



# MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Volume 16: Number 8, August 2007

## Special Rides

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Aug 4: *Tour de Whatcom*  
Aug 11: *Women's Extreme*  
Aug 17-18: *RSVP*  
Aug 25-26: *RAPSody*  
Sept 2: *Bellingham Traverse*  
Sept 9: *Mt Baker Hill Climb*  
Sept 15: *Women's Extreme*  
Sept 16: *Chuckanut Century*  
Sept 22: *Tour de Whidbey*

## Events Pg 1,4, 6

Aug 4: *Kid's fest Rodeo*  
August 16: *Retro Ride*  
Aug 25: *Ferndale Rodeo*  
Sept 15: *Broke Spoke Rodeo*  
Sept 15-17: *Trek Tri-Island*  
Sept 17: *Safe to School Mtg*

## Weekly Rides

(See page 2 for complete listing)

*Tuesday Social*  
*Tuesday Training*  
*Wednesday Social*  
*Saturday Donut Ride*  
*Saturday Recumbent Ride*  
*Saturday Whimp Ride*  
*The Nooner Ride (Sunday)*

**Please notify us of upcoming events for inclusion**  
**pagoff@yahoo.com**  
**or mail to:**  
**Editor Newsletter**  
**Mt. Baker Bicycle Club**  
**Post Office Box 2702**  
**Bellingham, Washington**  
**98227**

**MBBC listserv--<http://sports.groups.yahoo.com/group/MtBakerBicycleClub/>**

**Website: [www.mtbakerbikeclub.org](http://www.mtbakerbikeclub.org)**

## SUPPORT WHATCOM COUNTY EVENT RIDES!!!!

### Special Rides

**Tour de Whatcom-- August 4**  
**Chuckanut Century--Sept 16**  
**Mt Baker Hill Climb--Sept 9**

### Tour de Whatcom

As of July 27th 150 riders have signed up for the Tour. As most people commit at the last moment this should be a very successful year.

A few things we do different is we have a "family pack" price of \$75 so it is not cost prohibitive to have your whole household ride. This is a very unique feature we have not seen before. We also vary the start times so riders arrive back about the same time.

We are also giving out wristbands for riders who have never ridden that far e.g. their first 50 miler. We want to especially recognize these riders when they finish. If this is a child, riding 25 miles might give them great encouragement to keep riding and try the 50 mile and then the 100 mile ride one year. Hopefully, they will get hooked a great lifetime, healthy activity. We'll have free pictures at the end of the ride from Jon Brunk Photo.

### More About the Tour de Whatcom

Come join us for Tour de Whatcom, a bike ride to benefit Boys & Girls Clubs of Whatcom County. Choose the length of your ride - 25, 50 or 105 miles, perfect for a family outing and serious riders alike. Snacks and drinks will be available at rest stops along the routes. Support vehicles are available if needed. See the route maps from the link at the left.

The ride begins and ends in Bellingham's Fairhaven district. This unique neighborhood with its cobbled lanes is perhaps better known for its beautifully preserved historical buildings from the boom days of the 1890s. It's bustling with galleries, shops and a bevy of dining options. Fairhaven also serves as an access point for several waterfront parks, trails and the scenic and historic Chuckanut Drive. Local

*Continued page 3*

### Bellingham Traverse

**September 2, 2007--Labor Day weekend**  
<http://www.bellinghamtraverse.com/home.htm>

#### A Northwest Rite of Passage

Bellingham Traverse is an endurance multi-sport challenge that simulates the life journey of salmon. Soloists, tandem and relay teams will compete for survival on the course that demonstrates the urban and natural challenges that salmon face in their journey.

Each Traverse participant (SPAWNER) is encouraged to choose an environmental group or related non-profit from the exhibitors at the Eco-Expo. The green group that they choose will be whom they will be raising funds for through pledges for their entry fee. This event is unique in that participants have the opportunity to

*Continued page 7*

### Bikeevents Kids Fest Bike Rodeo

Enjoy a summer day of fun at Bloedel Donovan Park with the annual Kids' Fest on Saturday, the 4th of August. Hosted by the Bellingham Parks and Recreation Department with participation and support from all sorts of businesses and organizations, Kids' Fest 2007 will feature a fun and challenging Bike Skills Rodeo and Obstacle Course. The Rodeo, specially designed and supervised by trained bike instructors for everybodyBIKE, teaches kids priority skills for avoiding crashes. Did you know: riding out of a driveway without looking is the top cause of crashes for kids? Easily prevented with some fun tips at "Demon Driveway." Find out other preventable problems and key skills. Plus: free or low-cost helmet coupons available for kids who complete the bike rodeo course! Call everybodyBIKE at 671-BIKE for more information.



