



# MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Volume 16: Number 4, April 2007

## Special Rides Pg5-7

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April 28: Yakima Ridges  
May 5: Camano Climb  
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May 28: 7 Hills of Kirkland  
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## Events

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## 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/Mt-  
BakerBicycleClub/](http://sports.groups.yahoo.com/group/Mt-BakerBicycleClub/)

Website: [www.mtbakerbike-  
club.org](http://www.mtbakerbike-club.org)

## BIKEEVENTS

### Everybody Bike! A Month of Fun and Prizes for Biking!

EverybodyBike is a month of fun and prizes for everyone cycling, skateboarding, rollerblading, walking: individuals, teams, kids, seniors - anyone can win!

**Get ready, get set: EverybodyBike!** Win prizes for biking instead of driving as many days as possible from the first to the thirty-first of May. Record your bike trips on the Whatcom Smart Trips website or on the EverybodyBike registration form and you'll be eligible for great prizes. Grand prizes include a trip to Amsterdam (with carbon offsets paid), Kona bikes, dinners at Anthony's, Amtrak trips to Portland, and more.

Make as many bike trips daily as you can, but only one trip a day counts toward the contest. It could be your commute to work or school, but also includes trips you take at lunch, on the weekend, and after work. If you're new to bike commuting, you have even more chances to win: new bike commuters score double points for each bike trip.

**Teams:** If you'd like to form a team, round up six colleagues at your work place. Team captains get a free t-shirt and a complimentary beverage at the Bike to Work and School Day celebration on Friday evening, the 18th of May. Start scoring points for bike transportation trips through the month of May (see details on entry form or at EverybodyBike.com). Grand prize for the winning team is a gourmet catered lunch from Ciao Thyme and the honor of displaying the EverybodyBike Traveling Trophy for 2006!

### EverybodyBike Events

Invite some friends and join in these fun Bike Month activities. Details at EverybodyBike.com:

**Become a "Roll" Model** - Bike Commuting 101: learn about the rules, and how you can bike safely share the road. Various dates and locations including REI and WWU.

**YMCA Healthy Kids Fair** : 14 April Teams of kids with an adult coach sign up for big fun with the Mystery Adventure, trying out events and equipment all over the Y with prizes.

Continued page 3

## RideNews

### Tuesday Evening Ride--successor to Jekyl and Hyde ride

It's time to get back on the bike, meet new friends, and acquire some new cycling skills. For the months of April and May, Kathy Foster and I will be leading a ride from the parking lot of Whidbey Island Bank at 920 W. Bakerview Road, which is at the corner of Northwest Ave and Bakerview Road. (Please enter from the Northwest-Aldrich Road side entrance and park only in the spaces in the north side lot. We received special permission to park here on Tuesday nights.) We will meet at 5:45PM and leave promptly at 6:00PM. Distance and speed will be determined by the ability of the group, but initially will average 14 to 15 miles per hour and the distance will be 10 to 15 miles.

The focus of this ride is to introduce the skills necessary to ride in groups. We will concentrate on safe riding practices, paceline skills, how to over take other riders and pass them in a safe manner and how to deal with traffic. On the nights that the weather does not cooperate, we have an area where we can work on things like fixing a flat tire, minor bike maintenance, and bike fit.

This is the ride you will want to do if you are afraid to ride in groups, want to do a ride like STP or RSVP or practice riding in a paceline.

For more information contact the ride leaders: Doug Schoonover, MBBC Ride Coordinator at [ridecoordinator@mtbakerbikeclub.org](mailto:ridecoordinator@mtbakerbikeclub.org) or 410-6431 and Kathy Foster at [kafoster@hinet.org](mailto:kafoster@hinet.org), or 303-6702.

More RIDENEWS page 5

### How to Put on a Bike Rodeo

EverybodyBike and Whatcom SafeKids are working together with the club to present a short training session for community members who may want to put on a bike rodeo. Margaux Mellott, the EverybodyBike Events Coordinator, is conducting an instruction workshop on the ways to make a successful bike skills event. The training session is tentatively scheduled to take place at Whatcom Middle School on Sunday, the 15th of April, from 3 to 5 pm. If you are interested in attending, please call Margaux to confirm the date and reserve a space: 676-6974.



