



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Vol 25 Number 3, April 2016

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This month's contributors:
Mary Blackstone, Roger Collier, Glenn Gervais, Hilary Higgins, Tim Ryan. Thanks All!



the club online:

mtbakerbikeclub.org
chuckanutclassic.org

and our social sites:



facebook.com/
mountbakerbicycleclub



sports.groups.yahoo.com/
group/MtBakerBicycleClub



twitter.com/mtbakerbike



flickr.com/
mtbakerbikeclub/



WMBC TRAIL BUILD DAY APRIL 17TH, SUNDAY 9AM VOLUNTEERS NEEDED!!!

Do you ride your mountain bike on the vast maze of trails surrounding Bellingham? Maybe you trail run or hike on the same trails. Do you ever wonder how so many beautiful trails exist in this area? A dedicated group of maintenance workers is absolutely necessary for such a system to thrive as it has over the years. The WMBC (Whatcom Mountain Bike Coalition) fka WhIMPs have been doing a fantastic job keeping our trail system the envy of cities across the country. The MBBC is sponsoring our second annual Trail Build Day with WMBC on April 17th, Sunday beginning at 9am. C'mon out and join us!

We will be working on trails in the Chuckanut Mountain network. Meet at the North Chuckanut Trailhead parking lot (1016 Chuckanut Dr - between Old Samish and California St). We'll carpool to the work site (or you can ride your bike) from there.

continued on p.2

TUESDAY RIDE STARTING UP FOR 2016

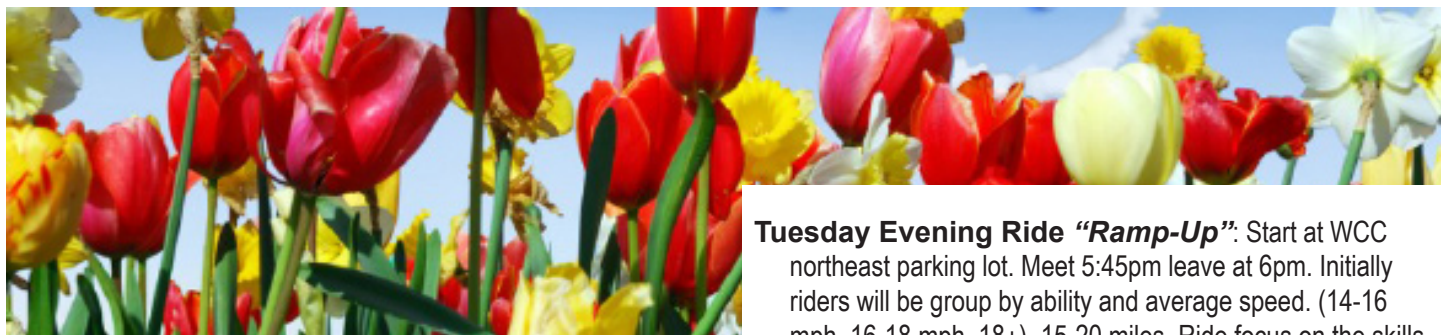
Everyone's Favorite: The Tuesday Evening Ride: "Ramp-Up" begins April 5, for its tenth year! Start at WCC northeast parking lot. Meet 5:45pm leave at 6pm. The speed and route of the groups will vary by each group's ride leaders. Initially riders will be group by ability and average speed. (14 to 16 mph, 16-18, 18+-) with more refinement as needed.

Distance 15 to 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. Information: Doug Schoonover 410-6431; call or text.

AND MORE...

The Thursday Up-County Ride and the Sunday Long-Slog Ride are both also starting up in April. See more information on page 7.

WEEKLY AND GROUP RIDES: THE "SPRING IS HERE" 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 7:45am (summer start time). Faster groups leave every 5 minutes thereafter.

