



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Vol 22, Number 3, April 2013

Heaven must have needed a ride leader



**REMEMBERING MIKE:
FRIEND,
RIDE LEADER,
CYCLING AMBASSADOR,
CYCLING COMMUNITY BUILDER**

**Michael Gene Ratayczak
1969 - 2013**

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This month's contributors:
John Okan, Eric Stromerson,
Frederick Su, and lots and
lots more friends of Mike.
Thanks All!



the club online:

www.mtbakerbikeclub.org
www.chuckanutcentury.org

and our social sites:



Bellingham friends, family, and the MBBC is still reeling from the sudden and unexpected loss of "Mikey" Ratayczak. As we send condolences to Sherry, the love of his life, and to his bicycling son Neaven, we also reflect on our friendship with Mike and our adventures together. A few thoughts among many:

Mike was a great guy, fun to be around both on and off the bike and I shall miss him dearly. I shall always identify our ride across the North Cascade Highway with both Mike's riding and Sherry's support. - *Dennis Adam*

Mike's vibrant spirit and zest for life will forever be with all of us. Just thinking about his big smile makes me smile. - *Cheryl Batty*

He touched our lives in the unique way that only Mike could do. Like many others, I was taken under his tutelage when I became a newbie road biker. Never being dropped as Mike and any number of others helped reel me back in and coached me on the nuances of road cycling. - *Cathy Crouch*

If only we could drop back and pull him back into the pack. It's not in our nature to let a buddy get dropped. There will be a space in the pace line reserved for Mike. It was a joy to ride by his side. He could crack jokes while on the rivet. You will be greatly missed my friend. - *Lori Cucksey*



I'm remembering how Mike encouraged me to do my first Wednesday night ride. I was dropped midway through and had resigned myself to a solo ride back into town. Mike had noticed, so he waited (and in doing so, rescued another who had also been dropped). Then we all three rode into Bellingham together. He did exactly what Mike does: he lent a helping hand, wheel, or advice. You will truly be



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WEEKLY AND GROUP RIDES

- CAN IT REALLY BE SPRING? EDITION



Sunday Edison Social Ride starts from Edison

Elementary School parking lot. 30-40 miles, 10-14 mph, route varies. 10 am start time. For additional info: Alfred Arkley arkley@comcast.net or 360-527-8638

Sunday Rabbit Ride: 32mi road ride, South on Chuckanut, back via Colony and Lake Samish. All welcome; come prepared to push yourself. Pace varies by individual. Small similarly-paced groups leave from Fairhaven Bike & Ski beginning at 8am (spring/summer start time). Faster riders leave between 8:15-8:30. Leader John Hauter, info: 733-4433.

Tuesday Evening Ride: "Ramp-Up" begins April 9.

Whidbey Island Bank, corner of Bakerview & Northwest. Meet 5:45pm leave at 6pm. Distance and speed of the "ramp-up" group will initially average 15 to 17 mph, distance 15-20 miles. Ride focus on the skills necessary to ride in groups. We will concentrate on safe riding practices, paceline skills, how to overtake other riders and pass them in a safe manner, and how to deal with traffic. information from ride leader: Doug Schoonover 410-6431 A faster, more skilled-at-pacelining group will ride a different route and average 18+ mph.

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

Wednesday Group Workout Ride: Race/Training Pace, 30 mile distance, meet at 5:45 pm, leave at 6pm from Boundary Bay Brewery at Railroad Avenue. Ride separates into fast (18+ mph) and very fast (21+ mph) groups. In the winter this is a trail ride with lights. Gather at brewery afterward (7:30p). 360-410-6431 info (Doug)

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

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 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. Sporadic depending on weather. Info: Robert Parker at rmp-4724@hotmail.com or 360-671-6910

MBBC CLUB RIDE ON APRIL 14: ORCAS ISLAND VIA ANACORTES

Ride Leaders Eric Stromerson and Cindy Gabriel are planning a club ride on Orcas Island on April 14th.