**Social Meetings** Monthly get together meetings at Boundry Bay on the fourth wednesday of the month--after the wednesday ride.

## Weekly and Group Ride

**EverybodyBIKE Community Bike Rides:** Call 671-BIKE to find out about fun family rides in your community

**Tuesday Ride;** Starts in April: Starts from the parking lot of Whidbey Island Bank at 920 W. Bakerview Road, Meet at 5:45 and depart at 6:00 p.m. For more information contact Doug Schoonover, at [ridecoordinator@mtbakerbikeclub.org](mailto:ridecoordinator@mtbakerbikeclub.org) and Kathy Foster at [kafoster@hinet.org](mailto:kafoster@hinet.org), or 303-6702.

**Tuesday Social Ride: 30-40 miles, 13-16 mph,** starts from Pioneer Park in Ferndale, route varies. Contact Robert Parker at [rmp4724@az.com](mailto:rmp4724@az.com) or 360-671-6910

**Tuesday Training ride:** 30-40 miles, 18 mph (race pace), self-supporting ride departs from Kulshan Cycles at 6 PM to a practice road race course (summer months)

**Wednesday "Hammer" Ride:** Race/Training Pace, 30 mile distance, meet at 5:45 pm, leave at 6PM from Boundary Bay Brewery at Railroad Avenue, Bellingham. Ride separates into fast and very fast groups. (From Oct-Mar this becomes a night-trail ride with lights). Re-group at brewery afterwards (7:30 pm). Contact: [mbbcridecoord@prodigy.com](mailto:mbbcridecoord@prodigy.com) 360-733-1402

**Wednesday Boundary Bay Social Ride:** varied distance, varied abilities; departs meet at 5:45 pm leave at 6PM Boundary Bay Brewery at Railroad Avenue, Bellingham. Goes at a rate of about 12 mph. Contact: [ridecoordinator@mtbakerbikeclub.org](mailto:ridecoordinator@mtbakerbikeclub.org), 360-410-6431

**Thursdays @5:30 pm Womens' mountain bike ride** We'll meet at the parking lot at Whatcom Falls Park. This ride is for the intermediate rider. 2-3 hours riding and playing on Galbraith. No heavy downhill bikes please. Heavy rain cancels Contact Kulshan for more info.

**Saturday Donut Ride:** 24 – 45 miles, race pace, departs from Kulshan Cycles, 7:30 AM Oct thru Feb and 7 AM March thru Sept. Goes to Ferndale for coffee and return, or if you wish continue to Birch Bay and return. (Runs every week of the year!!)

**Saturday Recumbant Ride:** Once a month at 10 AM. 14 mile intown course. For more miles bike to Kulshan Cycles starting point. Sporadic depending on weather--Contact Robert Parker at [rmp4724@az.com](mailto:rmp4724@az.com) or 360-671-6910

**Saturday WhIMP MB Ride** 10:00AM. Meet at the tennis courts at Lake Padden. Intermediate to advanced ride. Contact Darren at Clark's cycle for more information.

**Saturday 8:00 am Womens' road ride** from Kulshan Cycles- two groups according to speed and skill. Heavy rain cancels

## We're Much More Than a Club!

**Recreation** –Mt. Baker Bicycle Club hosts weekly, monthly and a variety of annual recreation rides for members and guests throughout the year. Rides are oriented to all levels of ability including beginners, social riders, commuters, touring and high level race training. Check the newsletter for current rides and come along as our guest!

**Education** – Bicycling safely is a learned skill. The Club offers courses in partnership with the Bellingham Parks Department. We work with local groups to host bike skills rodeos at annual community fairs. Funds raised by club activities help support training of more teachers, training bicycle skills to kids means a lifetime of safer roads.

Encouraging bicycling is an important part of the Club's education work. Our annual Bike to Work and School Day promotion has helped hundreds of commuters "Be part of the solution" launching careers of folks bicycling to work or cycling their kids to school.