John Hauter, johnh@fairhavenbike.com 733-4433

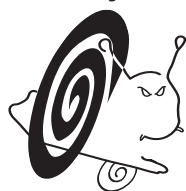
fairhavenbike.com/about/sunday-rabbit-ride-pg355.htm

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

Pace 11-14 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. Begins: April 10

Info: news@mtbakerbikeclub.org or 961-6684

Tuesday Ferndale Social Ride: starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. Start time either 9am or 10am. To check time and other info: Bob Parker 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. info: Doug Schoonover 410-6431; call or text.

Wednesday Group Road 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. Socialize at Brewery afterward (7:30 pm) 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 Info: arkley@comcast.net, 360-527-8638

Thursday Going Up The County Ride 16-18 mph pace, 20 miles. 6pm at Immanuel Lutheran Church, 1/2 mile N of Mt Baker Hwy on Hwy 9/Lawrence Rd. A ride for you county folk in Everson, Nooksack, Deming. Info: Joka001@Luthersem.edu, 360-393-2435 or 360-325-3777.

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

TRAIL DAY – APRIL 17

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Bring weather appropriate clothes and work gloves. We will work rain or shine (unless the weather is *really* terrible). There will be coffee, hot chocolate, and doughnuts in the morning and lunch around 12'ish. Come on out and help do some maintenance on the trails that we love so much.

In addition to you great trail workers, we need a couple commitments for some special tasks:

(1) We need a couple people to help Tim set up a table, banner, tent etc. at the beginning of the day. Meet Tim at trailhead before 9am and go up the mountain to help "get 'er done." (2) Likewise, a couple people need to stick around until the end of the day (3pm) and help take it all down. (3) Someone to phone in a pizza order to Domino's then drive to Sehome Village to pick up the pizza and bring it back up the mountain at about noon. Phone in the order

2 Mount Baker Bicycle Club - April 2016

MBBC's Signature Ride on a new weekend

August 28, 2016

chuckanutclassic.org

Same ride you love
plus a new
family-fun route.

Mark your Calendar!



after taking headcount of how many hungry lunch-eaters there are.

We will get enough pizza this year we promise!

For information, to help with one of the above tasks, or with questions, email Tim: t.ryan.2009@gmail.com

EVENTS IN 2016

MBBC CLUB RIDES IN 2016

The MBBC Rides Committee met in March and began to create this year's Club Ride calendar. The following is a tentative list, and there are plans in the works for a longer ride to be added in July. Mark your calendar and watch for details each month.

April 30 – club ride around Camano Island – Steve Crogan, Ride Leader. Watch for meetup details and time on MBBC website

June 4 – MBBC trip to Wenatchee to do the Apple Century, Bunny Finch, ride coordinator, applebikeride.com/

July 4 - Ride to La Conner for lunch then back, 60 miles total

Aug 7: Bill's Hills - 100 miles and 10,000 ft of climbing within Bellingham. Bill McCourt, ride coordinator

Aug 13 MBBC Lopez Island ride, family friendly, casual ride, Eric Stromerson ride coordinator

Sept 10-11 – MBBC goes to ride Hurricane Ridge, ride coordinator Hilary Higgins

November 25: day-after-Thanksgiving Ride

December 14 Winter Lighted Neighborhoods Ride

Classes & Training

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

April 5 - Bike Maintenance for Trail Riding

April 10 - Hands-On Bike Maintenance Basics

April 12 - Bike Maintenance Level 1

April 17 - Hands-On Bike Maintenance - Drive Train

April 26 - Mountain Bike Bellingham Overview

Cycle Moles Indoor Training - Spring "Moles" sessions plus drop-in spin classes will get you ready for Ski to Sea! Contact Fairhaven Fitness: cyclemoles.com or 360-733-5050

Races

April 2-3 US Cycling Collegiate road racing in Bellingham
nwcollegiatecycling.us/16SRoad.html

May 29: Ski to Sea skitosea.com

June 25: Lake Padden Triathlon
cob.org/services/recreation/races/Pages/padden-triathlon.aspx

