



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Volume 25 Number 4, May 2016

MAY IS
BIKE
MONTH

I RIDE TO
ENJOY A
LIFELONG
SPORT.

I RIDE TO
SAVE MONEY
ON GAS.

With so many reasons to ride, what's yours?

#BIKEMONTH BIKELEAGUE.ORG/BIKEMONTH

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This month's contributors:
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Jamie Wells, Marshall Will.
Thanks All!



the club online:

mtbakerbikeclub.org
chuckanutclassic.org

and our social sites:

[facebook.com/
mountbakerbicycleclub](https://facebook.com/mountbakerbicycleclub)

[sports.groups.yahoo.com/
group/MtBakerBicycleClub](http://sports.groups.yahoo.com/group/MtBakerBicycleClub)

twitter.com/mtbakerbike

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

Lots of Bicycling Events in the Area in May!

ENJOY THE GREAT WEATHER! GET ON YOUR BIKE!

Check out some of the opportunities for activities this month!

SUMMER RIDES

Summer Rides Series - join the 2016 kickoff ride "Local to Global" on **May 1st**. mtbakerbikeclub.org/summer, easy 7-mile guided ride with fun stops. Leaves at 1pm from the McNett parking lot at 1411 Meador Ave, Bellingham (access Meador from Fraser Street) More details on page 4.

Skagit Spring Classic - ride and eat cookies on **May 7th** with our neighbor the Skagit Bicycle Club. skagitspringclassic.org MBBC members get a discount, and if you ride the full century, you'll take the first step toward the *Triple Crown* prize! More about the Triple Crown and the three-club collaboration on page 2.



Procession of the Species Parade - **May 7th** for Bellingham's 13th annual event. Gather at 3:30, parade at 4pm. Bicycles lead the parade! Participate or watch along the route. bpots.org

Tandem Ride and Social - **May 15**. Presented by the Bellingham chapter of the Evergreen Tandem Club. 20-mile ride meets at 10am at Four Points Sheraton on Lakeway; social gathering at 3pm. Contact Kim Moskowitz: kim@sja.com.



Bike to Work and School Day - **May 20th**. Stop at a celebration station on your way to work between 7-10am, especially one of the 2 stations sponsored by the MBBC. Get locations of morning stations at biketoworkandschoolday.org. To donate treats or help with the Bellingham MBBC station on the 20th, contact Pam Fonda: pamelasfonda@gmail.com

One More Bike Ride(s) in support of World Bicycle Relief - **May 24th** at 5:30 pm beginning at Wander Brewing. NuU-Muu, the MBBC's newest corporate member, is organizing 3 simultaneous rides around Bellingham: a 15-20 mile road ride, an intermediate-skills mountain bike ride, and an easy family-fun ride. After the ride we'll rendezvous at Wander for beer, fun, and an Africa travelogue! More details on page 5.

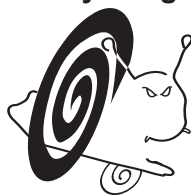
WEEKLY AND GROUP RIDES: SPRING/SUMMER EDITION

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 7:45am (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 (MBBC 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.



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 10am. To check time and other info: Bob Parker rmp-4724@hotmail.com or 360-671-6910

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.

Tuesday Evening Ride "Ramp-Up" (MBBC ride):

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

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 Up County Ride (MBBC 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

Skagit, Whidbey Island, and Mount Baker Bicycle Clubs Collaboration!

MBBC JOINS SKAGIT AND WHIDBEY FOR TRIPLE CROWN

The MBBC is collaborating with the Skagit Bicycle Club and the Whidbey Island Bicycle Club to offer member discounts on each club's signature ride in 2016.

Each ride will offer a member appreciation discount for Skagit Bicycle Club, Mount Baker Bicycle Club and Whidbey Island Bicycle Club Members. Current year-2016 members of each club will receive a \$10 cash rebate at registration for the Skagit Spring Classic (on May 7th), the Tour de Whidbey (August 20) and the Chuckanut Classic (August 28). (*This applies to the full-priced entry for each of these rides, it doesn't apply to children's entry fees or family ride fees.*)

See the websites skagitspringclassic.org and tourdewhidbey.com for information on their rides.

On another note, a *Triple Crown* prize will be awarded to WIBC, MBBC & SBC members who ride all three century rides (the 100 mile and greater courses only).