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



New Delhi Bicycle Shop

## Weekly and Group Rides

### Tillicum Series: (Does not run in winter months)

Departs 12:30 see article page 1 For more information or to sign up, call 734-8540 or e-mail [president@mtbakerbikeclub.org](mailto:president@mtbakerbikeclub.org).

**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 Social Ride:** varied distance, varied abilities; departs meet at 5:45 pm leave at 6PM Boundary Bay Brewery at Railroad Avenue, Bellingham. Ride separates into slow, intermediate, fast groups. Contact: [mbbcridecoord@prodigy.com](mailto:mbbcridecoord@prodigy.com) 360-733-1402

**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.

**Really Social Wednesday Ride--Chako Ride: (Does not run in winter)** Chako Rides are a social paced ride (10 to 13 mph) departing from Boundary Bay every Wednesday evening at about 6 pm.

**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**

Everybodybike from page 1

**Step it Up: Climate Action Day:** 14 April, Maritine Heritage Park. Bike or walk to this rally to support more action to reduce greenhouse gases.

**Salmon, Streams, and Cycling Guided bike tours** along Bellingham trails and follow creeks and waterways to Connelly Creek. Various dates.

**Whatcom Outdoor Expo booth** (Saturday, 21 April): bike to Bloedel-Donovan park and get a jump on outdoor summer fun. Join in on one of the hourly guided bike trail rides throughout the day. Loaner bikes and helmets.

**Earth Day WWU Celebration** (Saturday, 21 April): bike to WWU for a kid-friendly celebration of clean transportation and healthy ecosystems.

**Whatcom SafeKids/Haggen's Bike Rodeo** (Saturday, 28 April) bike to Barkley Village for a day of exciting fun with fire engines, bike stunts, and a cool bike rodeo. Conquer "Demon Driveway" and "Crazy Crossroads."

**Holland Days Bike Ride and Pump You Up** (Friday and Saturday, 4 & 5 May) Lynden celebrates its Dutch heritage and the famous bike friendly Dutch transportation system.

**Procession of the (Bike!) Species Parade** (Saturday, 5 May): bike to downtown Bellingham to watch or participate in the human-powered parade of creations and creatures dancing and drumming, pedaling and slithering.

**Farmers' Market Pump-You-Up Booths** (Saturdays: 21, 28 April, 5, & 12 May) bike to the Market for a free quick bike safety check or bring your bike and get flats fixed free. All kinds of help for getting started using your bike for errands or daily trips. Sign up for free or low-cost helmets.

**Pedal with your Politician** (Saturday, 12 May): Join a bike ride with elected officials to thank them for improvements that have awarded Bellingham the Silver Level Bike Friendly Community national designation. Help encourage more action where it's needed. (Meet at the Farmers' Market for a gentle one or two mile ride: kids welcome!)

**Ride of Silence Celebration of Trail Bridges** (Wednesday evening, 16 May): Bike from Fairhaven Village Green to the Vining/Alambama Railroad Trail Bridge to honor those bicyclists injured or killed due to motor vehicles. Celebrate safety and accessibility success of the Railroad Trail Bridge and the Taylor Street Dock.

**Bike to Work and School Day** presented by SSC, on Friday, the 18th of May! Bike or walk to work or school and enjoy treats, gifts, and chances to win prizes by stopping at one of 20 or more Celebration Stations. Celebrate at noon at City Hall Tricycle Races; celebrate in the evening at Boundary Bay.

**Adaptive Cycles Expo** (Saturday, 20 May): bike to Bellingham City Hall and frolic with a fun assortment of new and innovative and practical bike designs including recumbents, tandems, adult tricycles, hand cycles and various combinations of all three!

**Bike Cavalcade in the Ski to Sea Parade** (Saturday, 27 May): Decorate your bike and ride in the Grand Parade to celebrate the beginning of summer.



## Bike Expo Seattle

After being absent from this event for a number of years, the bike club along with Todd Williams, Tour de Whatcom, had a booth at the Cascade Bike Club's Bike Expo in Seattle the weekend of March 10th and 11th. We handed out information about Whatcom County and the 3 major cycling events that take place in and around Bellingham. The featured rides were the Chuckanut Century on September 16th, the Tour de Whatcom on August 4th and the Mt Baker Hill Climb on September 9th.

I would like to thank all the people that came and volunteered during this event. Their enthusiasm and interest in cycling made our booth one of the busiest of those that were promoting rides.