**Trails** – In partnership with Whatcom TrailNet and the Whatcom Independent Mountain Pedalers, the Club helps advocate for development of a complete trail and mountain-bike network throughout Whatcom County. The Club works with Bellingham Walks to improve the system of walking paths connecting communities both in cities and rural areas so that our children have safe routes to get to school.

**Race Training** – Weekly club rides offer new and seasoned high-level riders the chance to improve team riding skills. In partnership with the Ken Meyer Memorial Foundation, the Club hosts annual Criterium Bike Race events. Whether training for professional-class races or for endurance events or tours, these weekly training rides give Club members the extra edge to compete and win.

### **Mt. Baker Bicycle Club vision:**

*Residents and visitors of all ability levels enjoy frequent and safe cycling throughout the Whatcom County region.*

**Our Mission:** *Encouraging and assisting everyone to experience safe and healthy cycling for recreation, transportation, or racing on roadways and trails in and around Whatcom County.*

### **Mt. Baker Bicycle Club goals:**

1. Increase the number of people bicycling regularly
  - conducting and supporting recreational and educational bicycle events and rides
  - helping all types of people enjoy bicycling
2. Encourage safe and enjoyable bicycling
  - educate the public on safe bicycling skills and sharing the road
  - communicate issues of interest to bicyclists
3. Advise decision makers on facilities and policies that maintain or improve safe bicycling conditions on roadways and trails
4. Promote bikes as environmentally friendly transportation
  - partnering to reduce environmental damage of transportation

### **Mt. Baker Bicycle Club Board of Directors:**

Marie Kimball, Real Estate professional, recreational rider  
 Doug Schoonover, rider extraordinaire  
 Marc Ambers  
 Rodd Pemble  
 Mike McCauley  
 Pamela Robertson

### **Mt. Baker Bicycle Club Officers:**

Ellen Barton--President – Transportation Planner, daily bike commuter-- [raleigh3speed@hotmail.com](mailto:raleigh3speed@hotmail.com) (734-8540)  
 Marie Kimball--Vice President – Did STP in one day 2005, still truckin [bikebham@yahoo.com](mailto:bikebham@yahoo.com) (752-1236)  
 Cathie Gerlicher--Treasurer  
 Mike McAuley Treasurer  
 Doug Schoonover--Ride Coordinator - [ridecoordinator@mtbakerbikeclub.org](mailto:ridecoordinator@mtbakerbikeclub.org) (733-1402)  
 Paul Goff--Newsletter Editor –slow recreational roadster-- [pagoff@yahoo.com](mailto:pagoff@yahoo.com)

**We are indebted to Sunshine Printing in Bellingham for printing the MBBC newsletter**

Special Rides from page 1

artisans' works and wares are plentiful. Fairhaven maintains a reputation as a bohemian enclave of students, artists and granolas. The nature of the inhabitants is reflected in the cafes, bookstores and unique restaurants which are, for the most part, housed in Romanesque brick buildings. Fairhaven is widely recognized as one of the most charming districts in the Pacific Northwest. Bellingham Visitors Guide



Ride	Check In	Depart	Fee
105 Miles	7:30	8:00	\$45
50 Miles	10:00	10:30	\$35
25 Miles	11:00	12:00	\$25



**Family Pack is max \$75 for your entire household!**

Rest stops every 20 miles for 105 route and every 12.5 miles for the 25 & 50 mile routes. Plenty of Erin Bakers Wholesome Bakes Goods, fruit, and Gatorade along the way. See website for route maps and food stops. A wide variety of restaurants in Everson,

Lynden, Blaine, Ferndale and Bellingham. Gotta have pie? Dutch Mothers in Lynden has the best--(ed note: debatable)!

25 mile route flat. 50 mile route has one short hill (1/2 mile 4.6% grade). 105 has just one hill (3% grade for 5 miles)

The rides are awesome. You get to see everything: Mt Baker, Lake Whatcom, valleys, rivers, lush farmland, beaches and Puget Sound all in one fairly level ride.

Robert's Bicycle Repair will be at the starting area for free safety checks and \*quick\* repairs (parts are at your expense). If your bike needs tuning up before the ride, Robert will be offering 15% off for all Tour de Whatcom participants from May 7th through June 27th, and 5% off from July 9th through Aug 3rd. Call him at (360)739-9727 with any questions or to schedule an appointment.