Meet at the Anacortes ferry terminal (carpools are advised since there is a parking charge in the terminal parking lot). Plan to catch the 10:40am ferry from Anacortes to arrive on Orcas Island at 11:45am. Depending on speed preferences of riders, we may split into two no-drop groups. Both groups will ride to Moran State park where there will be the option to ride up Mt Constitution. After marveling at the view and taking photos from the top, we will ride back to the town of Eastsound for a group food stop. Approximately 38 miles round trip (including Mt Constitution part).

The return ferry is at 5:10 and gets back into Anacortes at 6pm. For those who need to come back earlier, there is also a 3:15 ferry, which will mean you'll have to rush out of Eastsound to catch it. The cost is approximately \$14.00 for walk-on ferry/bike tickets, and extra to spend in Eastsound.

RSVP to Eric for details on setting up carpools, and for information in case ferry schedules change. Also contact Eric for more information: ericbs63@aol.com or 360-224-0763.

WATCH FOR A NEW COUNTY RIDE IN MAY:

"Going Up the County" ride, Thursday evenings at 6pm starting near Nugent's Corner (Mt Baker Hwy & Lawrence Rd). 20 mile, 14-17 mph pace. First ride May 2nd. More in May newsletter & MBBC website!



Outside Clinics!

2 hours each | 10am - 12pm

Group Ride 101 | April 20
Learn safe techniques and conquer your fear of riding in a group

Hill Climbing 101 | May 4
Training tips and drills for stronger hill climbing

Register online!



800 McKenzie Ave.
Bellingham, WA 98225
360.733.5050
www.cyclemoles.com



everybody  **BIKE**

BIKE RIDES AND EVENTS IN 2013

Bike Month

National Bike Month - May 1-31

National Bike Challenge - May 1 - Sept 30

Bike Month kickoff reception - TBD

Procession of the Species parade - May 4

Bike to Work and School Day - May 17

Adaptive Cycles Expo - TBD

watch for more Bike Month events to be announced in May.

Bike to Work & School Day Planning Meetings - first

Thursday of every month. remaining: **April 4, & May 2.**

6-8 pm Council of Gov'ts Office, 314 E Champion St.

Volunteer to help make this year's Bike Day the best ever!

information: Mary Anderson or Ellen Barton 671-BIKE or

info@everybodyBIKE.com

Gatherings

Pedaler's Fair (Seattle): April 20-21 pedalersfair.com

Bellingham Bike Swaps: May 18, August 31 thebikeshop1.org

Trail Days - led by WhIMPs and the Bellingham Parks Dept.

schedules at: whimpsmtb.org/trail-days/

and 360-778-7105 (Bellingham Parks) or

cob.org/documents/parks/volunteer/work-schedule.pdf

Earth Day Service Project with REI/NSEA: .n-sea.org/work-parties

Classes & Training

Tandem 101 - June 15 in Seattle. The Evergreen Tandem Club

offers this workshop every year to introduce tandeming to those

who are curious about giving it a try. Bob Snead, 425-283-9697

t101@evergreentandemclub.org; evergreentandemclub.org

Cycle Moles Outdoor Training - "Moles" outdoor sessions

start **April 20** and will teach safe group-riding techniques.

Contact Fairhaven Fitness: cyclemoles.com or 360-733-5050

Bellingham REI Cycling maintenance classes: check the

monthly calendar at rei.com/stores/bellingham.html. This season,

REI Bellingham is offering a series of intensive hands-on bike

maintenance classes in which a very small group of students gets

personal guidance from an REI Certified Bike Technician.

- **April 13:** Hands-On Bike Maintenance: Rim Brakes

- **April 15:** Bike Maintenance Basics

- **April 28:** BHands-On Bike Maintenance: Drive Train

Races

May 26: Ski to Sea skitosea.com

June 29: Bellingham Kids' Traverse

recreationnorthwest.org/bellingham-kids-traverse

July 14: Padden Mountain Pedal

Sept 21: Bellingham Traverse

recreationnorthwest.org/bellingham-traverse

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Complete 2013 rides list in the February newsletter. Check back every month as rides are added and dates are finalized!