.....Doug Schoonover, MBBC Ride Coordinator

## Whatcom Outdoor EXPO

**Saturday, April 21st 2007**

Website: <http://www.whatcomoutdoorexpo.com/>

Kick-off the Spring season with an action packed Expo featuring dozens of the area's best recreation companies. It's a Home Show for outdoor fun!

Whatever we can do outdoors in the Northwest will be here... Kayaks, Mountain Climbing, Sailing, Scuba, RVs, Sky Diving, Boats, Tours, outdoor clubs and much, much more!

This is an Outdoor, hands-on Expo... held mostly indoors.

This Expo will be held indoors at Bloedel Donovan Community Building--9 a.m. - 4 p.m.

Admission is only \$4 at the door (15 and under are free). Or pick up FREE tickets at any Banner Bank Branch.

**\*\*Stop by the Mt. Baker Bicycle Club booth at the Whatcom Outdoor Expo. The Club is sharing a booth with EverybodyBike, the month-long celebration of National Bike Month. The booth will feature information about Bike to Work and School Day and registration for EverybodyBike.**

## Get your Bike to Work and School Day t-shirt today!

Bike to Work and School Day 2006 is presented by SSC: Cycle and Recycle, with SSC! Local artist Vince LaLonde has created a beautiful custom design for the Bike to Work and School Day 2006 t-shirt and it promises to be a classic that all your friends will want. The design will be highlighted with a rich three-color print. Buy your shirt (and gift shirts for friends) at Kulshan Cycles, Fairhaven Bikes, the Community Food Co-op, the Public Market or REI. This first limited print run promises to sell out quickly but we will print a second batch to accommodate special styles and sizes. Place your order and pick up your shirt at the Pump-You-Up Booth at the Farmers' Market on the 6th or 13th of May! Cost for these collectors items will be \$15 for the standard t-shirt - special order styles will cost a bit more. To place a special order, [gotovince@yahoo.com](mailto:gotovince@yahoo.com).

**Bigger isn't better....**

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"We cannot build our way out of sprawl. Building new roads will not solve our traffic problems - just as buying bigger pants will not help us lose weight." - Daniel Silverman

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## Bike to Work and School--a personal view

The annual Bike to Work & School Day is Friday, May 18th. Riding is my primary means of commuting around to for work, errands, or pleasure. One day, while pedaling to work, I pondered the reasons that I ride versus the easy alternative of driving. And unfortunately, the reasons were primarily self-serving. Basically, it boils down to the fact that I like to ride my bike. That's why I do it. I like to cycle to work, to the store, and many days, I like to bike around town just to look at the bay and the birds, and to see people out and about. I do it for me.

There was a time in my life that I rode my bike for environmental, political, or socioeconomic reasons, but that's not really the case anymore. Maybe it's the fact I turned forty last year and realize that I am no longer invincible. I just may be around for another forty years, and as a result of the years of wretched bodily excesses of my youth, I've concluded that the human body is not infallible.

The scientific community is now overwhelmingly in agreement that global climate change is caused by human-related activities. Weather will become more severe and shifting climates and patterns that once occurred naturally over millennia now happen over decades. I should minimize my driving in a conscious effort to stave off this catastrophe. But that's not why I ride.

Pollution. Respiratory and other health-related ailments. The end of "easy oil." Dependence on fossil fuels and foreign governments. I should choose bicycling as a logical alternative to driving to mitigate any the aforementioned reasons. But I don't.

I ride for me. I ride for my health, my mental state of mind, and because it feels good. I can eat Mallard ice cream with impunity, and retain my high school weight of 170 pounds (give or take). My blood pressure has returned to normal. I am in better shape than I've ever been. This whole biking thing has innumerable



health benefits, which are increasingly self-evident.

And I don't even need to go into the financial benefits of needing to own and upkeep only one automobile for our household (which stays in the old garage out back for most of the week).

On a daily commute, I ride mostly bike paths and side roads around Bellingham. Occasionally, I come upon congestion (such as Sunset Square, my most frequent work destination), and am thrust amongst the stone-faced drivers who are sentenced to their daily commutes. Doomed souls. People do not wave or say good morning to me when I am in my car. However, it is the norm when I commute by bicycle. And although sometimes I see gestures and words exchanged among drivers, they are usually not pleasant.

