountain. It's quite the mental, physical and technical challenge. The last 15 miles back to the start are all downhill but require focus and stamina that was hard to find after Tunitas Creek. And of course, since it is set in the heart of Silicon Valley the start/finish is at a 5-star hotel featuring a very cushy after-party. So, California...

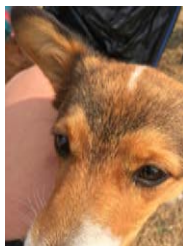


The ride organizers described the SVGF as the best Grand Fondo course ever devised. I suspect they are right! If you are ready for something completely different, don't mind sharing the road with tech millionaires in Maseratis, and have your climbing mindset firmly in place, this is your ride. Well worth the trip, I hope to do it again...only better! *by Bruce Clawson*



### 2018 Tour De Whidbey...

a fun, well organized, annual ride with beautiful routing on Whidbey Island. I drove to Coupeville the morning of, got my MBBC "North Puget Sound Bike Alliance" \$10 refund at the registration tables, and easily followed my chosen 60-mile route for the next half day. The warm, encouraging and laid back vibe of this island ride permeated the day. Cheering, sign holding volunteers guided riders through any tricky turns, the rest stations were crazy yummy and hygienic. The route wandered along amazing landscapes. One hilariously under-construction intersection had wiped out all event turn marks, causing a clownish gathering of phone poking lost bikers at the edge of a gravel wasteland. I followed the provided paper detour map. Others went another way, yet we all saw each other again at the next fun rest stop that had a "Motivational Corgi". It's impossible to pick a favorite experience from this event. I recommend this ride to everyone. *by Susan Willhoft*





Want to be the...

## 2019 Newsletter Editor?



...volunteer today!



**LITHTEX NW**  
Printing Solutions



### TRICAB "Thank you, thank you, thank you!"

*"Yesterday afternoon Mary and I spent the afternoon taking Max Higbee participants for rides and it truly one of the most joyous moments I have ever experienced. Just like in the promotional videos for Cycling Without Age, this bike brings the happy. From the cyclist, to the passengers, to the people we pass on trails....smiles all around. I am so grateful for your support."*

*"Cycling Without Age accepted us as an affiliate which means we can use their logo and branding and Bellingham will be on the website's world map." - Tammy Bennett, YMCA*



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

Rebecca Heathcock  
John & Joyce Pedlow  
Matt & Tifanie Treter

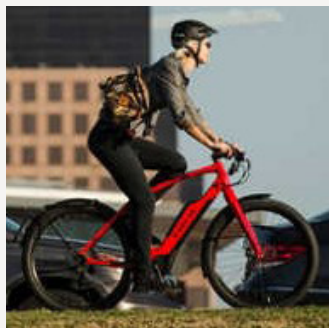
**SQUARE**



**TIRES**

It's getting more common these days to see no one in your rear view mirror, but then suddenly be passed by a smiling bicyclist who is seemingly not putting much effort into passing you while riding uphill with ease. This phenomenon is caused by

### **EBIKES!!!!**



Models range from those that look like bikes.. or not!  
They are plug in and/or solar powered.

### **2018 Washington State laws for EBIKES**

- 2-3 wheels
- Saddle seat
- Operational pedals
- Electric Motor (with less than 750 watts)
- 20 mph or less
- Cannot be ridden on sidewalks
- Cannot be operated on fully controlled limited access highway
- They may be operated most places bicycles are allowed such as multipurpose trails or bicycle lanes, provided "motorized vehicles" are not prohibited.
- No Drivers License needed if the operator is at least 16 years of age. Persons under 16 may not operate an electric-assisted bicycle.
- Not licensable for street use
- Must comply with all laws and regulations related to the use of bicycle helmets

(RCW 46.37.530, 46.61.710, 46.20.500, 46.04.320, 46.04.169) [search.leg.wa.gov](http://search.leg.wa.gov)

## Ride Journals - part 2



### Chuckanut Classic 2018

Despite the wind and rain, several hundred intrepid cyclists came out to ride and support the 2018 Chuckanut Classic, clearly reflective of the hardy souls that inhabit the Pacific NW. Even with the rain and smoky lead-up we had 242 registered riders, nearly the same as 2017. We are grateful to all the riders and volunteers who continue to come out and support the Classic and its main beneficiary, Our Treehouse. Last year we donated over \$6,000 to Our Treehouse and we hope to do the same or more for the 2018 ride!

Heading into 2019, my third as Director of the Chuckanut Classic, we have three main focuses. We plan to step up marketing efforts—especially in lower Mainland BC and Eastern Washington—to increase awareness and ridership. Second, we are planning to make some route and logistical changes to make the ride even better. Third, we hope to build on our sponsorship base so that more money can go to benefit Our Treehouse. We look forward to your continued support of The Chuckanut Classic.



### Black Mountain Cross & Mt. Baker Hill Climb

Having participated in both the Black Mountain Cyclocross Race and the Mount Baker Hill Climb, I have to say these two events go perfectly back to back! The cyclocross event was held at Camp Saturna out on Silver Lake Rd. The course was fast, heavy on the climbs, lighter on technical skills, the perfect starter race for those interested in giving cyclocross a try. The venue is perfect not only for the race, but for staying overnight (camping or bunk house) and heading out to Glacier the next day for the Mt. Baker Hill Climb 2.0.

