



# MBBC

**More Bicycling = Better Community!**

**Mount Baker Bicycle Club Newsletter, Vol 19 Number 7, August 2010**

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This month's contributors:  
Joe Biel, Elly Blue, Marie  
Kimball, Ken Rasmussen,  
Doug Schoonover, Olivia  
Sellinger, Matthew Velguth.  
Thanks All!



*the club online:*

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

*and our social sites:*



**2010 Chuckanut Century**  
**Sunday, September 19**



*presented by*  
**Mt. Baker Bicycle Club**

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

## Get Ready for the 2010 Chuckanut Century!

Come on out to celebrate the last days of summer with your choice of 25, 50, 62, 100, or 124-mile supported routes all along the coast of Whatcom County.

Early registration (before Sept 4) is only \$45 and there's a discount for current MBBC members. Sign up on [active.com](http://active.com), or go to the website: [chuckanutcentury.org](http://chuckanutcentury.org), print out the form, and mail it in.

Volunteers are needed to help promote and put on this event. Posters and brochures are available to be distributed. If you are going out of town, for example to Seattle or Vancouver, B.C. and would like to take some to the bike shops there it would be of great help. As we get closer to the event date, we will need help marking roads. During the event, we will need volunteers for registration, to staff the food stations and to drive a sag vehicle. Please contact Doug at [chuckanutcentury@mtbakerbikeclub.org](mailto:chuckanutcentury@mtbakerbikeclub.org) if you would like to volunteer.

**This is a ride for Hospice!**

## AUGUST EVENTS INCLUDE RIDES, MOVIES, AND MEETUPS

**The Bike Shop** is having a second bike swap this summer! By popular demand, the bike swap is back: August 21 at the Bellingham Sportsplex. Sell your old ride and get into something new. [thebikeshop1.org/SWAP.html](http://thebikeshop1.org/SWAP.html)  
-- Matthew Velguth, The Bike Shop

**Fourth Annual Retro Ride and Concours D'Elegance** in LaConner on August 28: *A lighthearted celebration of cycling history and eccentricity*, hosted by The Skagit County Historical Museum. The ride will begin at the museum, 501 4th Street in La Conner. The ride will be in conjunction with "The Way We Played," an exhibit about recreation in the early days of Skagit County. The day begins at 10am with a tour of the exhibit and a review of bicycles and costumes. You are encouraged to bring an old, stylish or unusual bicycle and come in costume, which could be either period specific or fanciful. You should still come even if you don't have an unusual bicycle and costume. After the review, we will ride toward Edison. The more swiftly mounted

*continued on page 2*

## WEEKLY AND GROUP RIDES — Summer!



**Tuesday AM Social Ride:** starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. 9am and 10am start times. To check start time and other info: Bob Parker [rmp-4724@hotmail.com](mailto:rmp-4724@hotmail.com) or 360-671-6910

**Tuesday Evening Summer Ride:** Whidbey Island Bank, corner of Bakerview & Northwest. Meet 5:45pm leave at 6pm. Moderate group will average 15 to 16 mph, Fast group 18-20+, distance ~20 miles. Moderate group is led by Doug and concentrates on safe riding practices, paceline skills, how to overtake other riders and pass them in a safe manner, and how to deal with traffic. info: Doug Schoonover 410-6431

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

**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. From Oct-Mar this is a night trail ride with lights. Re-group at brewery afterward (7:30 pm). [ridecoordinator@mtbakerbikeclub.org](mailto:ridecoordinator@mtbakerbikeclub.org), 410-6431

**Thursday Fairhaven Ride:** Join the Fairhaven Bike Club on Thursday nights throughout the summer. Meet at 5:45 pm at the Fairhaven Village Green (10th and Mill), depart at 6pm. Approximately 25 mile route which may split into 2 groups depending on group size and ability levels. Info: Allen Shaw: [allen.wesmar@gmail.com](mailto:allen.wesmar@gmail.com) 360-305-4031.

**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



## More EVENTS IN AUGUST:

*continued from page 1*

riders will turn back at Edison, those mounted upon venerable, well-ballasted machines will reverse direction after an hour so that all will converge upon the same cafe at the same time for lunch in La Conner. After lunch we'll return to the museum--pushing our velocipedes up the hill if necessary--to watch a vintage cycling movie. The event is free except for lunch. There is no free lunch.

-- Ken Rasmussen, 360 766 8720, [kayakfit@fidalgo.net](mailto:kayakfit@fidalgo.net)

**Bike-In Movie at The Pickford** on August 13: Bike to the annual summer bike-in movie and festivities hosted by the Whatcom Film Center, in partnership with the American Museum of Radio and Electricity. Bring your fancy bikes for the Bike "Show and Shine;" Decorate your bike for the most creative bike contest, or just come enjoy the beer-garden, bicycle-themed movies, and fun. 7-11pm August 13 (Friday) at Bay Street, Bellingham, between Holly and Champion. [www.pickfordevents.com](http://www.pickfordevents.com)

**Ride for Jessica, the "Warrior Princess"** on August 21: Jessica is a 3-year-old from Blaine who was diagnosed with Acute Lymphoblast Leukemia last December. She will be undergoing treatment for the next 2 to 3 years. Her disease is extremely serious and life threatening but her chances of a full recovery are good. She earned her nickname *Warrior Princess* because she is a true fighter.