The days I am required to drive to work and confined to my car are usually the worse commutes, and I might venture as to say those days at the office are subsequently a bit more stressful. Fortunately, these amount to one or two (at the most) days per week. These are days that I miss the site of a Great Blue Heron flying overhead from its morning meal, the rare Ford Mustang tucked behind the garage that someone hopes to someday restore, or nothing more than the wind and rain on my face. These are frequently the best parts of my day.

In all honesty, some days I'd rather not bike to work, as it would be so much more convenient to drive. However, the rain beating on the bedroom window turns out to be far more unappealing than the rain falling on my face when I climb onto my cruiser to begin my daily commute. I am part of the masses en route to earn their daily bread, many also surprisingly by bicycles. And yes, I could probably get to work (or wherever I am going) more quickly by driving, but fortunately for me on my bike, I am already there.

.....Jeffrey J. Westcott

## MBBC Membership

### Membership type:

### 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: \_\_\_\_\_

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: \_\_\_\_\_

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)

### 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

### Ladies WEEKLY RIDES Starting in May:

**Saturdays 8:00 am Womens' road ride** from Kulshan Cycles-  
**Group 1** will go 18 miles at a fun 12-14 mph pace. They'll ride from Kulshan south down Chuckanut, left on Samish Way to the gas station by the freeway and back. Ride time is around 1 hour and 45 minutes. This is a nice ride with some hills, to make you strong. Heavy rain cancels

**Group 2** will go 25 miles at a 14-17 mph pace (approximately) They'll ride from Kulshan cycles south down Chuckanut, left on Samish way, around Lake Samish and back. Heavy rain cancels

**Thursdays @5:30 pm Womens' mountain bike ride** on Galbraith Mountain -

We'll meet at the parking lot at Whatcom Falls Park. This ride is for the intermediate rider. We'll spend 2-3 hours riding and playing on Galbraith. No heavy downhill bikes please. Heavy rain cancels

### The Rocky Mountain Dirt Series--Bike Camp for Women June 16 & 17 Sponsored by Kulshan Bicycles

<http://www.dirtseries.com/mountain-bike-camp-bellingham.htm>  
This is a ladies only Mt. bike camp. The camp provides top level coaching for women at all levels of the sport from the beginner to the expert. The Dirt Series works on on-bike technical skills in the mornings, and put those skills into action on rides in the afternoons.

On Saturday evening we'll feature bike maintenance clinics, bike fit opportunities, drinks, snacks, and social time at Kulshan Cycles.

For both the morning sessions and the afternoon rides, we'll divide into groups according to our experience, interests, and skills. Camp participants range from those with only a few days on gravel trails to those with years of experience and a desire for higher log rides and smoother air.

The Dirt Series provides heaps of structures, stunts, and teaching aids to all our camps, everyone really gets to work at the level they'd like. There are, for example, different sized logs to go over and different heights off of which to learn wheelie drops, so know that you will be challenged if you spend every free minute on your bike, and know that things will be reasonable if you are newer to the sport.

To register just go to the website.

### Bike Education Summer Jobs

Whatcom SmartTrips is interviewing to hire a limited number of bicycle safety assistants to work at bike rodeos or tabling events during the summer and early autumn 2007. The work schedule will include weekend and evening events of about four to eight hours at a time. Assistants will set up displays, interact with people of all ages, teach bicycle skills and rules for sharing the road, and clean up at the end of the event. To be considered for an assistant position, you must complete the League's Road One course (or equivalent) with a satisfactory score and have a positive, encouraging demeanor. For more information, call Ellen Barton at 671-BIKE.





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## RideNews Tulip Pedal

**Date:** Saturday, April 14, 2007

[http://www.skagititems.com/tpedal\\_main.htm](http://www.skagititems.com/tpedal_main.htm)

**What:** 60 miles of scenic views all from your bicycle seat!

**Where:** La Conner Middle School  
305 N. 6th St.  
La Conner, Washington 98257

The 2007 Tulip Pedal will attract hundreds of cyclists from British Columbia to California and all places elsewhere to ride amidst our beautiful Skagit County tulip fields during the 2007 Skagit Valley Tulip Festival.

This is Skagit County Medic One's premier fundraiser. Every dollar from this ride goes toward injury prevention efforts in Skagit County, with emphasis placed on preventing head injuries in children who ride their bikes in our area.

More than 500 riders came out to the Tulip Pedal in 2006.