Motorcycles will be cruising the routes to make sure all are safe. Trucks are on call to pick up anyone broken down. Park in the lot at 8th and Harris. Only three short blocks to Fairhaven Village Green Park where we start. 1200 10th St.



## Chuckanut Century

Date: Sept 16

<http://www.mtbakerbikeclub.org/Chuckanut%20century/ChuckanutCentury.htm>

Benefiting



### ABOUT THE RIDE

Get in gear for the 2007 Chuckanut Century Bicycle Ride presented by Mt Baker Bicycle Club benefiting The Whatcom Hospice Foundation. Come join us and ride one of the most scenic rides in Washington. With many routes offered you can pick your distance ranging from 25, 50, 62, 100, or the double metric century of 124 miles. Although all cyclists should be fully prepared when they take to the roads you can enjoy the added security of knowing that there is ride support if needed and food stops with typical ride food and drinks along all of the routes.

Start and finish at the legendary Boundary Bay Brewery. As you ride the south loop you will be treated to views of the San Juan Islands while overlooking Bellingham, Samish, and Padilla Bays along with stunning views of Chuckanut and Blanchard mountains, also known as "where the Cascades mountains meet the sea". The north loop offers stunning views of Mt Baker as it stretches to meet the sky at 10,800 feet, as well as incredible views of the Canadian Cascades, Mt Shuksan, the Twin Sisters, and Vancouver Island.

The 25 mile loop is perfect for the family, parent and child, or the first timer to an organized event.

### THE REASON

Whatcom Hospice, a program of St. Joseph Hospital, provides life-affirming care and support for patients and their families, helping with medical, social, emotional and spiritual needs that arise during a life-limiting illness. Whatcom Hospice Foundation is an independent, charitable organization that exists solely to raise funds and friends for Whatcom Hospice.

### DETAILS

**Cost:** \$35.00 pre registration - \$40.00 after Sept. 1.

**Loops:** 25, 50, 62, 100, and 124. Pick your loop and ride, you can start with the North or South loop. We ask that the 100 and 124 mile riders be on course between 7-8 so that there is plenty of time to finish.

**Registration:** Begins at 7:00 am or better yet pre-register.

**Where:** Boundary Bay Brewery  
1107 Railroad Avenue  
Bellingham, WA 98225

Rides continued page 5

**"Keep it simple, genius!"**

"The scientific theory I like best is that the rings of Saturn are composed entirely of lost airline luggage."

..... Mike Russell

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## Bikeevents continued:

### Ferndale Street Fair bike rodeo

Ferndale businesses in the Cash America and Quizno's shopping center are collaborating to host an everybodyBIKE Skills Rodeo for kids, a fun and educational addition to the annual Ferndale Street Fair on the 25th of August. Enjoy a whole string of events and activities hosted by downtown Ferndale at this annual end-of-summer extravaganza. Whatcom SafeKids Chapter is planning a surprise line-up of safety education booths to complement the rodeo: come by and see how much fun it can be to prevent injuries. Did you know: water safety isn't just for lakes, pools and ponds? Find out more and get free gifts. Plus: free or low-cost helmet coupons available for kids who complete the bike rodeo course! Call everybodyBIKE at 671-BIKE for more information.

### Full Cycle Classes

Full Cycle is a four-part course on bicycling developed by everybodyBIKE, the bike encouragement program of Whatcom Smart Trips. Full Cycle is based on the League of American Bicyclists' standardized national education program and everybodyBIKE is developing the course to best fit the needs of our Whatcom community. Several experienced cyclists and Mt. Baker Bicycle Club members completed the Full Cycle course in June and their evaluation comments are helping improve the course.

Evaluators recommended that instructors be well matched to the expertise level of the material and the students. EverybodyBIKE is modifying the class schedule to fulfill that recommendation. The next Full Cycle course is scheduled for October the 8th, 10th, and 13th with instructors Charlie and Kelly Heggem. Details and sign-up are available at [www.everybodyBIKE.com](http://www.everybodyBIKE.com) or by calling 671-BIKE.