2013 Rides

April

14 MBBC Club Ride: Orcas Island/Mt Constitution *see p. 2*

20 Tulip Pedal (La Conner) lovelaconner.com/events

27 Tour de Lopez (Lopez Island) lopezisland.com/tourdelopez.htm

May

4 Camano Climb (Camano Island) arlingtonvelosport.com

5 Summer Ride Series Start! (Bellingham) everybodyBike.com

11 Skagit Spring Classic (Burlington) skagitspringclassic.org/

18 Haul Ash Tour de Brew (Woodinville) redhook.com/calendar

19 Summer Ride Series (Bellingham) everybodyBike.com

27 Seven Hills of Kirkland (Kirkland WA) 7hillskirkland.com/

June

1 High Tide Ride (Anacortes) hightideride.com

8 Flying Wheels (Redmond) cascade.org

9 Bill's Hills of Bellingham - MBBC Club Ride - mtbakerbikeclub.org

22 Chelan Century Challenge (Chelan) centuryride.com

29 World Bicycle Relief Red-Bell 100 (Redmond to Bellingham)

shop.cascade.org/content/red-bell-100

29 Emerald City Lights Ride (Kent) emeraldcitylightsbikeride.org

July

CANCELLED Northwest Tandem Rally 2013 - **CANCELLED**

13-14 Seattle to Portland cascade.org

17-21 RedSpoke (Redmond to Spokane) redspoke.org

25 Ride Around Mount Rainier in One Day - RAMROD

redmondcyclyclingclub.org/

27 Tour de Whatcom (Bellingham) tourdewhatcom.com

27-28 ALS Doubleday Ride (Mount Vernon)

webwa.alsa.org/site/PageNavigator/WA_Bike_homepage.html

August

3-10 Ride Around Washington (Republic WA) cascade.org

4 Ride the Hurricane (Port Angeles)

portangeles.org/ride-the-hurricane.html

10 O'Donnell's Tour de Poker (Everett)

bicyclepokerrun.com/odonnells

16-17 RSVP 1 (Seattle to Vancouver BC) cascade.org * *sold out*

17-18 RSVP 2 (Seattle to Vancouver BC) cascade.org

18 Retro Ride & Concours d'Elegance (La Conner)

kayakfit@fidalgo.net

25 (tentative) Woods to Woods Coffee Classic

(Bellingham, Lynden, Ferndale) everybodyBike.com

September

2 Perimeter Ride of Seattle (PROS) cyclistsofgreaterseattle.org

7-8 MS 150 Bike Ride (Mt Vernon) bikewas.nationalmssociety.org

8 Mt Baker Hill Climb (Glacier) norka.us

14 Passport to Pain (P2P) (Vashon Island) vashoncrew.com/p2p/

15 Chuckanut Century (Bellingham) chuckanutcentury.org

21 Tour de Whidbey (Oak Harbor)

whidbeygen.org/wgh-foundation/tour-de-whidbey

22 Tour de Victoria (Victoria BC) tourdevictoria.com

29 Kitsap Color Classic (Kingston) cascade.org

GADGETS

© 2013 by Frederick Su

As an avid bicyclist, I'm always looking for gadgets that will make my ride more convenient and/or safer. Three such gadgets are:

- the **N-Gear Jump Stop**, a chain drop preventer;
- the **Delta AirZound Horn**, for alerting drivers; and
- the **Toppeak Bar Xtender**, an extra mounting platform for devices (aka *more gadgets*).

(1) While it doesn't occur often, when it does, chain drop is irritating and can even damage an aluminum or carbon frame beyond repair if you attempt to keep pedaling.

Recently, I was going up a slight grade and needed to drop from my middle chainring onto my smallest (I have a triple crank). I've done this innumerable times, but this time my chain overshot my smallest chainring to hit the bottom bracket, bringing me to a dead stop. I walked the short distance to our destination. There I discovered that not only was the chain off my chainring, it was also tightly wedged between the bottom bracket and the smallest chainring, the so-called "*chain suck*." I could not pull the chain free with my bare hand. I did not have my crank remover, but I did have my Leatherman Rebar multi-tool. Using the screwdriver blade, I finally got the chain unstuck, which saved me a 2 mile walk home. I enjoy walking, but not while pushing a bicycle.