Tulip Pedal will again offer two rides – a 20-mile course around the tulip fields between Mount Vernon and La Conner, and a 40-mile course that will begin and end near the tulip fields, and also will take cyclists past breathtaking views of Samish and Padilla bays, Mount Baker and the Cascade foothills. Both rides begin and end at the La Conner Middle/High School complex.

All riders are required to wear a bike helmet and obey all traffic laws.

All riders will pay \$20. Children 14 and under ride free. Shirts will be guaranteed for all riders (with the exception of children) who register prior to April 6, 2007. T-shirts will be mailed at a nominal fee to those who register after April 6 and on ride day. Along with a T-shirt, riders will receive a tulip from Washington Bulb Company -- one of the world's largest growers of tulips.

### Yakima Ridges

**Date:** April 28, 2007

[http://www.active.com/event\\_detail.cfm?event\\_id=1400992](http://www.active.com/event_detail.cfm?event_id=1400992)

<http://www.desertvalley.com/rides>

<http://www.desertvalley.com/rides/07YakimaRides.pdf>

Apple Valley Kiwanis of Yakima is pleased to present the fifth annual Group Health Yakima Ridges century. Back by popular demand! Featuring 25, 45, 70, and 100 mile loops. New Staging area in the parking lot at Fred Meyer's in Yakima.

All profits go back into community and youth service projects.

**Price:** Group Health Yakima Ridges Century: \$35.00

**Online Reg. Closes:** April 26, 2007 11:59 PM Pacific Time  
Winding over the ridges of upper Yakima Valley, each route features rewarding landmarks of the area. Starting from Northwest Yakima, the routes go past Painted Rocks, Longmire Immigrant Trail, Wenas Lake, the Naches River, the Ahtanum Mission, and numerous peaks and canyons.

## Tour De Lopez

**Date:** Saturday April 28, 2007

Web site: <http://www.lopezisland.com/tour.html>

**Location:** Lopez Island, WA

**Type of Event:** Touring

The Lopez Island Chamber of Commerce, in cooperation with San Juan County Parks, is hosting the third annual TourDe Lopez on Saturday April 29, 2006. This ride is a non-competitive road tour with 10, 17 & 31 mile routes through the scenic landscape of Lopez. We encourage participants to consider making this a weekend getaway. Why not come Friday and stay thru the weekend? There will be several other events and activities for you to enjoy on the Island.

## Camano Climb--

**Date:** SATURDAY, May 5th

**SPONSORED BY:** STANWOOD-CAMANO KIWANIS  
FREE SPAGHETTI DINNER INCLUDED

This ride is fast becoming one of the true classic rides in Western Washington. Now in its 11th year, it has become a tune-up ride for both STP and Ramrod. Come join us on this great ride!

Start/Finish will be at the Camano Center on Camano Island. Free spaghetti dinner for all riders following the ride at the Camano Center.

**THE RIDE:** 44 miles of scenic bicycling around the perimeter of Camano Island (approx. 1 hr north of Seattle) with an escape route of about 28 miles for those who wish a shorter ride. Spectacular views of Cascade and Olympic Mountains, Skagit Bay, Port Susan, Saratoga Passage and Whidbey Island. No Ferry ride required.

**WHEN and WHERE:** Registration and the course starting point is at the Camano Senior Center. Registration will be from 7:30 am - 10 am, start from 8 am - 10 am. Course to close by 4 p.m. Date - May 5th

**SERVICES:** Map, 2 food stops, mechanical support, plus free spaghetti dinner for all participants in the ride.

**COST:** \$20 pre-registration post marked by April 28, 2007, \$25 day of ride registration.



Editor trying new rig--Amritsar

## Skagit Spring Classic

**Date:** Saturday, May 12, 2007:

<http://www.skagitbicycleclub.org/articles/658>

17th Annual Spring Classic Bike Ride, Burlington, WA.

4 road routes 25, 45, 62 & 100

A great ride through N Skagit and S Whatcom counties. Ride includes rest stops with Skagit Bicycle Club's famous homemade cookies (informally known as the cookie ride), spaghetti feed & more.

\$30 pre-register & receive event t-shirt or \$30 Day of ride & \$10 to order t-shirt. A family 10-12 mile trail course will be available too. Pedal back soon as more information & registration form coming.