### Pedal to Paddle to Lummi

Paddle to Lummi is a once in a lifetime event, the first traditional Potlatch at Lummi Nation in over 70 years, and an honoring of the first peoples of our region. It is a great honor that the Lummi Nation extends an invitation to all residents of our region

to participate in this historic event. Enjoy a bike ride to this amazing experience on the evening of the 1st of August. The ride will depart from downtown Bellingham at about 5 pm and return about 8 pm with time to enjoy some of the festivities at the Stommish Grounds at Gooseberry Point. To sign up, go to [www.everybodyBIKE.com](http://www.everybodyBIKE.com) or call 671-BIKE. Weather or low registration may cancel.

### Broken Spoke Festival bike rodeo

Bike events burst forth in September with the annual Broken Spoke Festival at Larrabee State Park on Saturday, the 15th of September. Start with a fun cruiser bike ride down the Interurban Trail and then the fun begins. Kids can enjoy a bike rodeo at the park and there will be food, beer and fun for everyone. Find out more at the Broken Spoke website.

### Safe Routes to School workshop

Walking and bicycling to school should be a safe, healthy, and enjoyable experience for kids but sometimes there are barriers. Come to this free, first-ever workshop for Whatcom County to find out how your neighborhood, school, or community can improve education, enforcement and engineering to make routes safe again for walking to school. Monday, September 17, 2007, Ferndale Library Conference Room, 12:30 PM – 4:30 PM.

Workshop is conducted by instructors from the Bicycle Alliance of Washington, Feet First Washington, and the WSDOT Safe Routes to School Program. These instructors share their expertise from working with communities around the state to take steps toward healthier and safer school walk and bike routes. Based on information from the National Safe Routes to School program. The workshop is hosted by the Mountain View Elementary School Safe Routes to School project.

Everyone has a stake in keeping our children safe, healthy, and active. This workshop will address issues and opportunities for law enforcement, engineering, administration, public education, school curricula, political leadership, health, and more. Parents and community organizations are especially important. Teachers may request a stipend to fund substitutes and can earn "clock hours" for attendance.

### Form

New Member     Renewing Member     This is a change of address

Last name: \_\_\_\_\_ First name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Postal Code: \_\_\_\_\_

E-mail: \_\_\_\_\_

Home telephone: \_\_\_\_\_ Work telephone: \_\_\_\_\_

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:

Ride Leader     Newsletter     Mailings or Data

Bike to Work and School Day     Chuckanut Century

Special events     Website Maintenance     Education

I can provide discounts on \_\_\_\_\_

(An associate member can be any person living at the same address as the individual member)

### MBBC Membership

### Membership type:

Individual: \$15 \_\_\_\_\_

Family/Associate: \$25 \_\_\_\_\_

Additional Donation: \_\_\_\_\_

to support bike safety education

Total enclosed: \$ \_\_\_\_\_

Please enclose a check payable to Mt. Baker Bicycle Club  
(There will be a \$20 fee for all returned checks.)

Associate member: \_\_\_\_\_

### Questions?

Check out our web site: [www.mtbakerbikeclub.org](http://www.mtbakerbikeclub.org)  
or email us at [bikebham@yahoo.com](mailto:bikebham@yahoo.com)  
or call at 7521236

Chuckanut Century Ride continued from page 3

**Volunteers needed**

We are in need of some volunteers to help promote this event. At this time there is a need for someone that can update our poster and brochure so we can get these out to area bike shop and our locations to advertise our event. As we get closer, there will be other needs especially the day of the event. Please contact Doug Schoonover, chuckanutcentury@mtbakerbikeclub.org if you would like to volunteer.

I would like to thank our sponsors that enable to have this event.  
.....Doug Schoonover



**MT. Baker Hill Climb--Ride 542**

**September 9th, 2007**

<http://www.norkarecreation.com/hcindex.html>

RIDE 542 - Mt. Baker Hill Climb is a 24.5 mile cycling challenge for recreation and competitive cyclists of all ages. RIDE 542 follows the Mt. Baker Highway (SR542) from the town of Glacier (e. 955ft) 24.5 miles to its terminus at Artist Point (e. 5140 ft), on the border of North Cascades National Park. RIDE 542 leaves Glacier as a mass start time trial in three waves. A majority of merchandise proceeds go to the Ken Meyer Memorial Foundation to help support local cancer care and research. Ride for the glory. Ride for someone you love. Ride for yourself. Ride for the thrill of riding back down. But do ride.

**Registration**

Registration is open. Field sizes are limited. This year will bring 700 riders to Glacier! Register early, patronize our sponsors and train smart.



