



# MBBC

**More Bicycling = Better Community!**

**Mount Baker Bicycle Club Newsletter, Volume 21 Number 5, June 2012**



## **BILL'S HILLS IS BACK FOR ROUND THREE!**

### *What doesn't kill you....*

... Makes you stronger, right? That adage will be tested yet again as the few, the brave, and the masochistic MBBC members will set out to conquer Bill McCourt's route of 10,000 ft of climbing in just over 100 miles around our beloved Bellingham. "Bill's Hills III" will be on Sunday June 10th, giving riders the opportunity to see whether their winter training was strenuous enough. The ride is only open to Mount Baker Bicycle Club members, so if your dues are a bit behind, now is the time to settle up.

The route is extremely challenging! There are three "loops" of approximately 33 miles with 3,000 to 4,000 feet of climbing each. Just think Sehome Hill, California Street, King Mountain, Emerald Lake, Squalicum Mountain and – well you get the idea – just about every known hill in the Bellingham area. Last year's riders think the steepest grades were 22% but in some cases it was so steep no one could look at the Garmin to check for fear of falling over.

The first year, 4 riders made it to the halfway point before calling it quits due to rain. Last year, 7 riders completed the entire circuit. See Greg Rehm's review of the 2011 ride (it's in the July 2011 newsletter - see the archives online!) There will be a \$25 Boundary Bay gift certificate, two \$15 Road ID gift certificates, and a free entry for the Chuckanut Century awarded in a drawing for all participants. Food stops will be provided courtesy of Judy McCourt, Kathy Whitmer, and Patti Mullin at strategic points along the course. Those finishing the entire course will receive a beverage gift certificate for Boundary Bay, which will likely be used trying to rehydrate after the ride.

If you're still interested (think of the bragging rights!!) in the most difficult century in the Northwest after reading all this, then plan on meeting at 6:45am on Sunday June 10th at Marine Park in Fairhaven. For more information contact Bill McCourt at 380-3262.



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This month's contributors:  
Ellen Barton, Linda Blake,  
Mary Cole, Marie Kimball,  
Steve Jahn, Bill McCourt,  
Kae Moe, Ron Richings, Ben  
Rixe, Tim Ryan. Thanks All!



### *the club online:*

[www.mtbakerbikeclub.org](http://www.mtbakerbikeclub.org)  
[www.chuckanutcentury.org](http://www.chuckanutcentury.org)

### *and our social sites:*



## **MORE RIDES COMING IN JUNE**

In the unlikely event that Bill's Hills isn't the ride for you, never fear: with the longer days and warmer (we hope... soon...) temperatures coming up, more rides for all skill and speed levels are appearing on the summer calendar.

### **June 16: Family Fun Ride, on the Tommy Thompson Trail in Anacortes**

Come on out to the Skate Park, located at R Street and 23rd in Anacortes, between 9am - 1pm. There will be raffles, a helmet fitting station, a bike check/maintenance station, and refurbished bikes for sale. Take a leisurely ride along the Tommy Thompson Trail over Fidalgo Bay, and if you wish, out around March Point.

more June rides on page 7

# WEEKLY AND GROUP RIDES

## Sunday Edison Social Ride starts from Edison

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

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

**Tuesday Evening Spring-to-Summer Ride:** Whidbey Island Bank, corner of Bakerview & Northwest. Meet 5:45pm leave at 6pm. Splits into leisurely group (10 mph pace), HyperFast group (20+ mph) and "Ramp Up" (14 to 16 mph, distance 15-20 miles) with ride focus on the skills necessary to ride in groups. "Ramp-up" group 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

**Tuesday Ferndale Social Ride:** starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. Usually 10am start time in winter. To check time and other info: Bob Parker [rmp-4724@hotmail.com](mailto: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 and very fast groups. 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](mailto: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](mailto:rmp-4724@hotmail.com) or 360-671-6910

**Fairhaven Rides:** Fairhaven Bike & Ski's website mentions a Thursday afternoon ride as well as the Sunday morning Rabbit Ride starting up again this year. To confirm ride details, call 733-4433. [fairhavenbike.com/articles/local-group-rides-pg35.htm](http://fairhavenbike.com/articles/local-group-rides-pg35.htm)



## NEW CLUB JERSEY DESIGN READY TO GO!

In 2004, my dear friend Bob Lindquist and I decided to update the Mount Baker Bicycle Club jersey. It was a very exciting time as the Mount Baker Hill Climb and the Chuckanut Century had been reinvented (remember the Dumb Ride and the Chuckanut Fall Ride?).