## Olympic Cycling Classic

**Date:** May 19 2007

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

The century/metric ride through the foothills of the Olympic Mountains and along the Strait of Juan de Fuca - a 6,500-foot elevation gain - is not for the faint of heart.

Don't forget to bring your family to the 8-Mile Family Fun Ride beginning at the City Pier following the waterfront trail to Ediz Hook. With its view of Port Angeles and the harbor, it is geared to riders of all ages.

All proceeds go to the combined schools: Roosevelt and Stevens PTOs.

For information, phone the event director, Wendy Hoine, at 360.477.9842 or 360.457.6027.

## The Seven Hills of Kirkland

**Date:** Monday May 28

<http://www.7hillskirkland.com/index.htm>

Whether you choose the traditional 7 Hill Route (approximately 40 miles), the popular Metric Century Route, or the challenging Century Route, you'll enjoy the scenery and support KITH. Travel at your own pace through urban, suburban and rural roads on a holiday when cyclists seem to outnumber vehicles. Follow the signs and "Dan Henry's" to great food stops, challenging ascents and wonderful descents. Climb Winery Hill and be rejuvenated by the applause of your own cheering section and the lovely strains of a bagpiper. All of this for such a great cause.

The traditional 7 Hills course is approximately 40 miles long with about 3,000 feet of climbing.

The Metric Century route extends eastward from the 7 Hills course. The Metric Century and has 11 hills, with 4,600 feet of climbing.

The full Century course continues eastward from the Metric route, through rural King County into the Snoqualmie valley and north into Snohomish County. The Century course has 14 hills, with about 7,000 feet of climbing.

## Wenatchee Sunrise Rotary Century Apple Bike Ride

**Date:** June 9, 2007 (note date change!!)

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

Over 900 riders participated in the 2006 ride. The ride is a scenic and sunny tour from Wenatchee, Washington to Silver Falls campground along the beautiful Columbia River. Set in the heart of apple country you can ride either 50 or 100 miles. All of the funds raised from this event goes to help needy individuals and families in our community and around the world through our many Rotary club projects. Including the Challenge Scholarship Program for "at-risk" students.

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Whatcom Youth Cycling participants will be participating in this class as a prerequisite to eventual certification as League Cycling Instructors. If you miss the April class, the next Road One course is tentatively scheduled for Thursday, June 14, 5-9pm and Saturday, June 16, 9-3pm at the Bellingham Senior Center. Call 676-BIKE for details.

Cost is \$55 with scholarships offered upon application. Members of MBBC may be eligible for a complete reimbursement after successful completion of the course.

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### Early Registration

Hurry and register early! You pay only \$50 by completing and mailing the registration form with your check or by registering online before May 27, 2007. Entry fees include T-shirt, all pit stop food, beverages, and the Finish Line Fest.

## Group Health Seattle to Portland Bicycle Classic (STP)

Date: July 14 - 15, 2007

[http://www.cascade.org/EandR/stp/STP\\_Registration.cfm](http://www.cascade.org/EandR/stp/STP_Registration.cfm)

Online registration is open!

Welcome to the 28th annual Group Health Seattle to Portland Bicycle Classic official web site. This 200-mile bicycle ride is the largest multi-day bicycle event in the Northwest, with up to 9,000 participants riding from Seattle to Portland in one or two days. The route takes you through the scenic valleys, forests, and farmlands of western Washington and Oregon. Come join what *Bicycling Magazine* has listed as one of the best cycling events in the nation!

2006 riders came from 44 states (eight more than in 2005), plus Australia, South Africa, Taiwan, Scotland and Canada.

## Board Discusses RSVP

Each year in August hundreds of distance cyclists arrive in Bellingham hungry and tired and exhilarated after a day's ride from Seattle. They're part of the popular Cascade Bicycle Club Ride from Seattle to Vancouver and Party (RSVP). For the past several years the Mt. Baker Bicycle Club has worked with Cascade to offer some support and assistance to riders when they get to town: directions, rest stop, water, camping, and other things. Unfortunately, Cascade last year did not fulfill its commitments to MBBC provide rider support such as basic access to water for the riders arriving in town. The MBBC Board is wrestling with the question of how to handle this event this year in a way that is beneficial to all. The next Board meeting will be on the evening of the 16th of April.