I'm a high school senior and am organizing this ride to help Jessica's family with the astronomical costs of treatment and expenses that come from having your life turned upside down after receiving a diagnosis like this. The ride begins at 10am on August 21st at Birch Bay State Park. A 10 mile jaunt is \$10 and the 25-mile ride is \$25. All ages and skill levels are welcome and there is a beach BBQ after the ride.

-- Olivia Sellinger 360 332 3370,  
[www.LittleWarriorPrincess.com](http://www.LittleWarriorPrincess.com)

**Bikestravaganza: Off the Chainring** in Bellingham on August 15: 7-9pm at Bloom, 1320 Cornwall.

The *Off the Chainring Tour* is coming to Bellingham! Transition Whatcom welcomes a talk about how Portland, Oregon, transformed itself into a bicycle-friendly city. See slides and video vividly portraying the liveability of this cycle-friendly city. Join our traveling bikestravaganza for an evening of bike talk, bike zines, and short movies about transportation activism!

We'll share ideas and inspiration about bike stuff in Portland, in Bellingham, and in other places. Our focus is on bikes but also the big picture: buses, trains, walking, freeways, cars, housing, affordability, what works and what doesn't. Joe Biel presents a series of 3 minute videos highlighting the work of PDOT and talks about ways to affect transportation infrastructure in any town. He'll also play new selections from his upcoming documentary,

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# 2010 EVENTS PAGE - *check each month as new events are added*

## Gatherings

Pickford Bike-In Movie - August 13 - see p. 2

Bikestravaganza - August 15 - see p. 2

Cycle-U 'Cross Swap - August 7 (Seattle)

[mfgcyclocross.com/series-information/cycle-u-cross-swap/](http://mfgcyclocross.com/series-information/cycle-u-cross-swap/)

The Bike Shop's second bike swap: August 21 - see p. 1

[thebikeshop1.org/SWAP.html](http://thebikeshop1.org/SWAP.html)

**Saturdays:** Stop by the everybodyBike booth at the Bellingham Farmers Market. Saturdays 10-3, Depot Square: Railroad & Chestnut. [bellinghamfarmers.org](http://bellinghamfarmers.org)

## Classes and Training



**Mt. Baker Hill Climb Camp at Fairhaven Fitness:** 7 weeks of outdoor hill training sessions, through August  
details: [bellinghamtennis.com](http://bellinghamtennis.com) or 733-5050



**everybodyBike safety and confidence classes**

Aug 3, 4, 7, 8, 11 details: 671-BIKE or  
[everybodybike.com/calendar.aspx](http://everybodybike.com/calendar.aspx)

**Bellingham REI** Bike maintenance classes (sign-up required):

August 17: Bike maintenance basics

August 7, 21, & 28: Bike maintenance 201

August 23: Bike wheel maintenance

details and sign-up at [www.rei.com/stores/events/65](http://www.rei.com/stores/events/65)

**Trek Dirt Series** comes to Bellingham August 28-29

Hosted by Kulshan Cycles. [dirtseries.com](http://dirtseries.com)

**Fanatik Bike Co Women's MTB Group Ride Series**

August 3: Galbraith Beginner Ride 6pm

sign up at least a day ahead: [kathy.fanatikbike@gmail.com](mailto:kathy.fanatikbike@gmail.com)

**August 11: Bike to Beer Cruiser**

Fanatik's womens' ride & end-of-summer celebration. If you don't have a cruiser, decorate any bike and meet at Bellingham High School at 6pm for a cruise to Boundary Bay Brewery via Boulevard Park. Bring a lock!

details at: [www.fanatikbike.com](http://www.fanatikbike.com) (click "events")

## 2010 RIDES

### August

7 Bike to Battle Cancer (Bellingham) [biketobattlecancer.org](http://biketobattlecancer.org)

11 Fanatik Women's Bike to Beer Cruiser

13 RSVP overnight in Bellingham

21 Ride for Jessica, the "Warrior Princess" see p.2

28 Retro Ride (LaConner) see p. 1 [kayakfit@fidalgo.net](mailto:kayakfit@fidalgo.net)

28-29 RAPSody - Ride Around Puget Sound (Tacoma)

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

29 Summits of Bothell [www.summits-of-bothell.org](http://www.summits-of-bothell.org)

### September

11-12 MS 150 Bike Ride (Mt. Vernon)

12 Mt. Baker Hill Climb (Glacier) [norkarecreation.com](http://norkarecreation.com)

11-13 Trek Tri-Island (San Juan, Lopez, Orcas Islands) [alaw.org](http://alaw.org)