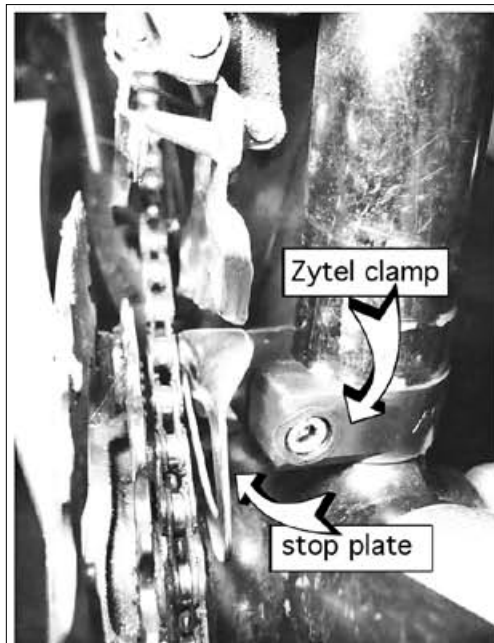


Figure 1. N-Gear Jump Stop. The stop plate is set just medial of the smallest chainring.

derailleur. Prices vary from ~\$10 to \$70 or more. In the end, I went with the N-Gear Jump Stop (<http://n-gear.com/whatis.html>). I bought two for \$22, including shipping. You don't even have to pay ahead of time on their site. If you like it, pay. If you don't, return.

The Jump Stop consists of a stainless steel stop plate connected to a Zytel clamp that mounts, usually, below the front derailleur clamp (Figure 1). The stop plate is adjusted 1.5 - 2.0 mm medial of the chain when it is on the innermost chainring, preventing chain drop. We have Cannondale H400 hybrid bikes with aluminum frames. The seat tube is 32.3 mm in diameter, measured with a vernier caliper. N-Gear's instructions say the medium size fits a 32.0 mm diameter seat tube. I called and talked to Nick, the owner. He said I could prestretch the Zytel band by soaking it in water for a couple of hours. So, that's what I did. And it worked nicely.

[Some advice when mounting: insert the bolt through the two holes of the Zytel clamp and tighten to draw the two ends of the clamp together (adjust stop plate positioning as you go). Once the bolt protrudes enough, screw on the nut for final tightening. Don't overtighten—clamp should not move when pushed. Recheck the stop plate position after a few rides. Readjust the plate and tighten the clamp as necessary.]

Usually, all you need to do to prevent chain drop is a simple tightening (clockwise) of the "L" adjustment screw on the front derailleur, about 1/8th of a turn. And you'll be good to go for many months and miles.

But, chain drops happen. If you're tired of fussing with a dropped chain and getting your hands greasy, consider getting my first gadget: a chain drop preventer. Many different models are online. Various versions mount on the seat tube, one mounts on the bottom bracket, and some mount off the front

So far, neither my wife nor I have had any problems, and I now downshift with more confidence.

(2) My second gadget is a Delta AirZound Horn (from \$23 online). It puts out 115 dB of noise, so that drivers can hear you. The horn is connected to an air bottle, which is filled via a Schrader valve on the back top of the horn. The trigger is a white plastic tab atop the Schrader valve.

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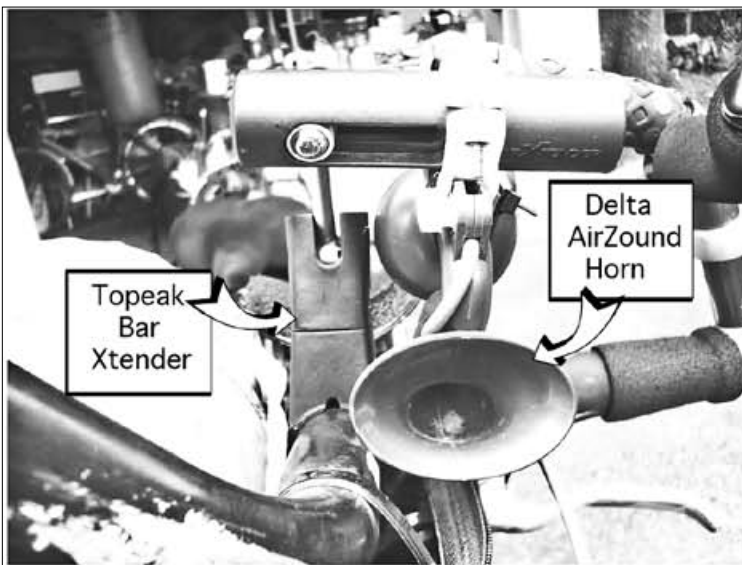


Figure 2. My Delta horn is mounted onto the Topeak Bar Xtender, which is in turn mounted on my Profile bar.