June 26: Bellingham Kids' Traverse
recreationnorthwest.org/bellingham-kids-traverse

August 7: Bellingham Youth Triathlon - cob.org/services/recreation/races/Pages/bellingham-youth-triathlon.aspx

Sept 17: Bellingham Traverse
recreationnorthwest.org/bellingham-traverse

Sept 24: Big-Hurt Port Angeles - 4 legs, 1 event. bighurtpa.com

Gatherings

Procession of the Species parade - **May 7** bpots.org/

Bike to Work and School Day - May 20

Trail Work Parties

Whatcom Mountain Bike Coalition (WMBC)
wmbcmtnb.org/wmbc-calendar-of-events/

April 17 - MBBC's Trail Day on Chuckanut

Check back every month as new rides are added and dates are finalized.

2016 RIDES

April 2016

3 Emerald City Bike Ride: car-free streets (Seattle) - **sold out**
cascade.org/rides-major-rides/emerald-city-bike-ride

16 Tulip Pedal (La Conner) tulipfestival.org/calendar/event/522

17 Daffodil Classic (Tacoma) twbc.org

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

24 Lilac Century (Spokane) northdivision.com

4/28-5/1 Northwest Crank (Wenatchee) northwestcrank.com

30 MBBC Club Ride - Camano Island (see details on website)

May 2016

1 Summer Rides Series (Bellingham) mtbakerbikeclub.org/summer

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

7 Skagit Spring Classic (Burlington) skagitspringclassic.org

22 Tour de Cure (Woodinville) main.diabetes.org/site/TR/TourdeCure

30 7 Hills of Kirkland (Kirkland) 7hillskirkland.com

June 2016

4 MBBC Club Trip: Apple Century (Wenatchee) applebikeride.com

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

5 Summer Rides Series (Bellingham) mtbakerbikeclub.org/summer

12 Woodinville Wine Ride (Woodinville) cascade.org

25 Red-Bell 100 (Redmond-Bellingham) cascade.org/redbell

July 2016

3 Summer Rides Series (Bellingham) mtbakerbikeclub.org/summer

4 MBBC July 4th Ride to La Conner

13-17 RedSpoke (Redmond-Spokane) redspoke.org

16-17 STP (Seattle to Portland) cascade.org/stp

23 Tour de Whatcom (Bellingham) tourdewhatcom.com

28 RAMROD (Mt. Rainier) redmondcyclingclub.org

August 2016

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

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

7 Summer Rides Series (Bellingham) mtbakerbikeclub.org/summer

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

12-14 Obliteride (Seattle) obliterate.org

12-13 RSVP 1 (Seattle-B'ham) cascade.org/ride-major-rides/rsvp

13 MBBC Club Ride (Lopez Island)

13-14 RSVP 2 (Seattle-B'ham) cascade.org/ride-major-rides/rsvp

20 Tour de Whidbey (Whidbey Island) facebook.com/tourdewhidbey

28 Chuckanut Classic (Bellingham) chuckanutclassic.org

September 2016

4 Woods2Woods Summer Ride (Bellingham) mtbakerbikeclub.org

10-11 MBBC Club Ride (Hurricane Ridge)

10-11 MS 150 (Mt Vernon) bikewas.nationalmssociety.org/

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

October 2016

TBD Boneshaker Bike Festival (LaConner) boneshakerbikefest.com

November 2016

25 Day-after-Thanksgiving Ride (MBBC Ride - Bellingham)

December 2016

14 Lighted Neighborhoods Ride (MBBC Ride - Bellingham)

CYCLING JAPAN!

BY ROGER COLLIER

Few Americans go to Japan to cycle, but with the good fortune of having a Japanese friend, my wife Mary and I spent three great weeks in 2013 cycling three of the main islands: Honshu, Shikoku, and Kyushu. (We'll be returning in autumn 2016—watch for an update!) Hopefully this article will encourage others to take similar trips.

