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This month's contributors: Curtis Anson, Hilary Higgins, Barbara Karabin, Vince Lalond, Chris Mellick, John Okan, April Payton, Doug Schoonover. Thanks All!



mtbakerbikeclub.org chuckanutclassic.org and our social sites:

facebook.com/ mountbakerbicycleclub

facebook.com/ chuckanutcentury

twitter.com/mtbakerbike

flickr.com/ mtbakerbikeclub/

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Volume 25 Number 6, July 2016



THE CHUCKANUT CLASSIC (formerly Chuckanut Century) is on a new day this year, has extra entertainment, and has a new event added!

Starting in 2016, the MBBC's Signature Ride is renamed "Chuckanut Classic," the date is moved into August (for better chances of good weather), and in addition to the 25, 50, 62, 100, and 124-mile routes, we're adding a 10 mile guided fun route for families.

The "Family Friendly Fun" route will begin at 10:30 am on August 28th, after the longer distance riders have left. MBBC certified ride leaders will escort the ride, which will loop through Bellingham on a 10 mile course with fun stops along the way, including some bike events being put on by Chris Mellick of Ride Run and Dig (RRAD). There will be other on-course activities and music to entertain the younger or slower riders who would prefer to enjoy a shorter day of fun on their bikes.

After all of the Chuckanut Classic rides, everyone is welcome to gather in the Boundary Bay beer garden, where local band *James Higgins and the Daft Rascals* will be entertaining at the post-ride after party from 2-5pm.

Registration is open: sign up online through ccnbikes.com, or print out the registration form and mail it in with a check. Sign up before August 1st to guarantee a tech T-shirt and to get the early-bird sign-up discount.

Details are available at ChuckanutClassic.org (or MtBakerBikeClub.org/chuckanut).

FOURTH OF JULY RIDE is back on!

Monday, July 4th, 2016 (but of course), 9:45 am

John Okan will lead 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, 720 S. 1st Street . calicocupboardcafe.com/la-conner/

Celebrate Independence Day and some great summer weather with an MBBC ride.



April Payton Photograp



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 riders who want to build strength and endurance. Pace has increased to 14-16 mph, distance now over 50 miles. 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 (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 (MBBC ride): Meet 5:45pm, leave 6pm from parking lot across from Boundary Bay Brewery on Railroad Ave. Split into moderate (14-16 mph) and fast (18+) groups for 25-30-mile road ride. Info: t.ryan.2009@gmail.com
- Wednesday Fast Road Ride: Leave 6pm from parking lot across from Boundary Bay Brewery. Race-pace 20+ mph, separate from the MBBC ride above.
- 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: Jokan001@ 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



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EVENTS IN 2016

MBBC CLUB RIDES IN 2016

List of remaining tentative club rides for 2016. Mark your calendar and watch for details each month.

- July 4 Ride to La Conner for lunch then back, 60 miles total
- July 29-30 North Cascades ride weekend, Hilary Higgins ride/trip coordinator
- 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/trip 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.

July 10 - Hands-On Maintenance: Basics

July 17, August 14, Aug 21 - Hands-On Maint: Drive Train August 15 - Bike Maintenance Basics, Level 1

Cycle Moles Ride the Tour Challenge - July 2-24, 6:45-7:45am daily, every day the Tour de France is on. Watch the Tour while riding the day's profile in one hour. 360-733-5050 to reserve.

