



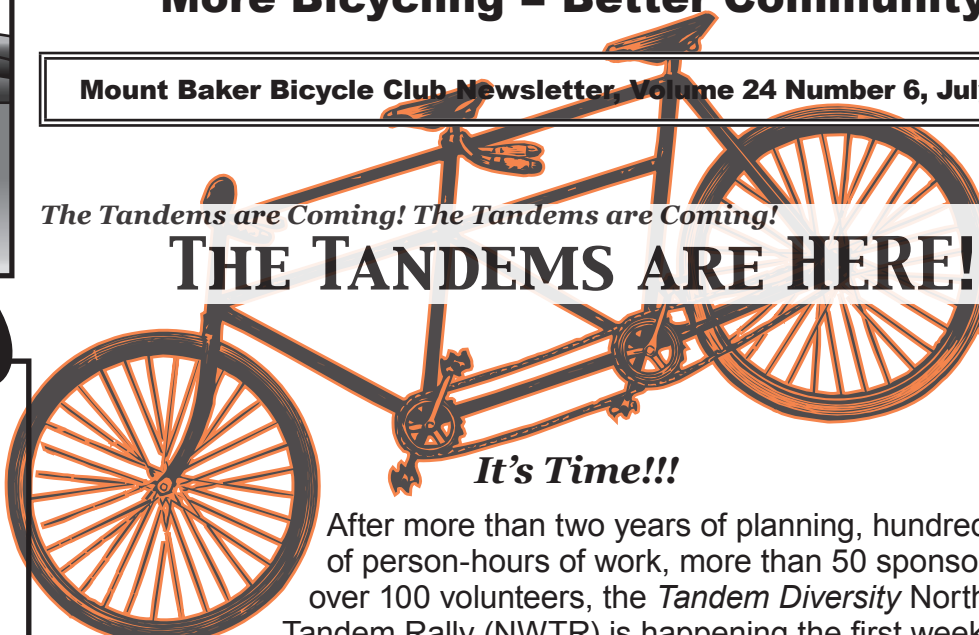
# MBBC

**More Bicycling = Better Community!**

**Mount Baker Bicycle Club Newsletter, Volume 24 Number 6, July 2015**

*The Tandems are Coming! The Tandems are Coming!*

## THE TANDEMMS ARE HERE!



***It's Time!!!***

After more than two years of planning, hundreds of person-hours of work, more than 50 sponsors and over 100 volunteers, the *Tandem Diversity Northwest Tandem Rally (NWTR)* is happening the first week in July.

The rally is in Bellingham for the first time in its 30-year history.

800 people from 28 states and 3 provinces will riding bicycles built for two (or three, or four, as well as one) all over town from July 2-6. The 5-day bike festival is being hosted at the Best Western Lakeway Inn, and includes 4 days of rides (look for the "NWTR" ride markers on the roads, in 4 different colors), a Vendor Expo (the public is invited on July 4th, 12-6pm), plus meals and parties and music and an opportunity for Bellingham to show off to bike riders from all over.

There is still need for a few more volunteers. It's going to be a hot weekend so we'd like to sign up an additional on-route support driver to re-supply rest stops with ice and extra food throughout the two days of supported rides. (July 4th, supported ride to Bellingham, Ferndale, Birch Bay and Blaine; July 5th, supported ride down Chuckanut Drive to Edison, Samish Island, Alger, Lake Samish). We're also in need of many **floor pumps** to have on hand at the Lakeway Inn as well as at rest stops. If you can help, either by driving support on the road, or by lending your floor pump during the rally, please send an email to [info2015@nwtr.org](mailto:info2015@nwtr.org). Or feel free to drop off a pump at the Lakeway Inn on July 2nd. Mark it with your name, hand it to an orange-shirted volunteer, and pick it up again on the 6th!

For other volunteering opportunities, check out [nwtr.org/2015/volunteer](http://nwtr.org/2015/volunteer).