The Skagit Spring Classic is May 7th. To take advantage of the \$10 discount, make sure to join the MBBC or renew your membership before May 4th to ensure the Skagit club has your name on its rebate list! Join or renew online from the link at mtbakerbikeclub.org/join-the-club.



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 an additional multi-day ride to be added in July. Mark your calendar and watch for details each month.

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, Hilary Higgins ride coordinator

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.

May 3 - Bike Maintenance Basics

May 15 - Hands-On Maintenance: Basics

May 29 - Hands-On Maintenance: Drive Train

May 31 - Hands-On Level 2: Brakes & Drive Train

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

Padden Time Trials - 6:15 pm Thursdays in April-May-June, train for the Padden Triathlon. 14.4 miles, 30 second sendoff. info@bellinghamtri.org bellinghamtri.org/events/LakePaddenTT

Races

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/
Tandem Ride and Social - May 15 kim@sja.com

Bike to Work and School Day - May 20

Inspired to Ride film showing at the Pickford - August 16

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

2016 RIDES

May 2016

- 1** Summer Rides Series (Bellingham) mtbakerbikeclub.org/summer
- 1** Bike 'n Brews (Seattle) cascade.org/seattle-bike-n-brews
- 1** MEC Century Victoria (Victoria BC) events.mec.ca
- 1** May Day Classic (Federal Way) philsbikeshop.com/mayday
- 7** Skagit Spring Classic (Burlington) skagitspringclassic.org
- 7** Ride Around Clark County (Vancouver WA) vbc-usa.com/racc
- 21** Reach the Beach (Oregon Coast) reachthebeach.org
- 22** Tour de Cure (Woodinville) main.diabetes.org/site/TR/TourdeCure
- 22** Canyon for the Day (Yakima County) crimestoppersyakco.org/
- 22** Gran Fondo Leavenworth (L'worth WA) rideviciouscycle.com
- 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
- 23** Summer Seersucker Social (La Conner) summer-seersucker.com
- 28** RAMROD (Mt. Rainier) redmondcyclngclub.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) obliteride.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/
- 17** Fall Flannel Frolic (La Conner) www.fall-flannel.com/
- 18** Cycle the WAVE (Seattle) cyclethewave.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)

SUMMER RIDES are back!

We roll at 1pm
First Sunday of the month



The **MBBC/Smart Trips Summer Rides** are social rides covering easy, fun routes of around seven miles. Each ride has a different theme with goodies along the way. Children welcome with supervising adult. Those under 5 y/o must be attached to an adult's bike (Tag-along, attached bike seat, trailer...) Rides will be on paved road shoulders as well as trails.

Rides will be led by Smart Trips leaders. MBBC riders are needed to help sweep and to assist slower riders if needed. If you can help with a ride please arrive at the start at 12:45 pm and introduce yourself to the Smart Trips leaders.

Updated details: mtbakerbikeclub.org/summer



Schedule:

May 1: Summer Rides kick-off: From Local to Global

Discover Whatcom County's local-owned businesses that also have a presence world wide. You'll be surprised at how far reaching Bellingham is. See the Bellingham home offices of Nu-Muu, Erin Baker Baked Goods, McNett/Gear Aid, Fanatik Bike (did you know Fanatik has a far-reaching online presence?) and others. Ladies: wear your Nu-Muus!

Ride meets at the McNett Corporation headquarters: 1411 Meador Ave, Bellingham (access Meador from Fraser Street) at 1pm, May 1st

June 5: Parks and Lakes of Ferndale

Enjoy a loop through Hovander Park, Pioneer Park, and Tennant Lake, with a stop at Ferndale's own Lenny's Bike Shop. Learn about local birds and the area's history (we are tentatively planning on a short chat with a naturalist enroute). Ride meets at: VanderYacht Park, Washington and Portal Way, Ferndale at 1pm, June 5th.

July 3: Chocolate Detectives

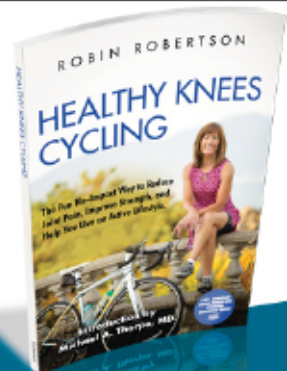
The ride is a mystery but treats lurk along the way. Bike with us to tasty destinations as we discover hidden trails and chocolate surprises. Fairhaven's Forte Artisan Chocolates, Pure Bliss Desserts, and Village Books and Paper Dreams are just a few of the stops on the trail of treats. Ride meets at: Fairhaven Village Green, 10th and Mill Street at 1pm, July 3.