Rides Events

Fanatik Women's Rides 2016 Series

see Fanatik Women's Rides on Facebook and the event calendar at EvergreenMTB.org July 13: Cherry Valley MTB Ride, Duvall August 17: Tolt MacDonald MTB Ride, Carnation August 18: Some Like it Sweet: Bellingham August 31: Beer Cruiser: Bellingham

Smart Trips/City of Bellingham Work Party Ride

July 21: 6pm ride meets at Depot Market Square, ride to Boulevard Park for weeding/cleanup work party. cob.org/gov/public/volunteer/parks/pages/schedule.aspx

<u>Races</u>

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

continued on p.7

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

2016 RIDES

July 2016

- **1-4** NW Tandem Rally (Klamath Falls, OR) nwtr.org/2016
- **3** Summer Rides Series (Bellingham) mtbakerbikeclub.org/summer
- **4** MBBC July 4th Ride to La Conner
- 8 Seattle Night Ride cascade.org/rides-major-rides/seattle-night-ride
- 9-10 Triple Bypass (Evergreen/Avon CO) triplebypass.org
- **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
- 23 Mt Evans H-Climb (Idaho Spgs CO) bicyclerace.com/
- 24 Prospera Valley Gran Fondo (Fort Langley BC) valleygranfondo.com
- 28 RAMROD (Mt. Rainier) redmondcyclingclub.org
- 29-30 MBBC Club Ride (North Cascades)
- 30 Snohomish Ride to Defeat ALS web.alsa.org/site/TR?fr_id=12152
- 31 Tour de Kitsap (Bremerton) westsoundcycling.com/

August 2016

- 6 Tour de Lavender (Sequim) tourdelavender.wordpress.com
- 7 Bill's Hills of Bellingham (MBBC ride) mtbakerbikeclub.org
- 7 Summer Rides Series (Lynden) 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

November 2016

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

December 2016

14 Lighted Neighborhoods Ride - (MBBC Ride - Bellingham)



207 West Holly Street Bellingham WA 98225 phone 360.671.0191 fax 360.647.6056



WOODS COFFEE

Reserve your spot now MBBC NORTH CASCADES RIDE TO RETURN IN 2016

The MBBC will again have a club ride over the North Cascades Highway in 2016. The chosen weekend is July 29/30. We'll ride from Newhalem to Winthrop on July 29th, spend one night in Winthrop, then do the return ride on July 30th. We have reserved the 12 bunks at the Mountain Hostel in Winthrop. Sign up early to reserve one of the bunks (those who don't get a bunk are also welcome to join the ride and carpool to Newhalem – you'll need to find alternate accommodations in Winthrop).

This is a strenuous ride and riders must be prepared (both your body and your bike) to keep up with the group.

The ride (each way) is 75 miles. Summit of Washington Pass is at 5476 ft. Climbing from Newhalem to the summit is 6300'

of climbing over the 40 miles. We will plan to carpool from Bellingham to Newhalem, begin bicycling from Newhalem at about 8 or 9am, reach the summit by noon, Mazama by 1pm, Winthrop by 3-ish. Check with Hilary with questions about the preparation level you'll need to attempt this ride.

Contact Hilary to reserve a spot on the ride, reserve a bunk in Winthrop, and discuss ride fitness level. Deadline for signup is July 10th, with a meeting the week after that. bikebeham@gmail.com, 360-255-8550.

Last year's intrepid riders reach the summit

alline that.

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

July 3: Chocolate Detectives

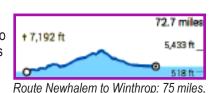
The ride is a mystery but treats lurk along the way. Bike with us to tasty destinations as we discover hidden trails and chocolate surprises. Fairhaven's Forte Artisan Chocolates, Pure Bliss Desserts, Boundary Bay Bewery/Bistro and Village Books & Paper Dreams are just a few of the stops on the trail 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.



6300 ft of climbing in the first 40



If you're looking for an early morning bike-racing-fix experience you won't forget, come down for the Mount Bakery's complete coverage of the race, camaraderie of other local bicyclists, and fresh croissants right out of the oven. July 2 through July 24 on ride days.

Morning live viewing begins when the day's race begins. Other than rest days, Mount Bakery will be open at 5am at the latest. Caffeine from open onwards, pastries as they're delivered from the Fairhaven Mount Bakery, and full breakfast starting at 7am. Drawings for prizes daily, more Hi-Definition TVs, and even extra viewing capability from the Pickford on those popular Mountain Stages days!