In 2012, the MBBC board considered a couple of new rides for inclusion on our next

jersey. Bill's Hills, for one. One of our great sponsors, Bellingham Tennis Club and Fairhaven Fitness, has a superior cause ride called "March of the Moles" that benefits Kona Bike Town Africa.

Our long time sponsor, Sanitary Service Company, will continue to sponsor events and provide support for goals that MBBC believes will improve all types of cycling in Whatcom County.

We were honored during our New Years Day ride to have gifted local graphic designer, Tim Ryan, offer to help redesign our new cycling jersey in the absence of our dearly loved but departed friend Bob Lindquist. Tim also took on the task of creating new logos for Bill's Hills (which he will crush this year without a couple broken ribs) and the Chuckanut Century, our fundraiser for the Whatcom Hospice Foundation. (Bill's Hills new logo, which will appear on one shoulder of the jersey, is on p. 1.)

Now that you've seen Tim's great artwork, of course you want to get in line to order a jersey. You may have these questions:

**How can I get a jersey?** Jerseys will be available for purchase in about 6 weeks and sizing charts are available at [shiftcyclewear.com/custom-cycle-wear.html](http://shiftcyclewear.com/custom-cycle-wear.html). We will be generating a jersey request form for the first set of 50 jerseys that will be arriving around the 4th of July.

**What is the cost?** If you join the club and complete Bill's Hills, the Chuckanut Century or March of the Moles, you will be able to purchase a jersey for \$40! Anyone can purchase a jersey for \$60 regardless of participation.

**Where can I get a jersey?** We are working out a deal with Prostock Athletic Supply and Shift Cycle Wear for distribution of jerseys. Naturally you can sign up for a jersey at the above mentioned events and we will have some jerseys available.

**Can I see a jersey sample?** Yes, Marie currently has a sample and will have it for a couple of weeks on the Tuesday and Wednesday night rides and at Bill's Hills.

-- Marie Kimball



# BIKE RIDES & EVENTS IN 2012 – *check back each month as more are added*

## Gatherings

**June 7 - Specialized Demo Day** on Galbraith, 3-8 pm.  
fairhavenbike.com

**June 10 - Lake Padden Trek Demo Day** S. entrance to Lake Padden, go to the end. 11-3 kulshancycles.com

**June 30 - July 22** Early morning live Tour de France viewing at Mt. Bakery - mountbakery.com/special-events/tour-de-france

**Bellingham Bike Swap:** September 1 - thebikeshop1.org

## Races

**July 14:** Padden Mountain Pedal indieseries.org

**Sept 15:** Bellingham Traverse bellinghamtraverse.com

## Parks & Recreation Race Series

see [www.cob.org/services/recreation/races/](http://www.cob.org/services/recreation/races/)

**June 23:** Lake Padden Triathlon

**July 21:** Lake Padden Duathlon

**August 11:** Bellingham Youth Triathlon

**October 14:** Klicks Mountain Bike Duathlon

**October 14:** YMCA Youth Duathlon

## Trail Building for National Trails Day - June 2

Take some time to get outside, volunteer, and improve the city trails and mountain bike trails that we all enjoy. There are trail-work parties being organized by the Whatcom Independent Mountain Pedalers (WhIMPs), by REI, and by the Bellingham Parks Department on **National Trails Day -- June 2**.

**WhIMPs and Whatcom County Parks: Trail Day Work Party on the Salal Trail.** Meet at North Chuckanut Trailhead parking lot 9:30am whimpsmtb.org

**Bellingham Parks Dept:** 9 am Happy Valley Park - for National Trails Day *information:* Bellingham Parks & Recreation, 360-778-7105 and see directions to trailhead meeting places here:

<http://www.cob.org/documents/parks/volunteer/work-schedule.pdf>

Bellingham Parks is also putting on trail work parties in June on the 9th, 27th and 30th. See schedule in PDF file above for details.