I decided to get the horn because I got tired of shouting, and shouting isn't loud enough. The incident that spurred my decision was when my wife and I were bicycling north on 11th. A silver Prius was stopped on Taylor, to my left. The driver made a left turn going in my direction. He was concentrating on cars and didn't notice me, even in my screaming yellow vest. The driver swung way wide into the bike lane, almost hitting me. I yelled, and barely got a look into his rearview mirror. I use the horn when drivers cut me off, especially at the following "cutoff" corners: East Magnolia and Railroad going east, 11th and Finnegan heading south, Boulevard and S. State Street biking north. You can hear an example of the air horn in action at the first intersection in my video "Camera Catches Car Cut-Off!" on the MBBC website news page: <http://www.mtbakerbikeclub.org/news>.

Note: the air horn is a seriously loud horn, intended to be used for vehicles. This is not the horn to use to warn pedestrians that you're overtaking them. Stick to the more polite pedestrian handlebar bells for that purpose!

(3) The third gadget is the Topeak Bar Xtender (~\$16 online). It is essentially two adjustable perpendicular bars that can mount on most round bars such as a handlebar, stem tube, seatpost, maybe even a seatstay. Its purpose is to expand the real estate for mounting devices, especially when you run out of space on your handlebar.

People have mounted lights, bike computers, GPS platforms, air horns (Figure 2), and other devices. For example, I mounted the Topeak on my wife's bike stem tube so as to install a front headlight there (Figure 3). The Bar Xtender has 2 degrees of rotational freedom: pitch and yaw, but not roll. (Think airplane.) That's why the headlamp in Figure 3 is tilted down to the left. I couldn't "roll" the lamp to the right so as to level it.

I hope I've given you some ideas to help make your bicycling safer and more enjoyable!

Fred Su is a bicycle commuter, MBBC member, and is the author of *An American Sin*, award-winning novel about an Asian American and Vietnam. www.bythewrite.com.



Figure 3. The Topeak Bar Xtender mounted to my wife's bike stem tube. Note that the bar holding the headlamp is tilted down on the left because I couldn't roll the bar right.



Welcome new members!

Julie Clifford
 Bunny Finch
 Nancy Okan
 Laurie Rechholtz
 Jim Steele
 Kathy Steele

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



MBBC ADMINISTRATION

Mount Baker Bicycle Club

Board of Directors and Officers:

Marie Kimball - President; Patti Mullin - Vice President;
 Scott Dorough - Secretary; Brian Christensen - Treasurer;
 Marc Ambers - Ride Coordinator;
 Doug Schoonover - Event Coordinator
 Ken Giffin, Bill McCourt, Eric Stromerson -- at large

Graphic Designer: Tim Ryan

Contacts:

Marie Kimball -- bikebham@yahoo.com (360 927-2332)
 Doug Schoonover -- (360 410-6431)
 ridecoordinator@mtbakerbikeclub.org
 Jennifer Longstaff --
 mbbcnewsletter@mtbakerbikeclub.org

Contribute to the newsletter: submission guidelines:

Contributions of 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 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, RTF, 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.

Email the newsletter editor:
 mbbcnewsletter@mtbakerbikeclub.org, or drop a note to
 Editor, MBBC Newsletter; PO Box 2702; Bellingham WA 98227

MBBC Membership Form

also available at: www.mtbakerbikeclub.org/files/membershipform.pdf

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

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 by (choose one): ☐ printed & mailed, or ☐ on-line

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 ☐ Board Member
☐ Bike to Work and School Day ☐ Chuckanut Century
☐ Special Events ☐ Website Maintenance ☐ 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

REMEMBERING MIKE:

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missed, thank you for being you! - *John Enyeart*

I cannot believe we will be without Mike's vibrant and enthusiastic energy for life both on the bike and off. He was a great example of what it means to be a part of a cycling community: to support, encourage and delight in the ride. I will be reminded of his laugh and his strength on the single speed come this year's Tuesday night rides.