We'd met Shoko on a mountain bike tour in Africa and enjoyed her company enormously, so were delighted when, as we said good-bye in Nairobi, she invited us to visit her in Yokohama.

Several months later, we were on our way, first to stay several days with Shoko and her boyfriend Tad, then to spend two weeks on a guided bike tour from Kyoto on Honshu to Kagoshima on Kyushu. We were about to experience many wonderful moments and learn a lot about another culture.

Getting to Yokohama was easy enough, and getting around Japan was greatly eased by having Japanese friends and guides. We flew from Vancouver to Tokyo with our bikes (fitted with S&S frame couplings to allow packing in airline-legal suitcases), then took the airport bus to Yokohama, to be met with big hugs from Shoko (not a typical Japanese welcome), and many thanks for our gift of an MBBC jersey!

Two days at Shoko's house recovering from jetlag, reassembling our bikes, and familiarizing ourselves with Japanese plumbing were followed by a weekend bike trip with Shoko and Tad to Oshima Island, fifty miles south of Tokyo, with a lovely ride round the island, a climb up the local volcano, and two nights in a delightful ryokan (inn). Oshima—reminiscent of one of the smaller San Juan islands—was charming, but just as interesting was getting there and back. This involved riding bikes from Shoko's house to the nearest train station, removing wheels and encasing the bikes in light plastic covers, taking two trains (fortunately not in the rush hour), putting wheels back on, riding several blocks to the hydrofoil dock, removing wheels and encasing in plastic again, and taking the hydrofoil to

Oshima. And—in reverse—back to Yokohama three days later.

After that, the bullet train to Kyoto (with our bikes again disassembled and sent by the Japanese equivalent of UPS). Then three days in Kyoto, reassembling the bikes, meeting our guide and the other members of our little tour group (two Chinese, a Fijian-Australian, and three Americans, including our Bellingham neighbor Jill), touring the city, and we were off to see a LOT of Japan.

The tour was fascinating. Kyoto (spared from World War Two bombing) is a wonderful center of Japanese culture, with splendid ancient temples, lovely old buildings, great restaurants, safe cycling, and helpful people (as we discovered after we arrived at the wrong train station and were immediately surrounded by locals wanting to help us find our way).

After Kyoto, we zig-zagged our way south on Honshu, from Nara (with one of the biggest wooden buildings in the world, housing a giant Buddha) to Koyasan (where we were guests in a Buddhist monastery), then via ferry to Tokushima on Shikoku island, and across Shikoku to Matsuyama. From Matsuyama we took a ferry to Beppu (notable for its numerous boiling water hot springs) on Kyushu, then cycled to picturesque Yufuin, and over the shoulder of Mount Aso (currently erupting!). Then to Kumamoto (famous for its ancient castle), and Hinagu Onsen and Izumi, our destination a few miles north of Kagoshima.

So, that was our itinerary. What did we learn?

Most importantly, Japan is a bicycle-friendly country. Mostly roads were uncrowded, drivers were courteous, and there were several stretches of bike trail. (There were also plenty of hills.) Although we saw few leisure riders, we did see many *obaasan* on bikes with their family shopping in smaller communities,



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CYCLING JAPAN!

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as well as *salarymen* weaving their way along Tokyo sidewalks. Generally we felt very safe, although in an English-language newspaper we saw a headline *Cycling Deaths and Injuries Rise*, which turned out (another cultural difference) to be about cyclists mowing down unfortunate pedestrians.

We had few language difficulties since we were mostly with Japanese speakers, but when we were on our own and looking bewildered, people were friendly and eager to help. Most younger generation Japanese have been taught some English, although sometimes they proved to be shy at speaking it. In and around Tokyo for a few days on our own, we mostly traveled by train, which not only is incredibly clean and efficient, but has the advantage of having station names in Roman alphabet as well as Japanese characters.

