



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Volume 24 Number 5, June 2015

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This month's contributors:
Robert Ashworth, Brian Christensen, Mary Cole, Pam Fonda, Deanna Power, Mary Trask. Thanks All!



the club online:

mtbakerbikeclub.org
chuckanutcentury.org
nwtr.org/2015

and our social sites:

 facebook.com/mountbakerbicycleclub

 sports.groups.yahoo.com/group/MtBakerBicycleClub

 twitter.com/mtbakerbike

 flickr.com/mtbakerbikeclub/



EARLIEST EARLY-SEASON RIDE TO ARTIST POINT!

JUNE 6, 9AM FROM GLACIER

The road to Artist Point is open about as early as it's been in recent memory. Lack of snow on Mount Baker this year is worrisome and an indicator of drought in Washington, but on the positive side, we'll be able to ride Highway 542 to the top for the whole summer rather than just a few weeks.

Brian is leading a fast road ride from Chair 9 Pizza (10459 Mt. Baker Highway, Glacier, 360-599-2511, chair9.com) to Artist Point. The ride is approximately 45 miles round trip. Everyone will do the climb at their own pace and regroup at the top before the charge back down. Gather in Glacier after the return for lunch and refreshments.

Meet at Chair 9 Pizza at 9am to start.

Information: Brian Christensen,
206.849.0117

Unity Center and ARAS present African Bike Drive on June 6th

Bellingham's ARAS Foundation is partnering with the Unity Center to hold an African Bike Drive on June 6th.

ARAS is assisting the Village Bicycle Project in procuring bikes for Sierra Leone and Ghana, Africa. ARAS is seeking bikes, bike parts, and volunteers for its Bike Drive on June 6th.

information: Mary Trask - mary@arasfoundation.org, 425-941-7384,
arasfoundation.org/bike_project.html

WORLD NAKED BIKE RIDE IN BELLINGHAM JUNE 5TH

Time for another lecture about the need to reduce the carbon footprint and also live healthier lifestyles. One could look at another budget document about lifestyle effect on health plan costs, but that sounds kind of boring. Naked and nearly naked bicyclists can make a point without putting the audience to sleep.

Come join the fun. Bellingham's version of World Naked Bike Ride takes place Friday, June 5th. Many of the cyclists are painted festive colors as they ride the streets of downtown Bellingham. It's during the June Art Walk.

Ride starts at 6 pm from the lot of the HUB Bicycle Collective behind 903 1/2 N. State near the South Bay Trail. Show up early for painting and getting ready. Painting party starts at 2pm. After the ride, there will be a dance at a nearby location to be announced. Come join the ride, clothing optional, or watch as the ride passes through streets of downtown Bellingham.

For more details:
www.bellinghamnakedbikeride.com

Submitted by Robert Ashworth

WEEKLY AND GROUP RIDES

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

Sunday Long-Slog Ride: Group ride for slower, but serious, riders who want to build strength and endurance. Pace averages 11-14 mph, distance began with 30 miles in May, working up to 70-80 miles by end of summer. Meet 9am by the bike racks behind the Boulevard Park Woods Coffee.

Ride leaders Phred Morin, Jennifer Longstaff and Matt Vann, info 961-6684 or 389-6891

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. information: Doug Schoonover 410-6431; call or text.



Wednesday Group Workout Ride: Meet 5:45pm, leave 6pm from parking lot across from Boundary Bay Brewery. Road ride, split into fast (16-18mph) and faster (18+) groups. Socialize at Brewery afterward (7:30 pm) Info: Tim Ryan: t.ryan.2009 at gmail.com.

Thursday Going Up The County Ride: 16 -18 mph pace, 20 miles. Gather at 6pm at Immanuel Lutheran Church parking lot, 1/2 mile N of Mt. Baker Hwy on Hwy 9/Lawrence Road. This is a convenient ride for all you county folk in Everson, Nooksack, Deming... Led by John Okan & Rick Jacoby. more information: Joka001 @ Luthersem. edu or 360-393-2435

OTHER LOCAL GROUP RIDES

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 estimate a 2-or-more-hour ride time leave at 8am. Faster groups leave every 5 minutes thereafter.

Info: John Hauter, johnh@fairhavenbike.com 733-4433.



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 Hot Laps 30-40 miles, race pace. Training ride departs from Kulshan Cycles at 6pm to a practice road race course. Summer months only.

Wednesday Fast Ride: 6pm from parking lot across from Boundary Bay Brewery. Not affiliated with the MBBC ride that leaves from the same parking lot; this group is led by local racers and will sometimes work with the MBBC riders.