**Other RideNews**

**RSVP**

**Date: August 17-18**

[http://www.cascade.org/EandR/rsvp/RSVP\\_details.cfm](http://www.cascade.org/EandR/rsvp/RSVP_details.cfm)

Come celebrate the 26th anniversary of a bicycle classic: Ride from Seattle to Vancouver, BC and Party - Friday and Saturday, August 17 - 18, 2007.

Enjoy 183 miles of scenic back roads (103 miles on Friday and 80 miles on Saturday). You start on Friday in Seattle at Warren G. Magnuson Park at Sand Point and finish in downtown Vancouver, Canada on Saturday. The finish line festival includes a no-host bar and music.

**Start Line**

The ride starts on Friday, August 17, from Warren G. Magnuson Park which is 2 miles Southeast of the University of Washington just off Sand Point Way. Overnight parking is available for \$10. The start line is open from 6:30 - 7:30 a.m. Please be prompt, groups along the route have been notified of departure times.

**Bellingham Midpoint**

Camping and Midpoint information not available at this time. It will be posted as soon as it becomes available.

**Finish Line & Party**

Finish your two-day adventure in downtown Vancouver, B.C. on Saturday, August 18, at the The Coast Plaza Suite Hotel. A bicycle parking area will be set up in the hotel garage. RSVP participants may store their bicycles in the hotel garage corral. Join us from 1:30 - 6:30 p.m. on Saturday at the hotel for the outdoor reception and a no-host cash bar.

**Ride Around Puget Sound (RAPSody)**

**Dates: August 25-26**

<http://www.rapsodybikeride.com/>

Enjoy the scenic back roads of five Washington counties while supporting statewide bicycle advocacy and education on the Ride Around Puget Sound.

Continues page 6

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Other rides from page 5

With 165 miles of rolling hills, doing RAPSody in one day is hard, two days is challenging fun. RAPSody is sponsored by five Puget Sound area bike clubs in support of the Bicycle Alliance of Washington's statewide advocacy and education.

The 4th Annual Ride Around Puget Sound is organized and supplied by B.I.K.E.S. of Snohomish County, The Capital Bicycle Club, Tacoma Wheelmen's Bicycle Club, Seattle Bicycle Club, and West Sound Cycling Club in support of the Bicycle Alliance of Washington's statewide advocacy and education.

**What's Included:** Luggage support, overnight campsite and showers, rest stops with food/drink/water, sag support along the route, cue sheets/maps, ride souvenir, ferry fares, lots of music, special treats, and great community involvement and support.

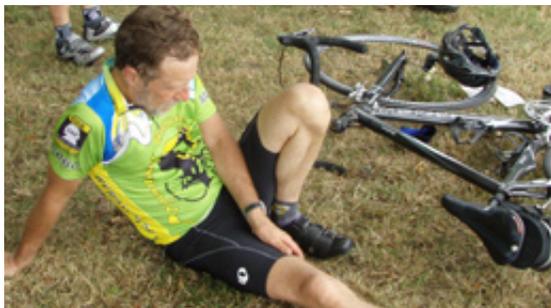
**Ride Proceeds:** All registration proceeds are donated to the Bicycle Alliance of Washington (BAW). This ride can be used as your own fundraiser for a non-profit organization. More information can be found on the registration page.

## RETRO RIDE AND CYCLE CELEBRATION!

**Date: August 26**

The name has undergone a metamorphosis since I originally dreamt up the idea of a Concourse D' Elegance and Eccentricity Parade last December, but I've finally settled upon a title, a date, a venue, and a course. The first annual Retro Ride and Cycle Celebration will be at 1:00 on Sunday, August 26th, beginning at Rosabella's Garden Bakery, 8933 Farm to Market Road, Bow. Rosabella's is opening especially for us, so bring along a couple of bucks and have a snack before or after the ride in order to make the day worthwhile for Rose and Alan Merritt, the owners of Rosabella's.