One of the highlights of every tandem rally is the "Mass Start" parade of bikes through the host city. NWTR-2015's mass start will begin at Civic Field and will parade through downtown on Holly Street. Don't miss watching 800 riders on fancy bicycles wearing matching outfits at 8am July 4th. Get your spot on Holly Street between I-5 and Bay and watch the parade.

[nwtr.org/2015](http://nwtr.org/2015)

**Welcome to Bellingham, Tandem Rally Riders!**



### *in this newsletter:*

Tandem Rally! .....	1
Weekly Rides .....	2
Events in 2015 .....	3
Rides in 2015 .....	3
What's in <i>your</i> Toolbox?..	4
Club Miscellanea .....	5
Welcome new members ..	5
Club Administration .....	6
Membership form .....	6
What's on in July .....	7
July Calendar .....	8

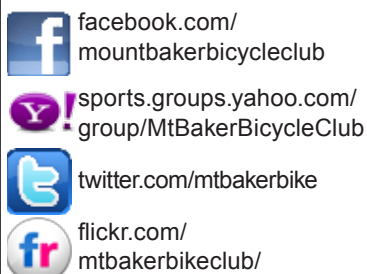
This month's contributors:  
Curtis Anson, Hilary Higgins,  
Frederick Su. Thanks All!



### *the club online:*

[mtbakerbikeclub.org](http://mtbakerbikeclub.org)  
[chuckanutcentury.org](http://chuckanutcentury.org)  
[nwtr.org/2015](http://nwtr.org/2015)

### *and our social sites:*



# 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 Summer Ride:** Start at WCC northeast parking lot. Meet 5:45pm leave at 6pm. Riders group by ability and average speed. (14-16 mph, 16-18 mph, 18+). 15-20 miles. 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](http://cyclemoles.com), call to reserve: 733-5050

**Ride the Tour de France...in Bellingham!**



**Experience the Tour a whole new way!**  
Get a great indoor cycling workout when you ride each stage profile while watching the live tour. July 5-26, 7-8 am every day (+ 2 rest days)

Coached; a \$360 value for only \$147!  
Spinning bikes: sold out!  
Bring your bike (use our trainer): 4 left!



**Fairhaven Fitness @ Bellingham Tennis Club**  
Call to register: 360-733-5050

**Bellingham REI** Cycling & bike maintenance classes:  
**July 6** - Bike Maintenance Basics  
**July 12** - Hands-on: Basics  
**July 19 & 26** - Hands-on: Drive Train  
 check the monthly calendar at [rei.com/stores/bellingham.html](http://rei.com/stores/bellingham.html).

## Races

**May - October** BMX racing, Fridays and Saturdays; practice track open Tuesday and Thursdays. [bellinghambmx.com](http://bellinghambmx.com)  
**July 25:** Kulshan Quest Adventure Race  
[recreationnorthwest.org/quest-adventure-races/kulshan-quest](http://recreationnorthwest.org/quest-adventure-races/kulshan-quest)  
**August 2:** Bellingham Youth Triathlon - [cob.org/services/recreation/races/bellingham-youth-triathlon.aspx](http://cob.org/services/recreation/races/bellingham-youth-triathlon.aspx)  
**Sept 19:** Bellingham Traverse  
[recreationnorthwest.org/bellingham-traverse](http://recreationnorthwest.org/bellingham-traverse)

## Gatherings

**Fanatik Women's Rides** by Fanatik Bike Co, Bellingham:  
**July 8** Seattle Road Ride  
**July 16** Bellingham MTB Skills Clinic  
**July 8** Anacortes MTB Ride  
 see "Fanatik Women's Rides" on Facebook  
**August 21-23: Gigantic Bicycle Festival** Snoqualmie WA  
[giganticbicyclefestival.org](http://giganticbicyclefestival.org)

## Trail Work Parties

- 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](http://cob.org/government/public/Volunteer/parks/schedule.aspx)  
**July 7th** Squalicum Creek Park 6:30-8:30pm  
**August 4th** Squalicum Creek Park 6:30-8:30pm