In its new format, the Hill Climb starts out at Chair 9, two miles beyond the town of Glacier. It was a good start point for the race, good amenities and parking. Though the weather was a bit gray, the ride was over before the rains began. It was well organized with three categories: competitive, recreational and social, everyone was timed and medals were given out to the top three finishers in different age and gender categories. Everyone out on a bike that day was pleased to have this ride revived and the organizers did a great job, my only suggestion for next year is: "please bring back the freebie swag socks." by Hilary Higgins



Top to bottom: Hilary Higgins, Bunny Finch & Tammy Bennett



Thanks again to all the volunteers and riders, because without you this ride wouldn't happen.

by John Okan, Event Director





# MBBC Administration

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

Hilary Higgins - President  
John Okan - Vice President  
Jennifer Longstaff - Secretary  
Dina Soda - Treasurer  
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 Station: 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 2019

☐ 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	OCTOBER	SUN	MON	TUE	WED	THU	FRI	SAT
		30	1	2 Ferndale Social	3 Wednesday Workout Ride / Wednesday Cyclocross	4 Edison Social Mello Velo	5	6 Donut Ride / Ellensburg Manastash Metric-Half Century
		7 Rabbit Ride / Edison Social / Take a Kid Mountain Biking	8 <b>Columbus Day</b>	9 Ferndale Social	10 Wednesday Workout Ride / Wednesday Cyclocross	11 Edison Social Mello Velo	12	13 Donut Ride / Recumbent Ride / Up County / Cascade Cross Race
		14 Rabbit Ride / Edison Social	15	16 Ferndale Social	17 Wednesday Workout Ride / Wednesday Cyclocross	18 Edison Social Mello Velo	19	20 Donut Ride
		21 Rabbit Ride / Edison Social	22	23 Ferndale Social	24 Wednesday Workout Ride / Wednesday Cyclocross	25 Edison Social Mello Velo	26	27 Donut Ride / Cascade Cross Race
2018	NOVEMBER	28 Rabbit Ride / Edison Social	29	30 Ferndale Social	31 Wednesday Workout Ride / Wednesday Cyclocross <b>Halloween</b>	1 November Edison Social Mello Velo	2	3 Donut Ride
		SUN	MON	TUE	WED	THU	FRI	SAT
		4 Rabbit Ride / Edison Social  <b>Daylight Savings Time Ends</b>	5	6 Ferndale Social	7 Wednesday Workout Ride / Wednesday Cyclocross	8 Edison Social Mello Velo	9	10 Donut Ride / Recumbent Ride / Up County / Cascade Cross Race
		11 Rabbit Ride / Edison Social  <b>Veterans Day</b>	12	13 Ferndale Social	14 Wednesday Workout Ride / Wednesday Cyclocross	15 Edison Social Mello Velo	16	17 Donut Ride
		18 Rabbit Ride / Edison Social	19	20 Ferndale Social	21 Wednesday Workout Ride / Wednesday Cyclocross	22 Edison Social Mello Velo	23 Black Friday Ride	24 Donut Ride / Cascade Cross Race
2018	DECEMBER	25 Rabbit Ride / Edison Social	26	27 Ferndale Social	28 Wednesday Workout Ride	29 Edison Social Mello Velo	30	1 December Donut Ride
		SUN	MON	TUE	WED	THU	FRI	SAT
		2 Rabbit Ride / Edison Social  <b>Hanukkah Start</b>	3	4 Ferndale Social	5 Wednesday Workout Ride	6 Edison Social Mello Velo	7	8 Donut Ride / Recumbent Ride / Up County / Cascade Cross Race
		9 Rabbit Ride / Edison Social	10  <b>Hanukkah End</b>	11 Ferndale Social	12 Wednesday Workout Ride	13 Edison Social Mello Velo	14 <b>Pearl Harbor Day</b>	15 Donut Ride
		16 Rabbit Ride / Edison Social	17	18 Ferndale Social	19 Wednesday Workout Ride	20 Edison Social Mello Velo	21	22 Donut Ride
		23 Rabbit Ride / Edison Social	24  <b>Christmas Eve</b>	25 Ferndale Social  <b>Christmas Day</b>	26 Wednesday Workout Ride  <b>Kwanzaa Start</b>	27 Edison Social Mello Velo	28  <b>Winter Solstice</b>	29 Donut Ride
		30 Rabbit Ride / Edison Social	31  <b>New Years Eve</b>	1 New Year's Day Ride  <b>New Years Day</b>	For Sale: Official MBBC Jersey Women's Large (unused) \$59.94 Contact Carol: <a href="mailto:wildiscalling@gmail.com">wildiscalling@gmail.com</a>			

# SMART TRIPS

## Log Your Trips

We'd like to help you make Smart Trips, and to thank you when you do. Log your trips and you'll be entered to win valuable rewards and prizes such as \$1,000 cash and discounts at local businesses.

[whatcomsmarttrips.org](http://whatcomsmarttrips.org)



## WA Bikes Ride in the Rain Challenge

Washington Bikes invites pedalers of all varieties — seasoned riders and newcomers alike, all over our state — to bike as much as possible for any reason during November 1-30. The idea of the Challenge is to turn a common barrier to biking — inclement weather — on its head and celebrate biking during the rainiest month of the year. We think that if you can ride during the rainiest month and enjoy it — you'll see how possible it is to bike all year round.

[wabikes.org](http://wabikes.org)



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