Thursday South Social Ride starts from Edison Elementary School parking lot. 30-40 miles, 10-14 mph, route varies. 10 am start time.

Info: Alfred Arkley: arkley@comcast.net or 360-527-8638

TNR (Thursday Night Ride) Thursday evenings. Meet in front of Fairhaven Bike, mid-March to mid-October, leaving right at 6pm on a 30 mile road ride loop around the Lake Whatcom north shore. 18+ mph pace. caseym@fairhavenbike.com

Saturday Donut Ride: 24 - 45 miles, race pace, departs from Kulshan Cycles, beginning March 1st will be back to the 7am 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



EVENTS IN 2015

Classes & Training

Cycle Moles Ride the Tour Challenge, July 5-26
7-8am daily, every day the Tour de France is on.
Watch the Tour while riding the day's profile all in one hour. cyclemoles.com, call to reserve: 733-5050

Bellingham REI Cycling & bike maintenance classes:
June 7, 28; July 19 - Hands-on: Drive Train
June 9; July 6 - Bike Maintenance Basics
June 10 - Beyond the Basics - Brakes, Drive Train
June 14 - Hands-on: Bike Maintenance Basics
check the monthly calendar at rei.com/stores/bellingham.html.

Races

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

June 27: Lake Padden Triathlon
cob.org/services/recreation/races/padden-triathlon.aspx

June 28: Bellingham Kids' Traverse
recreationnorthwest.org/bellingham-kids-traverse

June 13: 5th Annual All-Girl AlleyCat (Seattle)
menstrual-monday.com

July 25: Kulshan Quest Adventure Race
recreationnorthwest.org/quest-adventure-races/kulshan-quest

August 2: Bellingham Youth Triathlon - cob.org/services/recreation/races/bellingham-youth-triathlon.aspx

Sept 19: Bellingham Traverse
recreationnorthwest.org/bellingham-traverse

Gatherings

June 5: World Naked Bike Ride in Bellingham
bellinghamnakedbikeride.com

June 6: African Bike Drive Bellingham
arasfoundation.org

June 7: Fanatik Women's Ride: Seattle Road Ride
50 miles, Gasworks Park 8:15 am
see "Fanatik Women's Rides" on Facebook

June 24: Fanatik Women's Ride: Solstice MTB Ride
Little Mountain, Mt Vernon
see "Fanatik Women's Rides" on Facebook

August 21-23: Gigantic Bicycle Festival Snoqualmie WA
giganticbicyclefestival.org

Trail Work Parties

- Whatcom Mountain Bike Coalition (WMBC)
wmbcmtnb.org/trail-days/
June 6th National Trails Day - Blanchard Mtn
June 7th Galbraith
June 13th Galbraith
- City of Bellingham (COB) Parks Dept.
Work Parties in city parks trails. Details:
360-778-7105 and see the Summer Schedule PDF file at
cob.org/government/public/Volunteer/parks/schedule.aspx
June 6th Whatcom Creek for National Trails Day
June 13th Connelly Creek

2015 RIDES

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

June 2015

6 Early Baker Climb (MBBC ride) *see p. 1*
6 Apple Century (Wenatchee) applebikeride.com
3-20 Ride the Rockies (Denver CO) ridetherockies.com
13 Girls of Summer (Seattle)
20 Chelan Century Challenge (Lake Chelan) centuryride.com
20 Cycle de Vine (Lake Chelan) cycledevine.com
20 Chafe150 Gran Fondo (Sandpoint ID) <http://chafe150.org/>
21-27 Bike Tour of CO (Breckenridge CO) bicycletourcolorado.com
27 Red-Bell 100 (Redmond-Bellingham) cascade.org/redbell
28 Two County Double (Olympia) capitalbicycleclub.org/2County/

July 2015

2-6 Northwest Tandem Rally (Bellingham) nwtr.org/2015
11-12 STP (Seattle to Portland) cascade.org/stp
15-19 RedSpoke (Redmond-Spokane) redspoke.org
17-18 North Cascades weekend (MBBC ride)
18 Tour de Whatcom (Bellingham) tourdewhatcom.com
25-26 ALS Doubleday Ride (Snohomish)
30 RAMROD (Mt. Rainier) redmondcyclingclub.org

August 2015

1-2 Tour de Lavender (Sequim) tourdelavender.wordpress.com
2 Ride the Hurricane - portangeles.org/pages/RideTheHurricane
7-9 Obliteride (Seattle) obliteride.org
9 Bill's Hills of Bellingham (MBBC ride) mtbakerbikeclub.org
14-15 RSVP 1 (Seattle-B'ham) cascade.org/ride-major-rides/rsvp
15-16 RSVP 2 (Seattle-B'ham) cascade.org/ride-major-rides/rsvp
30 Woods2Woods (B'ham) mtbakerbikeclub.org/woodsrides.html