Join Vince and the gang for the *fourteenth* year!





TOUR DE WHATCOM - July 23, 2016, various start times

The Tour de Whatcom is back for its 11th year, managed by Whatcom Events.. Whatcom Events is a community non-profit organization that also manages the Ski to Sea and the Muds to Suds events. A portion of the proceeds from this ride will benefit the Whatcom Mountain Bike Coalition (WMBC).

Choose your distance: a 105 mile loop through Bellingham, Alger, Deming, Nooksack, Everson, Lynden, Blaine, Birch Bay, and Ferndale, or a 44-mile or 22-mile out and back course. 105-milers begin at 7:30 am from the downtown Depot Market. Arrive at the start early so you can check in and be ready to ride on time!

See all the details at tourdewhatcom.com

NOTE FROM WMBC: GALBRAITH LANE GATE CLOSURE

Direct access to the Tower Rd (RD 2000) is now closed and a reroute is still in the process of being built. The only gate open for public access is at end of Galbraith Ln (RD 1000). Last Call will be closed temporarily until the reroute has been completed and detour signs and mini maps have been set up at the base of the hill to help you navigate through the changes.



The residents living around the perimeter of Galbraith are being directly affected by its increase in popularity. To help manage this issue, the WMBC has been advocating and educating users about parking issues, dogs off leash, use of vulgar language and noise, and increased vehicular and foot traffic for several years. We have also been working with some of the Galbraith Lane residents for some time to negotiate permission to continue to use the spur, while looking for alternatives to maintain access to the mountain.

Residents on Galbraith Lane have experienced car prowling and note that their private drive is frequently being used for drop off/pick up and turn-arounds. There have also been several negative encounters during their attempts to ask people to stop. The purpose of the gate is to reduce traffic on the spur, reduce car prowlers, and minimize negative interactions.

Galbraith is a really busy hill and all public traffic is now funneled straight through Galbraith Lane. Please be courteous to the residents by keeping your pets on a leash, picking up your poo bags, and respecting people's private properties. This a shared space that we're lucky to use. Please follow the reports on wmbcmtb.org as this situation is updated. *-- Barbara Karabin, WMBC*

MBBC ADMINISTRATION

Mount Baker Bicycle Club Board of Directors and Officers:

Hilary Higgins - President John Okan - Vice President Jennifer Longstaff - Secretary/Membership Kathy Steele -Treasurer Eric Stromerson - Rides Coordinator Bill McCourt, Greg Rehm, 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 Ciclovia 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 womens' 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-- bikebeham@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 □ Re	enewing Member	This is a change of address				
Last name:		First name:				
Address:						
	State: Postal Code:					
E-mail:						
Contact telephone number: Associate member: (An associate member is any p		me address as the individual member)				
I would like to receive my news	sletter via (choose one)	: 🗇 on-line or 🗇 printed & mailed				
Would you like to help?	Volunteers are our	r most valuable resource.				
Please check any of the l	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 Ride	es 🗇 Education				
I can provide discour	nts on					

	Membership type:				
	Individual: \$20 Family/Associate: \$30				
	Additional Donation: (donations support community bicycling programs)				
iber)	Total enclosed: \$				
nailed	Please enclose a check payable to: Mt. Baker Bicycle Club				
ch:					
	Mail to: Mount.Baker Bicycle Club attention: membership Post Office Box 2702				

Bellingham, Washington 98227

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Ride, Run and Dig RRAD REPORT

The MBBC is pleased to introduce our partnership with Chris Mellick and Ride, Run and Dig (RRAD). RRAD has been visible in the community working on events in schools and others such as Take a Kid Mountain Biking Day. RRAD will be providing a program in the new Family-Friendly ride during the Chuckanut Classic in August.

ABOUT CHRIS AND RRAD

Since 1996 Chris Mellick has been involved with trail building, mountain bike racing and supporting community events in Whatcom County.