The event will begin with an opportunity to display and examine the bikes. You are encouraged to ride antiques or unusual bicycles, or come in costume. This ride is all about style. Speed and distance count for nothing. Aggressive riders are encouraged to knock off a quick 50 miles and have a beer before the Retro Ride so as to approach this event in a properly relaxed mood. After everyone has had an opportunity to admire everyone else and have a cup of tea or a croissant, we'll do a leisurely 15 mile parade around the valley, finishing up at Rosabella's for more mutual admiration and goodies. The course offers plenty of corners that can be cut for those mounted on less functional bikes, and opportunities for increased distance for those on swifter bikes. This would be a perfect ride to introduce your non-cycling friends or children to the sport. Tell 'em this is how we always do. That'll make 'em blink!



## Trek Tri Island Ride--American Lung Association

**Dates: September 15-17**

<http://www.mrsnv.com/evt/home.jsp?id=1251>

For 25 years, the American Lung Association® of Washington has offered thousands of cyclists, the quintessential Pacific Northwest experience! Trek Tri-Island® is three glorious days and 150 miles of bicycling and traveling on the Washington State Ferry System through the charming communities of the Puget Sound.

This September, ride Trek Tri-Island and you'll enjoy the magnificent scenery of the Olympic Peninsula and Puget Sound because you raised funds which make a difference in the lives of children and adults in our state.

Day 1/September 15 - Edmonds to Port Townsend (37 miles)

Day 2/September 16 - Port Townsend to Warm Beach (69 miles)

Day 3/September 17 - Warm Beach to Edmonds (52 miles)

Note: Trek Tri-Island's route is dependent upon the Washington State Ferry System. Changes in their schedule may affect our planned routes. Riders will be notified if changes are made.

What's Provided -

We handle the details -- you enjoy the ride. We provide ferry fares, overnight camping accommodations, a truck to carry your gear, breakfasts, dinners, rest stops, professional bike mechanics and fantastic, experienced support staff. You provide a sense of adventure and fun.

The low mileage appeals to the recreational rider and the rolling hills challenge any cyclist. It's not a race... it's an adventure. Our events attract people of all ages and cycling abilities... We'll even help you train. And we have great resources for you!

## TOUR de WHIDBEY 2007

**Date: September 22, 2007**

<http://www.whidbeygen.org/Tour%20de%20Whidbey-2007%20-%20Information.htm>

Registration is open for the 6th annual Tour de Whidbey bicycle ride to raise funds for the Whidbey General Hospital Foundation. This event is one of the Foundation's major fundraisers, with support from the Auxiliary.

Choose between a challenging 100 or 50 mile route, or a moderate 25 mile ride on beautiful Whidbey Island. Our 100 mile figure eight route will cover both the north and south ends of the island, returning you to the central location of Greenbank Farm at the middle and end of the day. This ride is one of the most challenging century rides in Western Washington.

This is a great opportunity to enjoy cycling on the varied terrain of Whidbey Island while supporting a cause that benefits all residents of the island.

### WHEN

- \* September 22, 2007, rain or shine!
- \* Riders check in between 7:00am and 9:30am (Registration closes at 9:30am)
- \* Pancake breakfast at Greenbank Farm from 6:30am to 9:00am. Free to registered riders.
- \* Break Stations and route support will close at 5:00pm
- \* End of ride chili feed Noon - 4:00pm

### WHERE

- \* Riders start the day at Greenbank Farm
- \* Course maps and directions will be provided at check-in
- \* Greenbank Farm is an ideal place for families to enjoy hiking, antique shopping and wine tasting. There is also a café on site, known for their freshly baked pies.

Continued page 7

Tour de Whidbey continued from page 6

### See website for directions to Greenbank Farm

PRE-REGISTRATION--BEFORE SEPTEMBER 1st:

- \* Century Riders: \$60 for an individual rider; \$100 for tandem team, \$40 for military
- \* 25 Mile Riders: \$40 for an individual rider, \$55 for tandem team, \$25 for military

REGISTRATION--SEPTEMBER 1st TO THE DAY OF THE EVENT:

- \* Century and 50 Mile Riders: \$70 for an individual rider, \$110 for tandem team, \$50 for military
- \* 25 Mile Riders: \$50 for an individual rider, \$65 for tandem team, \$35 for military

Bellingham Traverse continued from page 1

choose the group that their pledges will benefit.

#### Prizes:

For every \$500 that you raise, you get cool Traverse gear and a raffle ticket to win the great prizes.

The disciplines of the traverse course are Run, Mountain Bike, Road Ride, Trail Run, Paddle and TREK. The teams must finish together as they cross the finish line. The course winds through the scenic greenways, back roads and open water on Bellingham Bay, demonstrating the unparalleled beauty of The Fourth Corner.