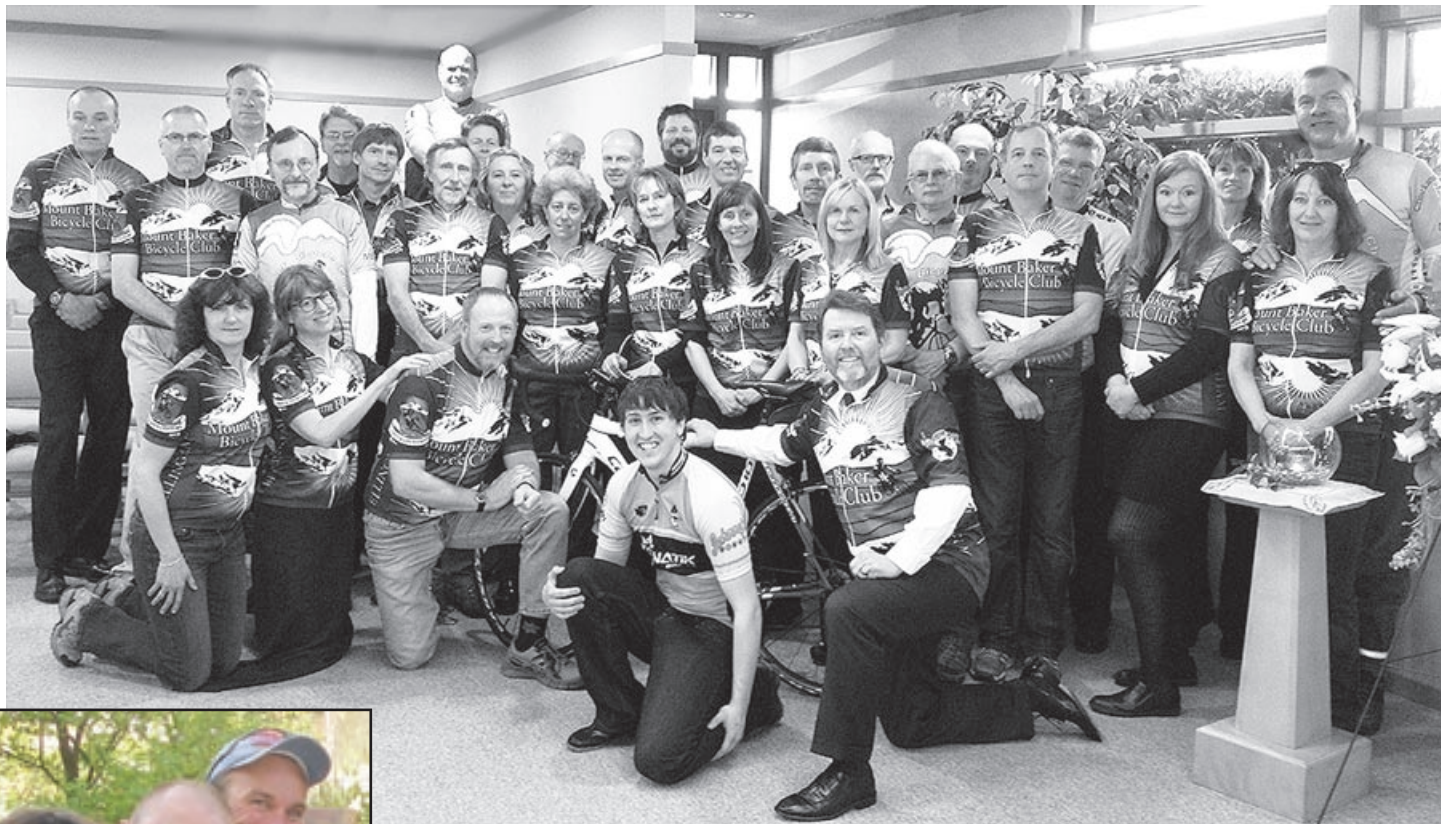
- *Jennifer Feagles*

Mike truly was an exceptional guy who had a positive attitude, a great sense of humor and was always ready to help. He was a wonderful ambassador for our sport who will be missed. - *Peter Frye*