## Classes & Training

**Tandem 101 workshop:** intro to tandeming! **June 2, 10:30am**, Fall City Library - evergreentandemclub.org/

**REI** Cycling-related classes: [rei.com/stores/events/65](http://rei.com/stores/events/65)

Bike Maintenance Basics: **June 6**

Bike Maintenance 201: **June 10 & 24**

Triathlon Basics: **June 13**

Mike McQuaide's new cycling book presentation: **June 20**

**Fairhaven Fitness and Cycle Moles** will again be riding the Tour de France, starting **June 30**. Watch the tour and race along from the saddle of your spin bike or trainer..

[www.cyclemoles.com](http://www.cyclemoles.com)

*continued on p. 7*

## 2012 RIDES

**June** (see summer rides listing on p. 7)

**2** Swan Century (Sedro Woolley) swancentury.org

**2** High Tide Ride (Anacortes) hightideride.com

**3** Peninsula Metric Century (Southworth) twbc.org

**9** Flying Wheels (east side) cascade.org

**10** Bill's Hills of Bellingham (MBBC members' ride)

**16** Family Fun Ride (Anacortes) cascade.org

**23** All-Girl Alley Cat (Seattle) menstrualmonday.com

**23** Tour de Blast (Mount St. Helens) tourdeblast.com

**23** Cannonball (Seattle to Spokane) redmondcyclingclub.org

**23** Chelan Century Challenge (Chelan) chelancentury.com

**30** Red-Bell 100 (Redmond to Bellingham) cascade.org

**July**

**7** S2S (Seattle to Spokane) redmondcyclingclub.org

**14-15** Seattle to Portland/STP cascade.org

**18-22** RedSpoke - Redmond to Spokane redspoke.org

**26** RAMROD (Mt. Rainier) redmondcyclingclub.org

**28** Tour de Whatcom (Bellingham) tourdewhatcom.com

**28** Seattle Century seattlecentury.com

**August**

**4-10** RAW (eastern WA, ID) cascade.org

**5** Ride the Hurricane (Port Angeles) portangeles.org

**19** Retro Ride (LaConner) Ken Rasmussen kayakfit@fidalgo.net

**25-26** RAPSody - Ride Around Puget Sound (Tacoma)

**September**

**8** Whatcom County Farm Tour by Bike sustainableconnections.org/foodfarming/whatcom-county-farm-tour-1/

**8-9** MS 150 Bike Ride (Mt. Vernon)

**9** Mt. Baker Hill Climb (Glacier) www.norka.us

**9** High Pass Challenge (Packwood) cascade.org

**16** Chuckanut Century (Bellingham) chuckanutcentury.org

**22** Tour de Whidbey (Greenbank Farm)

**30** Kitsap Color Classic cascade.org

**TBD** Skagit Valley Bicycle Farm Tour (probably Oct 6 or 7)  
festivaloffamilyfarms.com

**TBD** Fall Bike Festival (Winthrop) www.mvsta.com



## Ride the Tour de France!

Watch the live Tour while you get in a great 1-hour indoor ride on the same stage profile as the Pros.

Prizes for KOM, Sprints, and lots of fun!

Use our spinning bikes or bring your own to use with a Trainer

June 30 - July 22; 7 - 8am

ONLY \$127!

[www.cyclemoles.com](http://www.cyclemoles.com)

800 McKenzie Ave.  
Bellingham, WA 98225  
360.733.5050

[www.bellinghamtennis.com](http://www.bellinghamtennis.com)





# BIKE TO WORK/SCHOOL DAY RECAP



**County Exec Jack Louws** opts to ride his bike rather than ride in a limo in the Ski to Sea Parade (above) after having so much fun riding on Bike to Work Day (right). We're told that his wife Cindy was the motivator behind this!