The weather (in October) was less kind to us. Even for experienced Bellinghamsters, Japan proved to be a very rainy place. We had pretty good raingear, but even so several evenings saw us hanging wet clothes on every available hanger in our various lodgings. On the other hand, we did quickly appreciate the pleasures, after a long wet ride, of soaking in giant hot tubs with numbers of naked Japanese men (or, for Mary and Jill, Japanese ladies). This was definitely a cultural shift, and we were smart to

familiarize ourselves with *onsen* (hot spring) protocol before we tried it (what is that little towel for?)

Of particular interest to touring cyclists, Japan excelled in two important categories: restaurants and restrooms. Everywhere we went we had wonderful food, sometimes strange, occasionally challenging (how about those pickled vegetables, Mary?), but always beautifully presented.



Good beer and sake, too! And Japanese restrooms? No need to step behind a tree. In such a densely populated country we were rarely far from a town, and in every town there was a 7-Eleven store (or several—there are almost 20,000 in total) with an immaculately clean free restroom.

And the bottom line: Japan proved to be far less expensive than we'd feared. It's still possible to spend a lot, but a strong dollar and a weak yen have made all but the fanciest restaurants and lodgings (we stayed in comfortable big city hotels, business-oriented motels, Japanese-style ryokans, a hikers' hostel, and a Buddhist monastery) very good deals by American standards. Our excellent central Tokyo hotel cost less than we might pay in Seattle, and motels in more modest towns were priced at the Motel 6 level. There's no excuse for staying home!

Our bike tour from Kyoto to Izumi was organized by Japan Biking www.japanbiking.com

photos by Roger Collier and Mary Blackstone

自転車に乗る日本



MBBC ADMINISTRATION

Mount Baker Bicycle Club Board of Directors and Officers:

Hilary Higgins - President
open position - Vice President
Jennifer Longstaff - Secretary/Membership
Kathy Steele - Treasurer
Eric Stromerson - Rides Coordinator
Bill McCourt, Tim Ryan, Joe Wiederhold - at large

Project leaders:

Chuckanut Classic: Doug Schoonover and committee
Ride Leader Coordinator: Greg Rehm
New Year's Day Ride: Mark Wheatley
Summer Rides: Jennifer Longstaff
Bus-to-Bike Shelters project: Rodd Pemble
Ciclovía Whatcom: Joe Wiederhold
Newsletter-Bagel Procurer: Cathie Gerlicher
Graphic Design: Tim Ryan
Website: Michael Richard
Bike to Work & School Day Station: Pam Fonda



Club Bike Jerseys

The official MBBC bike jersey is a colorful short-sleeved full-zip jersey, available in men's and women's sizes, race cut and club cut. We are working on an individual ordering system where the jerseys can be ordered directly from Voler.com. Members will receive a discounted price on the jerseys. Announcement of MBBC's Voler jersey-ordering website will be listed here and on the MBBC web page soon..

Contacts:

Information-- bikebeh@gmail.com
Chuckanut Classic -- (360 410-6431)
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, etc. 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/join-the-club/
sign up online: ccnbikes.com/#!/events/mount-baker-bicycle-club

MBBC Membership Form for 2016

☐ 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 ☐ Summer Rides ☐ Education
☐ I can provide discounts on _____

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

The MBBC, in
partnership with

**SMART
TRIPS**

presents

SUMMER Rides 2016

Easy, social outings...all on two wheels

Roll with us and discover Bellingham's best backroads and hidden bikeways.

Each **Summer Ride** has a different theme, with goodies provided along the way.

Summer Rides are social rides covering easy, fun routes of around seven miles.