## Can Old Bikers learn new tricks? Road One says Yes!

You can make Whatcom County more bike friendly: sign up for the League of American Bicyclists' Road 1 Bike Class scheduled for the 12th and 14th of April. Even students with plenty of experience as bicyclists before taking the class find benefits from gaining the standardized set of skills that this national program teaches. "I've been riding since the 1970's," said one student, "But now I'm riding safely and cars respond more safely." The course begins with the ABC quick check, an easy introduction to the mechanical essentials of the bike. Topics covered in a lecture show causes of collisions for bikes and debunks some assumptions about what are the most frequent collision situations. After the classroom portion, students spend time on the bikes learning techniques to improve bike handling and practice riding on roadways and in different traffic conditions. Instructors review the final test and evaluate each student for traffic riding performance.



Public Transport--India

## What ails you--Medical advice for cyclists

*Dr. Robert Curtis is an avid road and mountain cyclist, completing his first Mt. Baker Hill Climb this year. Dr. Curtis provides sports, injury and wellness chiropractic care along with soft tissue treatments related to acute and chronic injuries. He can be contacted at [drrecurtis@yahoo.com](mailto:drrecurtis@yahoo.com) with questions or topics of interest.*

## Low Back and Neck Pain and Cycling

Low back pain is one of the most common reasons for a visit to a medical provider in the United States. It doesn't matter what your occupation is either, it seems to affect almost everyone at some point in their lives. Statistics from the National Institute of Health (NIH) state:

- 70 to 85 percent of all people have back pain at some time in their life.
- 90 percent of those that have had one episode of back pain will more than likely have recurrent, chronic episodes of low back issues.
- Back pain is the most frequent cause of activity limitation in people younger than 45 years old.

With these findings alone, I am sure that many of you out there have suffered from back pain, sports-related or not.

Knee pain is known to be the most common type of cycling complaint, followed by low back pain. The good part is that, with cyclists, most low back and neck pain are related to a poor bike fit and/ or poor riding position. Below are the most likely causes and treatments of cycling-induced low back and neck pain.

### Causes of Low back and Neck Pain

"According to laboratory studies, the most common cause of back pain in cyclists is a leg length inequality" (1).

Leg length inequalities can either be structural or functional. Structural being an actual difference in the length of the bone or from an accident, functional being related to things like a collapsed arch, hip mis-alignment or muscle imbalances. To correct a leg length issue, a detailed examination is necessary to see what is the cause. If it is the actual length that is the problem, a shim under your cleat is necessary. If it is hip alignment or muscle related, then the appropriate soft tissue therapies, rehabilitation exercises and treatments are required.

Bike fit and position are so important to long term enjoyment of cycling. For example, if you are riding a racing bike with a high saddle and low handlebars for aerodynamics or to look like

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Medical Advice Continued from page 7

your favorite racer, you may be more likely to have constant low back or neck pain. This position increases muscle fatigue, both of low-, mid-back and neck muscles. Think of holding a shovel by the end of the handle, full of dirt in front of you for an hour or two. Could you hold that up? I couldn't. Now think of the racing position you are in and your head being the full end of the shovel and your low back the handle. Lots of stress their, right? Having your bike fit and position checked would more than likely reduce or eliminate your aches and pains. Ask whoever is doing the fit if they check muscle flexibility, opposing muscle strength, ask about riding styles, goals and assess leg length and core stability.

Core strength is something many people think they have, but when analyzed by someone with training, most lack the proper "core" strength. For example, back extensions and crunches can lead to back problems because those muscles are compressive in nature. What I mean is when you do back extensions, those large, burly backstrap muscles lift you up but compress your spine. So how do you work on endurance and strength of "core" muscles? Slow, gentle contraction of the deep stabilizing muscles called the transverse abdominus (deep abdominal muscle), multifidi (deep spinal muscle) and pelvic floor muscles. It is necessary to have guidance from a qualified professional to get the feel of how these muscles work and to show how crucial they are to proper stability while riding.

**Treatments** for all muscle related issues should consist of stretching and strengthening programs, soft tissue therapies, ice,

and anti-inflammatory medications (as needed). There may be other underlying conditions not considered in the first diagnosis. If changes are made and the pain shifts or continues, start looking deeper for reasons for the low back or neck pain. Don't let these issues ruin a great year of riding, as most are easily treatable.

(1) – quotes and content partially taken from "The Complete Medical Guide for Cyclists" by Andy Pruitt  
.....Robert Curtis



Bicycle Life Style--Dharamsala

***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