**200 Kids' Helmets**, (above and left) donated by the MBBC for Bike to School Day for low-income schools. We got a great deal on "an extra 1000 stickers" so we'll be stickering our gear for years to come. Thanks again to Premier Graphics for the rush job on the stickers and to everybodyBike for distributing the road style and BMX style helmets to some lucky kids in the county.



## everybodyBIKE SENDS BIG THANKS TO THIS YEAR'S SPONSORS OF BIKE TO WORK AND SCHOOL DAY 2012!

Aqua Island Technologies  
Arlis's Restaurant  
Arne Hanna Aquatic Center  
Avenue Bread  
The Bagelry  
Baker's Breakfast Cookies  
Barron/Smith/Daugert  
Bellingham Athletic Club  
Bellingham Cycle Works  
Boundary Bay Brewery and Bistro  
Bramble Berry  
Brenthaven  
Brett Murphy Law Offices  
Casa Que Pasa  
Chuckanut Brewery and Kitchen  
City of Bellingham  
Colophon Café  
Community Food Co-op  
Dakota Art  
Daylight Properties  
Diamond Jim's  
Earl's Bike Shop  
Eclipse Books Store  
Elizabeth Station  
Everson Family Medicine

Everson Market  
Fairhaven Bike and Ski  
Fairhaven Fitness & Personal Training (Cycle Moles)  
Fairhaven Runners  
Fairhaven Toy Garden  
Fanatik Bike Co  
Farmer's Insurance Group - Everson  
Film is Truth  
Fred Meyer  
Friends of Everson McBeath Library  
Good To Go Meat Pies  
Great Harvest Bakery  
Haggen - Corporate Offices  
Haggen - Fairhaven Market  
Haggen - Meridian  
Hardware Sales  
Health Department  
Homeskillet  
Jack's Bicycle Center  
Jim's Automotive Experts Inc.  
Johnny's Donuts  
Joy of Pilates  
Kelley Insurance Agency

Klicks Running and Walking  
Kulshan Cycles  
La Fiamma  
Henderson Books  
Let Them Eat Cake  
Lettered Streets Coffee House  
Little Caesar's Pizza - Everson  
Little Cheerful Café  
Mallard's Ice Cream  
Master's Blend Coffee House  
**Mount Baker Bicycle Club**  
Mount Baker Theater  
Mount Bakery  
Nina's Café  
Nooksack Animal Hospital  
Nylatech  
NW Recycling  
Old Town Café  
Pepper Sisters  
The Pickford Theatre  
Ralf's Bavarian Bakery  
RE-Store  
REI

Robek's  
Robert's Bicycle Repair  
Rudy's Pizzeria  
San Juan Cruises  
Skylark's Restaurant  
Sportsman's Chalet  
Starbuck's Coffee  
Superfeet  
Terra Organica  
The Chrysalis  
The Table  
Tony's Coffee & Teas  
Tony's Coffee House- Fairhaven  
Trader Joe's  
Valley Drug  
Village Books  
WECU - Everson  
Whatcom Farmers Co-Op - Everson  
WTA  
Whatcom YMCA

**BRETT MURPHY**  
Washington's Injury Lawyers



# BIKE TO WORK/SCHOOL DAY RECAP



*Yes, they ride out in the county!*

## BIKE TO WORK AND SCHOOL DAY EVERSON-NOOKSACK STYLE

2012 was the year for the first-ever Celebration station in Everson-Nooksack for Bike to Work and School Day! Thanks to the enthusiastic efforts of MBBC member Mary Cole and other Everson-area bicyclists, the station became a reality and was a great success!

Mary staffed the station along with Cynthia Rogers and fellow MBBC member John Okan. 88 participants stopped by for treats, prizes, and a raffle. The trio greeted riders and walkers from 7-9:30 am at Nooksack Valley Middle School. The school administrators said that on a typical warm, sunny day, there might be 4 or 5 students riding their bikes to school. On Friday, May 18, there were 50 bikes counted in front of the school! A ten-fold increase in student riders is probably a good barometer of success.