With passion and enthusiasm, Chris has created a youth program: Ride, Run and Dig (RRAD). The RRAD Program incorporates trail recreation, trail building and bike skills for kids of all ages.

RRAD MISSION

To provide a safe, positive, and inspiring trail experience for Whatcom County youth through structured activities that foster civic responsibility, self empowerment and a sense of community.

RRAD VISION AND VALUES

- Access to the outdoors
- Health and well-being
- Safe riding
- Empowerment
- Environmental stewardship
- Community building
 - Civic responsibility
 - Having fun



Outdoor recreation for youth through guided stewardship and enriched trail experiences. Nelcome

Welcome new members

Steven Ban Brenda Bergstrom-Graf John Coleman Timothy Graf Deanna Kaech Randy Kaech Cynthia Mitchell Greg Nicoll Benjamin Toomey John Watkinson Sidney Williams

We're glad to have you in the MBBC!

EVENTS

continued from p.3

May - October BMX racing, Fridays and Saturdays; practice track open Tuesday & Thursdays. bellinghambmx.com

Gatherings

- Tour de France live viewing at Mount Bakery (see p. 5)
- Community Food Co-Op party at Maritime Heritage Park July 31, 12-5pm
- Inspired to Ride film showing at the Pickford -August 16, 6:30pm and 8:45pm

pickfordfilmcenter.org/programs/pickford/inspired-to-ride *trailer:* watch.inspiredtoride.it

This film showing is sponsored by the MBBC and a percentage of ticket sales will be donated back to the club. Plan to attend one of the showings and bring your friends!

Trail Work Parties

City of Bellingham Parks

July 7, 6:30 pm Lake Padden trail cleanup. East entrance, near dog park. July 21, 6:30 pm Boulevard Park, work party follows bike ride cob.org/gov/public/volunteer/parks/pages/schedule.aspx

Whatcom Mountain Bike Coalition (WMBC) - work parties on Galbraith and Larrabee.

Check calendar: wmbcmtb.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	101		818	ČX.	July 1 Canada Day	2 Donut Ride TourDeFrance begins Ride the Tour Challenge begins
3 Slog Ride Rabbit Ride Edison Social Ride SmmerRide Chocolate	4 July 4 Ride Independence Day	5 Hot Laps Ferndale social ride Tuesday Evening Ride	6 Wed Group Ride	7 Edison Social Ride Up-County Ride COB Trail Day	8 Seattle Night Ride	9 Donut Ride Recumbent Ride
10 Slog Ride Rabbit Ride Edison Social Ride REI Bike Maint Class	11	12 Hot Laps Ferndale social ride Tuesday Evening Ride	13 Wed Group Ride RedSpoke begins	14 Edison Social Ride Up-County Ride	15	16 Donut Ride STP Day 1
17 Slog Ride Rabbit Ride Edison Social Ride STP Day 2 REI Bike Maint Class	18	19 Hot Laps Ferndale social ride Tuesday Evening Ride	20 Wed Group Ride	21 Up-County Ride Edison Social Ride COB/SmartTrips Ride COB Trail Day	22 MBBC August Newsletter Deadline	23 Donut Ride Tour de Whatcom Summer Seersucker Social
24 Slog Ride Rabbit Ride Edison Social Ride Prospera Valley Gran Fondo	25	26 Hot Laps Ferndale social ride Tuesday Evening Ride	27 Wed Group Ride	28 Up-County Ride Edison Social Ride RAMROD	29 MBBC North Cascades Trip begins	30 Donut Ride Snohomish ALS Ride
31 Slog Ride Rabbit Ride Edison Social Ride Com'nty Co-op Party	August 1	2 Hot Laps Ferndale social ride Tuesday Evening Ride	3 Wed Group Ride	4 Edison Social Ride Up-County Ride	5	6 Donut Ride Tour de Lavender

Welcome to Bellingham Now Get on Your Bike!

www mtbakerbikeclub org



Mount Baker Bicycle Club

Post Office Box 2702 Bellingham, Washington 98227

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..