## 2015 RIDES

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

### July 2015

**2-6** Northwest Tandem Rally (Bellingham) [nwtr.org/2015](http://nwtr.org/2015)  
**11-12** STP (Seattle to Portland) [cascade.org/stp](http://cascade.org/stp)  
**11-12** Triple Bypass (Evergreen/Avon CO) [triplebypass.org](http://triplebypass.org)  
**15-19** RedSpoke (Redmond-Spokane) [redspoke.org](http://redspoke.org)  
**17-18** North Cascades weekend (MBBC ride)  
**18** Tour de Whatcom (Bellingham) [tourdewhatcom.com](http://tourdewhatcom.com)  
**19** Valley Gran Fondo (Fort Langley BC) [valleygranfondo.com](http://valleygranfondo.com)  
**19-25** Ragbrai  
**25** Mt Evans H-Climb (Idaho Spgs CO) [teamevergreen.org/mtevans/](http://teamevergreen.org/mtevans/)  
**25-26** ALS Doubleday Ride (Snohomish)  
**26** Tour de Kitsap (Bremerton) [westsoundcycling.com/](http://westsoundcycling.com/)  
**30** RAMROD (Mt. Rainier) [redmondcyclingclub.org](http://redmondcyclingclub.org)

### August 2015

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

### September 2015

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

### October 2015

**31** Boneshaker Bike Festival (La Conner) [boneshakerbikefest.com](http://boneshakerbikefest.com)

### November 2015

**26** Thanksgiving Ride (MBBC Ride - Bellingham)

### December 2015

**16** Lighted Neighborhoods Ride (MBBC Ride - Bellingham)





# TOOLS FOR MILES FROM SOMEWHERE

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Repairing a bike on the road requires carrying the proper tools and knowing how to do the repair. The more tools you carry, the more prepared you will be for life's bicycling anomalies. True, more tools mean more weight and slower times. The alternatives, though, to a road fix are catching the bus (if in town), walking, calling family or friends, or hitching a ride with a good Samaritan. On a self-supported tour, the last option is often your only choice.

The most common breakdown is a flat tire. Infrequent, but more trying yet still manageable, problems include a broken chain, broken spoke, and chain suck. Not so easily manageable problems (because riders don't usually carry a spare) include a broken rim, derailleur, or pedal, any of which usually means walking or catching a ride to the nearest bike shop or home. This article will focus on tools for manageable problems that arise on a ride across town or on tour.



Fig 1: tire irons, spare tube, portable pump

At a bare minimum, riders should carry a spare tube, tire irons, and portable pump (Figure 1). After many years and miles of bicycling, my favorite tire is the Schwalbe Marathon Plus. We haven't had a flat for over 2 1/2 years of bicycling about 3,500 miles/year using them. Previously, it felt like I was repairing a flat every 2-4 weeks. The Marathon Plus has a 5 mm thick Smart Guard puncture protection made from a special India rubber. Between the tread and carcass, it's almost a centimeter between the road and the tube. It's a tank of a tire, but rolls well.

The next two most common problems are a broken chain or broken spoke. The chain can break due to several reasons. Most likely, the chain has too many miles on it or is unlubed; you're cranking too hard in a higher gear; or the derailleur shifting is rough, using excessive lateral force on links. I like the Park Professional chain tool (Figure 2). It easily opens links.



Fig 2: spare chain links, Park professional chain tool.