Reader boards at several locations before the event reminded everyone that Bike Day was coming to the eastern county, and the Everson branch of WECU hung everybodyBIKE's street banner on their building to help encourage participation. The Lynden Tribune and Foothills Gazette newspapers each ran an article about the new Everson-area station. Included in the article was a feature on local NVHS 2007 graduate Emily Smith, who this year is going pro in mountain biking competition after taking first place last fall at the US National Championships in the category Expert Women 19-29. (Anyone interested in helping sponsor Emily can reach her at Fanatik Bike Co. in Bellingham.)

In conjunction with May as National Bike Month and Bike to Work and School Day, Mary set up a bicycling display in Everson Library's display case. This encompassed various items ranging from the celebratory (Emily Smith congratulations with a Lego mountain biking trail) to the practical (everybodyBIKE's Whatcom Bicycling Map, lights) to the informative (library cycling-related books for checkout) to the colorful (bright cycling jerseys hanging overhead) to the silly (purple and white cow bike horn) to the unusual (photos of 'Weird and Wacky Bicycles'). People were very impressed with the blinky tail light in the display case that continued to blink for 18 days straight, 24/7!

Mary invited local businesses to support the Everson-Nooksack Bike Day effort in this less bike-friendly area by donating cash or prizes for a raffle drawing targeted just for their station participants. Mary says, "I once again realized that we have an awesome community! From this little corner of the county, these merchants enabled me to give 40 prizes away – about 1 out of every 2 people who stopped at our Celebration Station won a prize!" (Note in the list of sponsors on page 4, there is a large number of Everson businesses represented!)

After the publicity, signs, displays, and participation, Mary hopes more locals will think about getting out and cycling in eastern Whatcom County in the future. It's a great place to live, work, and play – and ride your bike!

-- submitted by Mary Cole



**John, Cynthia, and Mary** (above) give the big thumbs-up for the first-ever Everson-Nooksack Celebration Station on Bike to Work and School Day





### Welcome new members!

Diane DeBruin

Scott Jones

Deb McCunn

Roxanne Murphy

Arnie Wong

**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; Tiffany Allen - Treasurer;  
Marc Ambers - Ride Coordinator;  
Doug Schoonover - Event Coordinator  
Ken Giffin, Bill McCourt, Eric Stromerson -- at large

#### Contacts:

Marie Kimball -- bikebham@yahoo.com (656-5778)  
Doug Schoonover -- (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](http://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

# SUMMER RIDES

Summer Rides are easy social outings on two wheels. Roll with friends and meet new friends while discovering Whatcom County's best backroads and hidden bikeways. Summer Rides each feature a different fun theme and cover easy routes of around seven miles.

Here are the Summer Rides for June:

**June 3, 1-3pm: School Garden Tour** - Common Threads Farm and the School Garden Collective will give us guided tours of each of five school-based gardens, grown by young people at elementary and middle schools. Nationwide, school gardens have become an exciting new way for kids to learn about nutrition and science. Departs from Youth Grown Garden, 1020 North State Street.

**June 8, 4-6pm: Diva Cycle** - A guided shopping tour of selected thrift and vintage clothing stores in Bellingham. Riders are invited to purchase and wear an item from each store to complete a new outfit by the end of our ride. Departs from Black Market Boutique, North State Street near Iowa Street

**June 10, 1-3pm: Bike Fairhaven with Dirty Dan** - legendary historical figure Dirty Dan Harris, as portrayed by Jim Rich, will lead us on a bike tour of historic and significant places in Fairhaven. (Suggested donation of \$5 per person for Dirty Dan) Departs from and returns back to Village Books on 10th Street, where riders will be treated to complimentary handmade lemonade at the Book Fare Café.

**June 17, 1-3pm: Ferndale! Centennial River Ride** - The beautiful Riverwalk Plaza guides us on a brief ride along the Nooksack River to a look at the historic cabins of Pioneer Park. The ride continues to Hovander Park to experience a few trails and wildlife scenes. Departs from Centennial Riverwalk Fountain, Main Street, Ferndale

**June 22, 4-6pm: Musical Bike Tour** - "Tune up" your bike for a tuneful tour of Bellingham's favorite music shops. Meet and listen to some of our talented local musicians who will play the instruments they love at a variety of shops. Mojo Music features ukulele by Tom Hodge, and Piper Music, The Bow Shop, Wind Works, Quist Violins, and Checkmate Music will all join the chorus. Departs from Fountain Bistro, corner of Broadway and Girard.