#### The Skinny:

**Options:** CHINOOK (solo) – COHO (tandem) – CHUM (relay)

**Disciplines:** Run > Mountain Bike > Road Ride > Trail Run > Paddle > TREK

**Total Distance:** 40 miles

**Start:** Bellingham Farmers Market (12:30 pm)

**Finish:** Boundary Bay Brewery (6 pm closing ceremonies)

#### A Community Benefit:

Local and regional non-profits received over \$40,000 in the first five years through the fundraising of individuals and teams.

#### The Bait:

Great prizes for those AdVenture Capitalists who put the fun in fundraising for 100% of your donations go directly to the charity of your choice.

#### Long and Winding Road:

The course features the Bellingham Parks Greenways system connecting multiple parks and trail systems within the City of Bellingham as well as touring the roads and navigating the open water of Bellingham Bay.

#### Traverse Spawnsors:

Three handpicked companies each from the Pacific Northwest, demonstrate ongoing support throughout communities across Cascadia. We thank them and hope you will as well.

#### Look Fishy?

The event celebrates the lifecycle of salmon, recognizing the natural and urban challenges fish face in their life-long journey.



## International Walk (or Bike) to School Day

Ferndale Safe Routes to School program is pumping up publicity for the annual International Walk to School Day on Wednesday, the 3rd of October, 2007. Schools all around Whatcom County are invited to plan a celebration event to encourage students and parents to enjoy walking (or biking) to school. Many parents remember walking or biking to school themselves, but most elementary school students these days are driven. The increase in car traffic costs schools and cities in money and increased danger during drop-off and pick up times. International Walk to School Day is a fun way to begin change. If you have questions about how to start a celebration at your school, contact everybodyBIKE at 671-BIKE.

## WHATCOM WOMEN'S EXTREME SOCIAL RAINBOW RIDES

#### HERE'S THE DEAL:

We ride for fun, not speed. ("social" pace: 10-12 mph). We leave no rider behind. We're out to enjoy the scenery and each other's company.

#### HERE's the schedule -

**Call to check for confirmation of date, time and location.**

Usually we leave at 9:00 am on Saturday morning and stop along the way for a snack/early lunch break. Bring water and food. Sharing snacks can be fun and sometimes as adventurous as the ride particularly when chocolate is involved.

**August 11** Birch Bay/Blaine 27 miles: Leave from Peace Arch Park at 9 am

**September 15** Ride Bellingham 28 miles: Leave from Lincoln Creek Park & Ride at 9 am

#### CONTACTS:

Cindy Madigan: cindymadigan@hotmail.com 360-305-7951  
Therese Kelliher:cascadilla23@yahoo.com 360-303-3946



STP 2007 Road Ride?  
(see page 8)

## STP 2007

Again this year a group of us did the STP. This is my eighth time, seven in one day. Another member, Bill McCourt, made this his fifteenth time, over half of the STP's. This year there were 9,000 riders from 44 countries. About 2,200 did it in one day.

This year's ride was a very normal year. Good weather, although a little warm, favorable winds, a tale wind in Oregon, and a rider going down. This seems to happen in the first 50 miles or so. We always talk about the issues of safety and being aware of the other riders but almost always someone sneaks in on us. This year was Marc Ambers turn. A rider went down in front of him about 20 miles out and he hit him. Although he had some road rash and scraped fingers, he was able to continue and finish the ride.

When coming to the end in Portland, we were stopped by a long slow moving freight train. Just as the last car was about to clear the crossing, the train came to a stop, leaving the sidewalk on the left side open. About 100 tired and thirsty riders proceeded around the train only to be blocked a couple of blocks at the next crossing. The train was still stopped and blocking our way. Some hollered "I know a way around" and everybody followed. We went a couple of more blocks where we were under the bridge we needed to be on and there were stairs accessing the bridge, about 100 steps. We got off our bikes, put them on our shoulders and up we went. Nothing like a little cycle-cross practice after 200 miles.

.....Doug Schoonover



**The Usual Suspects!!**

***Is it time to renew?  
Check your mailing label!!***

***Get out your bike and ride!!!***

Mt. Baker Bike Club  
PO Box 2702  
Bellingham Wa 98227