Usually, spokes break on the rear wheel, next to the hub. Sometimes, a broken spoke means a bad wheel wobble, sometimes not. I've had both instances occur. If the wobble isn't too bad, on rim brakes, just release the brake pads, and limp home---just don't go down any hills. If you're miles from somewhere with a bad wobble, then the traditional and time-consuming fix



Fig 3: chain whip, cassette removal tool, 1" thin wrench, spoke wrench.

is to take the wheel off the bike and remove the tire, tube, rim tape, and cassette (using tools of Figure 3). The cassette is removed so you can push the replacement spoke through the hub hole. No Figure 3 tools? If the break is on the left side, you may be able to jury-rig a fix by pushing and bending a new spoke around the cassette (not easy!) to insert through the hub hole. Make a hook in the broken spoke remnant hanging from the rim. Cut new spoke to length so as to hook onto spoke remnant. Join the hooks and secure the connection as tightly as possible with pliers. It's not ideal, but the wobble should be less. After having spokes break too often on my old rear 32-spoke wheel, I went with a 40-spoke wheel with double butted spokes, which works great.

Chain suck can occur two ways.

One, when you shift from the middle chainring onto the smallest chainring and overshoot so that the chain becomes stuck between the smallest chainring and the bottom bracket. (My JumpStop, written about in the April 2013 MBBC Newsletter, recently failed! I had to walk home.) Two, on the smallest chainring, chain suck can occur when the teeth and chainlinks don't mesh correctly and the chain loops around the back side of the chainring, stopping you dead in your tracks. When the chain is stuck between the smallest chainring and the bottom bracket, quite often the only way to release it is to remove the crank. I now carry a crank removal tool (Figure 4) alongside my crank bolt wrench.

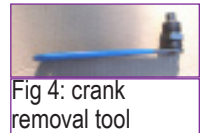


Fig 4: crank removal tool

Two general-purpose tools I swear by are the Trek multitool and the Leatherman Rebar (Figure 5).



Fig 5: Trek multitool, Leatherman Rebar, carried in belt pouches.

The multitool has hex drivers (including one that fits the crank bolt), flat and Phillips screwdrivers. The Rebar cuts through gear cables!

Items to carry should also include spokes, brake cable, gear cable (Figure 6), and lubricant for long tours (not shown). Front spokes are the same size on both sides;

*continued on p. 5*



## RIDE THE NORTH CASCADES WITH MBBC! JULY 17-18

There are still a few spots left on the MBBC's two-day ride over the North Cascades Highway on July 17-18. We'll enjoy beautiful views and sweeping roads with SAG support, and split the two days with a single overnighner at a hostel in Winthrop.

Hilary is taking a headcount and needs firm commitments by July 8 in order to reserve the correct number of bunks at the hostel. Cost is just \$25 per night for your bunk - what a deal! Since this is a MBBC club ride, the only costs you'll need to cover are your hostel fee and cost of dinner that night.

We're also looking for 1 or 2 SAG drivers to support the ride. Expenses for the drivers will be covered.

To reserve your spot before July 8, or with any questions, contact Hilary at 933-43410 or at [bikebeh@gmail.com](mailto:bikebeh@gmail.com)



### ***Welcome new members***

John Coleman

Greg Collins

Katie Collins

Jay Copp

Andi DeKoster

Dean DeKoster

Kristina DeKoster

Renate DeKoster

Rachel Gonsolin

Judy Kasper

Richard Kasper

Peter Neubeck

Justin Oberstadt

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

## TOOLS...

*continued from p. 4*

rear spokes are usually different sizes between the drive (right) and non-drive (left) spokes, with the left spokes being longer.

I also carry a few other tools (Figure 7) to cover my bases for other problems.

Check brake cables for fraying and that the brakes work properly. If a cable is frayed, replace it. For rim brakes, check that there is no excessive concavity along the rim where the pads hit. Make sure your shifts are smooth when changing gears, and that there are no frayed gear cables. Lube the derailleurs occasionally. Once in a while, check tires for proper inflation and pick the treads to remove road debris.



Fig 6: spare spokes, brake cable, gear cable, cable end clasps.



Fig 7. l to r: (a) 6-8 mm box end wrench, (b) 7-9 mm box end, (c) 10-11 mm box end, (d) 4 1/2" adjustable wrench, (e) 4" flat-bladed screwdriver, (f) 5" needlenose pliers, (g) 15-16 mm cone wrench, (h) 1.5 mm, 2mm, 2.5mm, and 3 mm allen wrenches.