complete Summer Rides schedule: [everybodybike.com/events-rides.aspx](http://everybodybike.com/events-rides.aspx)

*June rides: continued from p. 1*

For more information on the Anacortes Family Fun Ride, contact Eric Shen of the Anacortes Bike/Ped Group. [sydster2@wavecable.com](mailto:sydster2@wavecable.com) or 360-299-8553

## June 23: All-Girl Alleycat in Downtown Seattle

I did this ride last year and it was a lot of fun. Since it's on my birthday this year, I'm definitely going back for more. Who wants to come with me? Starts at 3pm (register at 2pm) at the Colonnade under I-5 near Volunteer Park. [menstrualmonday.com](http://menstrualmonday.com)

## June 30: Red-Bell 100

The World Bicycle Relief Red-Bell 100 is a new one-day charity ride from Marymoor Park in Redmond to Boundary Bay Brewery in downtown Bellingham to benefit the global work of World Bicycle Relief and the local work of the Cascade Bicycle Club Education Foundation. Pledge ride with a minimum required. Limited to first 650 riders.

[worldbicyclerelief.org/pages/red-bell100](http://worldbicyclerelief.org/pages/red-bell100)



**Sanitary  
Service  
Company**

*calendar: continued from p. 3*

**everybodyBike** Cycling safety and confidence classes: check the events calendar at [everybodybike.com/calendar.aspx](http://everybodybike.com/calendar.aspx) currently scheduled at The Hub Community Bike Shop:

**June 5** Bike Maintenance class for women.

**everybodyBike Roll-Alongs: June 14, July 12, August 9**

Guided social rides: get your cycling questions answered.

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
					<b>June 1</b>	<b>2</b> Donut Ride National Trails Day work parties Tandem 101 Swan Century High Tide Ride
<b>3</b> Edison Social Ride Summer Ride Peninsula Metric C	<b>4</b>	<b>5</b> Tues evening Spring ride Ferndale social ride The Hub Bike Maint	<b>6</b> Wed Group Ride REI Bike Maint basics	<b>7</b> Edison Social Ride Specialized Demo Day	<b>8</b> Summer Ride	<b>9</b> Donut Ride Recumbent Ride Flying Wheels Bellingham Parks Trail work party
<b>10</b> Bill's Hills! Summer Ride Edison Social Ride Padden Demo Day REI Bike Maint 201	<b>11</b>	<b>12</b> Tuesday evening Spring ride Ferndale social ride	<b>13</b> Wed Group Ride REI Triathloning	<b>14</b> Edison Social Ride	<b>15</b> Velopalooza begins	<b>16</b> Donut Ride  Family Ride on the Tommy Thompson
<b>17</b> <i>Father's Day</i> Edison Social Ride Summer Ride	<b>18</b> MBBC Newsletter July Deadline	<b>19</b> Tuesday evening Spring ride Ferndale social ride	<b>20</b> <i>Summer Solstice</i> Wed Group Ride REI - Mike McQuaide	<b>21</b> Edison Social Ride	<b>22</b> Summer Ride	<b>23</b> Donut Ride All-Girl Alley Cat Tour de Blast Chelan Century Cannonball Padden Triathlon
<b>24</b> Edison Social Ride REI Bike Maint 201	<b>25</b>	<b>26</b> Tues evening Summer ride Ferndale social ride	<b>27</b> Wed Group Ride Bellingham Parks Trail work party	<b>28</b> Edison Social Ride	<b>29</b>	<b>30</b> Donut Ride Red-Bell 100 Bellingham Parks Trail work party Cycle Moles: Tour! Mt Bakery: Tour!



### Mt. Baker Bicycle Club

Post Office Box 2702  
Bellingham, Washington 98227

Welcome to Bellingham  
Now Get on Your Bike!  
[www.mtbakerbikeclub.org](http://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](mailto:mBBCnewsletter@mtbakerbikeclub.org). Club members are entitled to a printed/mailed version sent to a US address..