He was such a dear friend and I will forever be honored by the times I got to share with Mike.. short as they now seem to be. - *Marie Kimball*

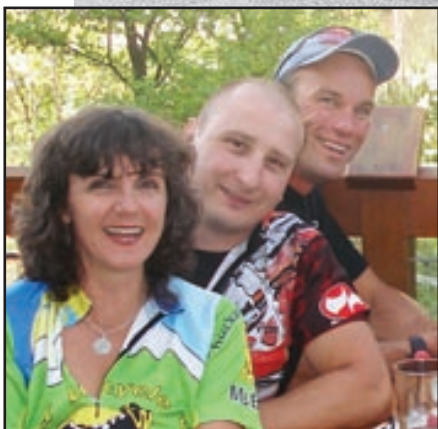
Mike delighted in telling stories of how hot it was and standing under the waterfall while riding the North Cascades Highway. It was too soon to lose him and too sudden to accept. - *Patti Mullin*

I always enjoyed seeing and hearing Mike's smile and his hearty laugh. Mike was a strong cyclist and the MBBC seemed to channel and challenge his energy, giving him such great support as a community. Mike will never leave our hearts as he has made a permanent spot in all of us that we can reflect upon. - *Lesley Weinberg*



▲ Mike's Community: a show of support from some of Mike's MBBC friends, at his memorial service on March 25th. Mike's son, our fellow rider Neaven is in front/center. In front of Mike's trusty Cannondale.

◀ Remembering cherished times past.
Marie, Mike, and Randy.



2013 EVENTS... *continued from p. 3*

Parks & Recreation Race Series

see www.cob.org/services/recreation/races/

June 22: Lake Padden Triathlon

July 20: Lake Padden Duathlon

August 10: Bellingham Youth Triathlon

October 13: Klicks Mountain Bike Duathlon

October 13: YMCA Youth Duathlon



everybodyBIKE

SUMMER Rides

Opening Ride for Summer 2013:
May 5, 1pm
at the
Railroad Ave
Woods Coffee

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	April 1	2 Ferndale social ride	3 Wed Group Ride	4 Edison Social Ride Bike Day Planning Meeting	5	6 Donut Ride BHamParks Trail Work
7 Rabbit Ride Edison Social Ride	8	9 Ferndale social ride Tuesday-Night Ride Begins!	10 Wed Group Ride	11 Edison Social Ride	12	13 Donut Ride Recumbent Ride BHamParks Trail Work REI Bike Maint: brakes
14 Rabbit Ride Edison Social Ride WhIMPs Trail Day MBBC Orcas Ride	15 REI Bike Maint basics	16 Ferndale social ride Tuesday Ramp-Up	17 Wed Group Ride	18 Edison Social Ride	19 MBBC May Newsletter Deadline	20 Donut Ride Tulip Pedal BHamParks Trail Work
21 Rabbit Ride Edison Social Ride	22 <i>Earth Day</i>	23 Ferndale social ride Tuesday Ramp-Up	24 Wed Group Ride	25 Edison Social Ride	26	27 Donut Ride Tour de Lopez WhIMPs Trail Day BHamParks Trail Work
28 Rabbit Ride Edison Social Ride REI bike maint: drive train	29	30 Ferndale social ride Tuesday Ramp-Up	May 1 Wed Group Ride	2 Edison Social Ride New! County Ride Bike Day Planning Meeting	3	4 Donut Ride BHamParks Trail Work



Mount Baker Bicycle Club

Post Office Box 2702
Bellingham, Washington 98227

Welcome to Bellingham
Now Get on Your Bike!
www.mtbakerbikeclub.org

If you are a club member and wish to receive a printed version of the newsletter rather than online, please inform mbbcnewsletter@mtbakerbikeclub.org. Club members are entitled to a printed/mailed version sent to a US address..