Bicycling is a great joy, but walking a bicycle is no fun. It's up to you to decide what's in your riding toolbox.

# 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](mailto:bikebeham@gmail.com).

## Contacts:

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





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 5 through July 26 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 *thirteenth* year!



## July 4th Ride: You're on your own this year!

The Northwest Tandem Rally may be the biggest event the MBBC has presented, and most board members and ride leaders will be involved supporting the Tandem Rally's ride that day.

Therefore the July 4th ride to La Conner will not be an official MBBC function. But you're welcome to ride it on your own this year. Traditionally, the ride starts at 10am at Fairhaven Park, down Chuckanut, through Edison. To Bayview Edison Rd which turns to Laconner Whitney Rd after crossing Hwy 20.

Enjoy the 4th, drink lots of water, and be careful out there!



## TOUR DE WHATCOM JULY 18

It's the Tour de Whatcom's tenth year! Whatcom Events Race Director, Curtis Anson, invites MBBC members to celebrate a decade of the most beautiful ride in the northwest. MBBC members are invited to take 15% off any of the distances in the Tour de Whatcom. At online registration use the code: **MBBC15**.

Riders may pledge to a charity of their choice. In the past two years, the Tour de Whatcom has donated \$30,000 to nonprofits. In 2015, the ride's beneficiary will again be the WMBC - Whatcom Mountain Bike Coalition.

[tourdewhatcom.com](http://tourdewhatcom.com)



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			<b>July 1</b> Wed Group Ride	<b>2</b> NW Tandem Rally Begins! TNR Up-County Ride Edison Social Ride	<b>3</b> NWTR Day 2	<b>4</b> Donut Ride NWTR Day 3 <i>Independence Day</i>
<b>5</b> Slog Ride Edison Social Ride Rabbit Ride Tour de France!	<b>6</b> REI Bike Maint	<b>7</b> Tuesday Eve Ride Ferndale Social ride	<b>8</b> Wed Group Ride Fanatik Women's Ride	<b>9</b> TNR Up-County Ride Edison Social Ride	<b>10</b>	<b>11</b> Donut Ride Recumbent Ride STP - Day 1
<b>12</b> Slog Ride Edison Social Ride Rabbit Ride STP - day 2	<b>13</b>	<b>14</b> Tuesday Eve Ride Ferndale Social ride	<b>15</b> Wed Group Ride RedSpoke begins	<b>16</b> TNR Up-County Ride Edison Social Ride Fanatik Women's Ride	<b>17</b> North Cascades Ride (MBBC)	<b>18</b> Donut Ride Tour de Whatcom
<b>19</b> Slog Ride Edison Social Ride Rabbit Ride Valley Gran Fondo	<b>20</b> MBBC August Newsletter Deadline	<b>21</b> Tuesday Eve Ride Ferndale social ride	<b>22</b> Wed Group Ride	<b>23</b> TNR Up-County Ride Edison Social Ride	<b>24</b>	<b>25</b> Donut Ride ALS-Doubleday Ride
<b>26</b> Slog Ride Edison Social Ride Rabbit Ride Tour de Kitsap Fanatik Women's Ride	<b>27</b>	<b>28</b> Tuesday Eve Ride Ferndale social ride	<b>29</b> Wed Group Ride	<b>30</b> TNR Up-County Ride Edison Social Ride RAMROD	<b>31</b>	<b>August 1</b> Donut Ride Tour de Lavender 8 Lakes Leg Aches Portland Century



## Mount Baker Bicycle Club

Post Office Box 2702  
Bellingham, Washington 98227

When you have finished with this newsletter, please pass it along to another cyclist. If you wish to read the newsletter online rather than receive a paper/mailed newsletter, please contact [mbbcnewsletter@mtbakerbikeclub.org](mailto:mbbcnewsletter@mtbakerbikeclub.org)