September 2015

12-13 MS 150 (Mt Vernon) bikewas.nationalmssociety.org/
13 Mt Baker Hill Climb (Glacier) norka.us
19 Ride Around the Sound (Seattle-Normandy Park - Tacoma - Bremerton) RideAroundtheSound.org
19 Tour de Whidbey (Whidbey Island) facebook.com/tourdewhidbey
20 Chuckanut Century (Bellingham) chuckanutcentury.org
27 Kitsap Color Classic (Kingston) cascade.org/kitsap-color-classic
26-28 Lake Wenatchee weekend (MBBC ride)

October 2015

31 Boneshaker Bike Festival (La Conner) boneshakerbikefest.com

November 2015

26 Thanksgiving Ride (MBBC Ride - Bellingham)

December 2015

16 Lighted Neighborhoods Ride (MBBC Ride - Bellingham)



VOLUNTEERS NEEDED FOR NW TANDEM RALLY!

We've been planning for more than two years, and now the **Tandem Diversity Northwest Tandem Rally** is just one month away! To ensure that the MBBC puts on a great event, we're asking club members to sign up for as many volunteer tasks as you can. The list below shows the type of work we need and the approximate days/times we need it. More details, as well as contact information to sign up for specific tasks and time slots, can be found on the nwtr.org/2015 website here: **<http://nwtr.org/2015/volunteer>**



This rally is our opportunity to show that Bellingham is an excellent community to host a very large multi-day bicycling festival. Proceeds will allow the MBBC to continue funding and supporting bicycle advocacy such as Bike to Work Day, Ride Leader Training, Bus to Bike Shelters, WMBC Trail Days, Sterling Bike Works, and more of the great work our club does. Step up and lend a hand for Bellingham and your bike club!

Task list:	number of people needed in...		
	Morning	Afternoon	Evening
June 20 & 22			
Goodie-Bag Stuffing		6 (both days)	4 (both days)
June 25, 27, 28			
Road Marking	6 (27th)	6 (28th)	6 (25th)
July 2 -- Thursday			
Vendor Expo assistance	1	2	
Registration	1	5	2
Campground check-in		2	2
Bike Racks transport/setup		2	2
July 3 -- Friday			
Registration	9	9	2
Vendor Expo assistance	3	3	
Bike Racks	1		1
Bike Mechanics		2	2
Campground check-in	2	2	1
July 4 -- Saturday			
pre-ride Routes Check	2 very early		
Mass Start Road Support	20		
Mass Start Bike Mechanics	2		
On-route Bike Mechanics	2	2	
Rest stops extra support	3	3	
Route Support/SAG drivers	4	4	
Bike Racks	2	2	2
Vendor Expo assistance		2	
Parkade Fireworks event			3
July 5 -- Sunday			
pre-ride Routes Check	2 very early		
On-route Bike Mechanics	2	2	
Rest stops extra support	3	3	
Route Support/SAG drivers	4	4	
Bike Racks	2	2	
Post-ride Fairhaven Park support		3	
July 6 -- Monday			
Campground check-out	2	2	
Bike Racks take-down		2	

PERSONAL INJURY CLAIMS WHEN A CAR HITS YOUR BICYCLE IN WASHINGTON

Nine million Americans ride their bikes every day, and nearly every ride goes without incident. Unfortunately, there is always a chance that you'll be involved in a serious accident if a car strikes you. If you are hit by a car while riding a bike in Washington, you always have the right to file a personal injury claim. Personal injury claims can help you cover the costs of medical bills, physical therapy sessions, and pain and suffering.

Who was at fault?

A bicycle has to obey the same traffic laws as cars in Washington. Therefore, the person at fault is determined by whoever broke a traffic law, such as not signaling a turn or not stopping at a stop sign. You need to prove the driver is at fault in order to win your claim. If you are found at fault, it is unlikely that you will be able to win a personal injury claim, and you may even have to pay damages to the driver. Proof of who was at fault at an accident can include a police report, witness statements, surveillance videos, and more.

In some cases, a personal injury claim will not be feasible due to a negligent error on part of the bicyclist. This can include not wearing a helmet, or not wearing proper reflectors during the evening. Washington does not have a statewide law for helmets, meaning that even if a bicyclist was not wearing a helmet when he/she was hit by a car, he/she could still file a personal injury claim. Some towns in Washington do have helmet laws, so be sure to check which towns mandate that you wear a helmet in Washington before filing a claim. Bellingham is not listed as a town that requires bicyclists to wear a helmet.