May 1 - Local to Global

August 7 - Breeze around Lynden

June 5 - Parks of Ferndale

September 4 - Woods Coffee Classic

July 3 - Chocolate Detectives

First Sunday of the month
May through September
1pm Start Time

mtbakerbikeclub.org/summer



Welcome new members

Ryan Anderson

Curtis Anson

Leticia Aviles

Helen Bertelsen

Scott Bertelsen (*welcome back!*)

Fairhaven Bike (corporate member)

John Hauter

Therese Kelliher (*welcome back!*)

Thomas Ludwig (*welcome back!*)

Mike Mattison

Guy Morrissey

Steve Paulus

Mike Randol

Mason Storrar

Callie Waldschmidt

Sam Waples

Kevin Wheeler

We're glad to have you in the MBBC!

RIDE NOTES AND MISCELLANEA:

The first in the **2016 Summer Rides series** (above) is May 1st at 1pm. Meet at the McNett/GearAid HQ: 1411 Meador Ave, Bellingham

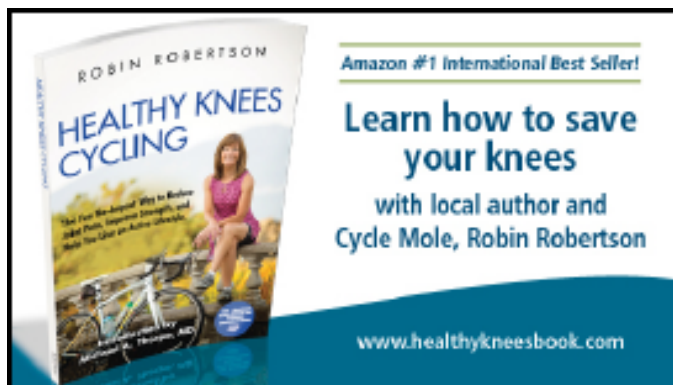
Bellingham Triathlon Club is again doing **Thursday evening Time Trials, April - June.** bellinghamtri.org/events/LakePaddenTT
Glenn Gervais: info@bellinghamtri.org

Everson/Nooksack Going Up the County Ride back for 2016

The Up-County Ride begins its 4th year on Thursday evening April 7 at 6pm. This is a convenient ride for our growing group of riders up in the county: Everson, Nooksack, Deming, Lynden etc. Even if you don't live Up-County, all are welcome to join this MBBC ride to explore some county roads you may not yet be familiar with. See details on p. 2

The Long Slog Group Ride is back for 2016

This is a group ride for slower, but serious, riders who want to build strength and endurance. Pace averages 11-14 mph, and distance begins with ~30 miles in April, increasing by 10-15 miles monthly to reach a goal of about 70-80 miles by the end of the summer. see p. 2



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
					April 1	2 Donut Ride Collegiate Road Racing, Day 1
3 Rabbit Ride Edison Social Ride Emerald City Ride Collegiate Road Racing, Day 2	4	5 Ferndale social ride Tuesday Ramp-up Ride REI Bike Class	6 Wed Group Ride	7 Edison Social Ride Up-County Ride Padden Time Trials	8	9 Donut Ride Recumbent Ride
10 Slog Ride Rabbit Ride Edison Social Ride REI Bike Class	11	12 Ferndale ride Tuesday Ramp-up Ride REI Bike Class	13 Wed Group Ride	14 Edison Social Ride Up-County Ride Padden Time Trials	15	16 Donut Ride Tulip Pedal
17 Slog Ride Rabbit Ride Edison Social Ride Daffodil Classic MBBC's Trail Day	18	19 Ferndale social ride Tuesday Ramp-up Ride	20 Wed Group Ride	21 Edison Social Ride Up-County Ride Padden Time Trials	22 MBBC May Newsletter Deadline <i>Passover Begins</i>	23 Donut Ride Tour de Lopez
24 Slog Ride Rabbit Ride Edison Social Ride Lilac Century	25	26 Ferndale social ride Tuesday Ramp-up Ride REI Bike Class	27 Wed Group Ride	28 Up-County Ride Edison Social Ride Padden Time Trials Northwest Crank begins	29	30 Donut Ride MBBC Camano Island Ride



Mount Baker Bicycle Club

Post Office Box 2702
Bellingham, Washington 98227



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

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..