August 7: Breeze Through Lynden

Bike to Fresh Breeze Organic Dairy farm to meet cows and the farmers who love them. Learn about Organic farming and why it makes a difference. You'll be fueled along by delicious Whatcom County chocolate milk. Finish with a jaunt through Lynden and stop at the newly remodeled Waples Building, home of the Inn at Lynden. Ride meets at City Bible Church North Sound, 1986 Main Street, Lynden. 1pm, August 7.

September 4: 2016 finale: Woods 2 Woods

Choose from a self-guided tour of all 15 Whatcom County Woods Coffee shops (the Giant Redwood Challenge – approx 70 miles) or join us on a social-paced guided tour of a few of the Bellingham shops. On either ride, you'll enjoy coffee and pastries at several locations. Social ride meets at 1pm at Woods Coffee's Barkley Village location. Giant-Redwood Challenge official start: 9am at Boulevard Park Woods Coffee location – though you may start from any Whatcom County Woods that you choose.



ROBIN ROBERTSON

HEALTHY KNEES CYCLING

The One Weekend Plan to Reduce Joint Pain, Improve Strength, and Help You Live the Active Lifestyle

By Robin Robertson
Illustrated by Anne Marie Ph. Thompson, MBBS

Amazon #1 International Best Seller!

Learn how to save your knees

with local author and
Cycle Mole, Robin Robertson

www.healthykneesbook.com



Bike to Work and School Day is May 20th.

Ride your bike to work or school and stop at a celebration station on the way!

The MBBC is sponsoring two celebration stations between 7-10am: (1) Bellingham at Sunnyland School on Illinois and James St. by the I-5 bike overpass. (2) Nooksack Valley Middle School in front by the main entry doors. The Nooksack location is again being organized by Mary Cole.

Find the locations of all the morning stations at biketoworkandschoolday.org.

To donate treats or help with the Bellingham MBBC station on the 20th, contact Bellingham organizer Pam Fonda: pamelasfonda@gmail.com

ONE MORE BIKE RIDE(S) WITH TEAM NUU-MUU

Mountain Bike? Road Bike? Family Ride? YES!

On May 24th, Nuu-Muu, a Bellingham based women's active wear company, is working with Wander Brewing to unite the Bellingham bicycle community and raise funds for World Bicycle Relief, a fabulous organization that provides durable, functional bikes (called Buffalo Bicycles) to people in Africa. To the recipients, bicycles are so much more than transportation or fitness. Bikes are their key to independence, health and opportunity.

Everything starts and ends at Wander Brewing: 1807 Dean Ave, Bellingham. At 5:30 pm, we'll start three simultaneous rides around Bellingham. Pick one and ride with us!

- Road Cyclists: we'll have a 15-20 mile, NO DROP, 12 mph ride. Want to go farther? Faster? Have your own group? Contact nikki@nuu-muu.com if you'd like to lead your own ride at the same time.
- Mountain Bikers: We'll cruise through Whatcom Falls Park, do a short ride on Galbraith, and return to Wander via the same route. Intermediate skill level.
- Family/Fun Riders: a mellow and family-friendly ride around town. Kids welcome!

At 7:30pm, all riders will rendezvous back at Wander for beer, fun, and an Africa travelogue! Nuu-Muu's Ashley Fullenwider will present a slideshow from her trip to Africa with World Bicycle Relief, where she helped deliver Buffalo Bikes to people in Zambia.

Donations will be accepted, yummy food from Delicious Mischief available for purchase, and a portion of beer sales will benefit World Bicycle Relief. Watch for more details at nuu-muu.com/adventures.

Join Team Nuu-Muu on the Red-Bell

You're invited to join Team Nuu-Muu for the Red-Bell ride on June 25th, a fundraiser for World Bicycle Relief and Cascade Bicycle Club. All riders welcome, especially first-timers and those looking for a fun, supportive crowd. Nuu-Muu has been a top fundraising team for three years running and offers team riders a free Nuu-Muu sports dress, either for yourself or for a gift. Contact ashley@nuu-muu.com for more information. For more details, including an awesome video about Team Nuu-Muu, check out nuu-muu.com/redbell.html



TEAM nuu  muu
-- contributed by Nikki Platte and Ashley Fullenwider

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 Day Stations: Pam Fonda, 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. MBBC members: check your email for discount code.