What do you need to file a claim?

In order to file a personal injury claim, you need the other driver's name, contact information, and insurance information, as well as proof that the accident was their fault. You will then need to file the claim with the driver's insurance company. Regardless of who was at fault, always make sure to call the police the moment the accident occurred. Not only is having a police report important, but police can also facilitate contact with the driver or collect it in your absence. Additionally, many bicyclists involved in accidents find that they may feel unhurt after an initial accident due to a rush of adrenaline, but later have severe injuries. This is why it's critically important to call the police and document everything that happened after an accident.

In Washington, the statute of limitations for filing a personal injury claim is three years. This means that from the point of your accident, you will have three years to actually file the claim if you wish to do so. If the case is filed after this time frame, it will be dismissed automatically.

How much could you be entitled to?

There are different types of damages you can file for. In Washington, courts will factor in the fault of the injured

bicyclist when evaluating a claim. This means that a percentage of your settlement amount will be deducted if you were at fault in the smallest of manners, such as not coming to a complete stop at a red light or not wearing proper reflectors at night. This is known as "*pure comparative negligence*." Washington does not have any kind of limit to the amount of damages you can receive in a personal injury claim. Here are a few of the damages bicyclists often list in personal injury claims:

Economic Damages

- **Medical Compensation** – This includes any medical care expense, such as hospital stays, nursing home stays, medical devices, procedures, operations, and physical therapy. The severity of injuries varies widely accident to accident, but common injuries include bruising, broken bones, and road rash and other abrasions. More severe injuries can include internal bleeding, and facial, spinal, and head injuries.
- **Lost Wages** – Any money you would have earned had you not been injured. This can cover calculations of the entire length of long-term treatments and permanent disability as well.

Non-Economic Damages

- **Pain and Suffering** – This is based on the length of treatment and recovery, how much pain you endured during your treatments, and how severe the pain was. It's up to you to provide this evidence with documentation with doctor's appointments, treatments, medications, and things you can't do because of your injuries. Make sure to record everything relevant.
- **Emotional Distress** – PTSD or other traumas have to be diagnosed and documented by a psychologist.
- **Wrongful Death** – This is claimed by family members of the victim. There are certain restrictions when it comes to extended family, but a spouse and children can claim wrongful death in every state.

How do I file a claim?

To file a personal injury claim in Washington, you should gather all medical documentation, information on hospital expenses and lost wages, and contact information from the party who injured you with the car. You can file a personal injury claim at Bellingham's City Hall. With any luck, a settlement can be reached before the claim needs to go to court.

contributed by Deanna Power

Deanna Power is a content contributor for Personal Injury Law. She is an avid bicyclist, living in Boston, MA with her hamster.



MBBC ADMINISTRATION

Mount Baker Bicycle Club Board of Directors and Officers:

Hilary Higgins - President
Scott Dorough - Vice President
Jennifer Longstaff - Secretary/Membership
Brian Christensen - Treasurer
Eric Stromerson - Rides Coordinator
Bill McCourt, Tim Ryan, Riley Jones -- at large

Committees:

Chuckanut Century: Doug Schoonover
Media; Bellingham Marathon Escorts: Greg Rehm
Media; New Year's Day Ride: Mark Wheatley
Media; NW Tandem Rally 2015: Jennifer Longstaff
Bus-to-Bike Shelters project: Rodd Pemble
Newsletter-Bagel Procurer: Cathie Gerlicher
Graphic Design: Tim Ryan
Certified MBBC Ride Leaders: a long list



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 keep a small number of jerseys on hand, and if we have requests for more we'll put in a new order. Jerseys are \$60 (including tax) to MBBC members.

To inquire about availability of MBBC jerseys and to try on, pick up, or order a new one, contact bikebeham@gmail.com.

Contacts:

Information-- bikebeham@gmail.com
Chuckanut Century -- (360 410-6431)
chuckanutcentury@mtbakerbikeclub.org
Newsletter -- mbbcnewsletter@mtbakerbikeclub.org
NW Tandem Rally 2015 - info2015@nwtr.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 (mbbcnewsletter@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.

MBBC Membership Form for 2015

☐ New Member ☐ Renewing Member ☐ This is a change of address

see member benefits and download membership form
at: mtbakerbikeclub.org/membership

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 Century ☐ Bike to Work and School Day
☐ Special Events ☐ Tandem Rally 2015 ☐ Education
☐ I can provide discounts on _____

Membership type:

Individual: \$15 _____
Family/Associate: \$25 _____
Additional Donation: _____
(donations support community bicycling programs)
Total enclosed: \$ _____

Please enclose a check payable to:
Mt. Baker Bicycle Club

Mail to: Mt. Baker Bicycle Club
attention: membership
Post Office Box 2702
Bellingham, Washington 98227

Welcome

Welcome new members

Andy Anderson

Michael Betz

Jeff Crnich

Jeff Kline

Frank Marcinkowski

Jeanne Overgaard

Mark Overgaard

Sid Williams

Lauren Wright

We're glad to have you in the MBBC!



everybody  BIKE



Ride the Tour CHALLENGE!

Watch the live Tour while you ride the day's profile all in one hour. We ride every day the Tour is on.

Daily Prizes! Trivia! Teams!

7 - 8am daily, July 5 - 26

Special Heart Rate Zones Assessment on June 27 ~ find your personal HR Zones.

Call now to reserve!
360.733.5050



800 McKenzie Ave.
Bellingham, WA 98225
360.733.5050

www.cyclemoles.com



Bike To Work and School Day 2015

MBBC THANKS OUR SPONSORS!

May 15 was the first Bike to Work/School Day in which different sponsor groups staged their own celebration stations during the morning commute. The MBBC's Bellingham station was north of Sunnyland School near the Bicycle Bridge over I-5. The Everson station was at the Nooksack Elementary School. Both stations received a good turnout and many adults and kids headed off to work fueled by treats and coffee.

The MBBC wishes to thank **Pam Fonda** for organizing the Bellingham station and working to partner with local businesses to receive donations of raffle prizes and treats. And for many years in a row, the MBBC thanks and acknowledges **Mary Cole** for again running the Everson station, which this year was the only Whatcom County station outside of Bellingham.

Big **Thank-Yous** to sponsors who donated prizes and treats for the MBBC stations:

Aqua Island Technologies

Avenue Bread

Bay City Supply

Bellingham Athletic Club

Bikesport

Cafe 544

Cruisin Coffee

Friends of the Everson McBeath Library

Good To Go Meat Pies

Hammerhead Coffee Roasters

Hardware Sales

Jim's Automotive Experts

Kulshan Brewery

Little Caesar's Pizza

Masters Blend Coffee House

Nylatech

Peoples Bank

The ReStore

Safeway

Service Pro

Subway

Jim & Kathy Steele

Tony's Coffee

Valley Coffee Co.

Valley Drug

Vis Seafoods

Westside Pizza

Whatcom Educational Credit Union



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	June 1	2 Tuesday Eve Ride Ferndale social ride	3 Wed Group Ride Ride the Rockies begins	4 TNR Up-County Ride Edison Social Ride	5 World Naked Bike Ride	6 Donut Ride Artist Point MBBC Ride National Trails Day COB Parks work party African Bike Drive
7 Slog Ride Edison Social Ride Rabbit Ride REI Bike Maint class Fanatik Womens' Ride	8	9 Tuesday Eve Ride Ferndale Social ride REI Bike Maint class	10 Wed Group Ride REI Bike Maint class	11 TNR Up-County Ride Edison Social Ride	12	13 Donut Ride Recumbent Ride Girls of Summer Ride COB Parks work party
14 Rabbit Ride Edison Social Ride Slog Ride REI Bike Maint class	15	16 Tuesday Eve Ride Ferndale Social ride	17 Wed Group Ride	18 TNR Up-County Ride Edison Social Ride	19 MBBC July Newsletter Deadline	20 Donut Ride Chelan Century Cycle de Vine Chafe 150 Gran Fondo
21 Rabbit Ride Edison Social Ride Slog Ride <i>Summer Solstice</i> Bike tour of CO begins <i>Father's Day</i>	22	23 Tuesday Eve Ride Ferndale social ride	24 Wed Group Ride Fanatik Womens' Ride Solstice MTB	25 TNR Up-County Ride Edison Social Ride	26	27 Donut Ride Padden Triathlon Red-Bell 100
28 Rabbit Ride Edison Social Ride Slog Ride Two-County Double B'ham Kids' Traverse REI Bike Maint class	29	30 Tuesday Eve Ride Ferndale social ride	July 1 Wed Group Ride	2 NW Tandem Rally Begins! TNR Up-County Ride Edison Social Ride	3 NWTR Day 2	4 Donut Ride NWTR Day 3 <i>Independence Day</i>



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 mbbcnewsletter@mtbakerbikeclub.org. Club members are entitled to a printed/mailed version sent to a US address..