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, 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/join-the-club/
join the club 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

MBBC JERSEYS AVAILABLE ONLINE



The official MBBC jersey is now available for on-demand orders directly from the manufacturer.

The *made-in-the-USA* Voler jerseys come in either a short-sleeved club cut style (men's and women's cut) or a long-sleeved thermal race cut (also in men's and women's).

MBBC members receive a discounted price. Check your email for the discount code and enter it in the "Apply Promo Code" space when you check out of the website.

After reloading the page, the updated pricing will appear on the last page of the check out.

The jerseys are produced, to size, on demand, which means there are no jerseys in stock. Voler will produce your MBBC jersey only after you order it, so it will take a few weeks before you receive it. Note that shipping is free if your order is over \$75, so you might want to order two jerseys! Be ready for summer riding: order now!

Many thanks to our graphic designer Tim Ryan for working with Voler to create the updated jersey design to their specs. As well as for the new long-sleeved design!

voler.com/browse/collections/details/li/MtBakerBicycleClub



Welcome new members

Mark Allyn
Jill Anderson
Bob Clifton
Chelle Davidson
Ashley Fullenwider
Myra Gischer
Nuu-Muu (corporate member)
Larry Guevara
Mary Harvey
Heidi Hunt
Sandy Hunt
Jennifer Jones
Jasmine Khosravi
Matt Krough
Rose Marcotte
Lisa McCoy
Ron Miyatake
Mark Peck
Nikki Platte
Jackson Proia
Craig Smith
Jane Smith
Sarah Spotts
Autumn Stevenson
Ayumi Takabe
Rex Williams
Enid Wilson

We're glad to have you in the MBBC!

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!



formerly the Chuckanut Century



WOODS COFFEE

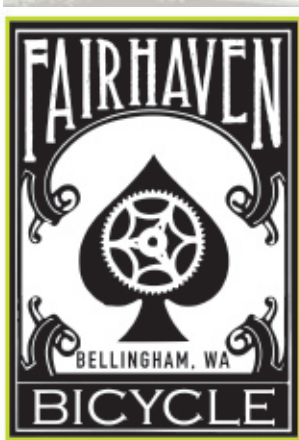


<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
May 1 Rabbit Ride Summer Rides Kickoff Seattle Bike n Brews Edison Social Ride	2	3 Ferndale ride Tuesday Ramp-up Ride REI Bike Maint class	4 Wed Group Ride	5 Up-County Ride Edison Social Ride Padden Time Trials	6	7 Donut Ride Skagit Spring Classic Procession of the Species Parade
8 Slog Ride Rabbit Ride Edison Social Ride <i>Mother's Day</i>	9	10 Ferndale social ride Tuesday Ramp-up Ride	11 Wed Group Ride	12 Edison Social Ride Up-County Ride Padden Time Trials	13	14 Donut Ride Recumbent Ride Adaptive Cycle Expo
15 Slog Ride Rabbit Ride Edison Social Ride Tandem Club Social	16	17 Ferndale social ride Tuesday Ramp-up Ride	18 Wed Group Ride	19 Edison Social Ride Up-County Ride Padden Time Trials	20 Bike to Work & School Day	21 Donut Ride Reach the Beach
22 Slog Ride Rabbit Ride Edison Social Ride Tour de Cure REI Bike Maint class	23 MBBC June Newsletter Deadline	24 Ferndale social ride 3 Nuu-Muu Rides Tuesday Ramp-up Ride	25 Wed Group Ride	26 Edison Social Ride Up-County Ride Padden Time Trials	27	28 Donut Ride
29 Ski to Sea Slog Ride Rabbit Ride Edison Social Ride REI Bike Maint class	30 7 Hills of Kirkland <i>Memorial Day</i>	31 Ferndale social ride Tuesday Ramp-up Ride REI Bike Maint class	June 1 Wed Group Ride	2 Up-County Ride Edison Social Ride Padden Time Trials	3	4 Donut Ride Apple Century trip Flying Wheels



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..