19 Chuckanut Century (Bellingham) [chuckanutcentury.org](http://chuckanutcentury.org)

19 Cycle The Wave (Issaquah) [cyclethewave.com](http://cyclethewave.com)

25 Tour de Whidbey (Oak Harbor) [tinyurl.com/5zw9zv](http://tinyurl.com/5zw9zv)

26 Kitsap Color Classic [www.cascade.org/EandR/kitsap](http://www.cascade.org/EandR/kitsap)

### October

1-3 Fall Bike Festival (Winthrop) [www.mvsta.com](http://www.mvsta.com)



**NWEC**

**NORTHWEST EYE CLINIC**

**EYE PHYSICIANS AND SURGEONS**

## Races

Sept 18: Bellingham Traverse [bellinghamtraverse.com](http://bellinghamtraverse.com)

**Parks & Recreation Race Series** [www.trithecokie.com](http://www.trithecokie.com)

August 14: Bellingham Youth Triathlon

October 10: Runningshoes.com Duathlon

October 11: YMCA Youth Duathlon

**Lake Samish Triathlon August 7**

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



## Trail Building

Take some time to get outside, volunteer, and improve the city trails that we all enjoy.

**Trail work dates from Bellingham Parks Department:**

August 4, 6:30 pm Squalicum Creek Park

Aug 28, 10am Big Rock Garden Park Sat. Work Parties

information: Bellingham Parks & Recreation, 360-778-7105

[cob.org/documents/parks/volunteer/work-schedule.pdf](http://cob.org/documents/parks/volunteer/work-schedule.pdf)



# LIVE TOUR STAGES, COFFEE AND CROISSANTS AT 5:30AM



**I counted at least 6 big screens** at this early-morning Tour de France viewing party at Mount Bakery. Thanks Norka Recreation and Mount Bakery for another fun and tasty Tour.



**Summer in Bellingham** - it's already light at 5am when we jump on our bikes and head for pastries, coffee, and bicycle camaraderie every morning during *Le Tour*. Some mornings we all fit into the back room; on the more exciting stages we poured out onto the sidewalks of this annual cyclist's sports-bar. Sounds: Phil and Paul from the TVs, espresso machine behind the counter, cheers for our favorite riders. Viva le Tour 2010!





**Riding the Tourmalet** - Shawn Hackney, Alex Brede, Doug Schoonover, and Marie Kimball ride the hills of Stage 17 on trainers while thinking about the things that motivate them to keep pedaling.



**Show up and suffer** - computer set up to inflict simulation of the actual grades of the hills of the Tourmalet, while screen reveals who's working the hardest and climbing the fastest!



### Welcome new members!

Rob Landerholm  
Katherine Lebioda  
Noel Phillips  
Darcy Weeks

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



## MBBC ADMINISTRATION

### Mt. Baker Bicycle Club

#### Board of Directors and Officers:

Marie Kimball - President; Chris Covert-Bowlds - Vice President; Scott Dorough - Secretary; Tiffany Holmgren - Treasurer; Marc Ambers - Ride Coordinator; Doug Schoonover - Event Coordinator Cathie Gerlicher, Bill McCourt, Eric Stromerson -- members at large

#### Contacts:

Marie Kimball--bikebham@yahoo.com (656-5778)  
Doug Schoonover--ridecoordinator@mtbakerbikeclub.org (410-6431)  
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 or TIFF format for photos, and ensure they are at least 250 ppi. Any 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.

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 can be any person living at the same address as the individual 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 ☐ 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 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.)

Mail to: Mt. Baker Bicycle Club  
Post Office Box 2702  
Bellingham, Washington 98227



# LE TOUR DE SOIRÉE D'ÉTÉ DE MARDI \*



**The Breakaway**



**Chase 1**



**The Peloton is closing the gap!**



**Yellow Jersey!**



**Off the Back** with a broken collarbone



**It's the catch!**

There's still time to ride the Tuesday Tour. 6pm at Northwest/Bakerview while it's still light in the evening - hopefully through September! Join us!

\* *Tour of the Summer Evening Tuesday* or something like that. Pardon my French.

## More EVENTS IN AUGUST:

*continued from page 2*

*Aftermass*, about Portland bike activism in the last five years. Elly Blue has a slideshow and talk about how Portland got to be one of the best places to bike in the US and also how much farther it has to go. Highlighted are the people, groups, organizations, businesses, and events that created the city's famed bike culture, and discussion of how all these things and more could happen in Bellingham.

The Bellingham event will be powered by bicycle generators from the *make.shift* project!

Details galore at [bikestravaganza.wordpress.com](http://bikestravaganza.wordpress.com). Suggested donation is \$3 to \$10 sliding scale.

## And Don't Forget the other Road Rides:

- Bike to Battle Cancer: August 7
- RAPSody: August 28-29
- Summits of Bothell: August 29

**Have a great August!**

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>August 1</b>	<b>2</b>	<b>3</b> Hot Laps Tues AM Social Ride Tues Evening Ride evrybodyBike 1st Gear Women's Galbraith Beginner MTB Ride	<b>4</b> Wed Group Ride everybodyBike Fixin to Ride Bham Parks Trail Work	<b>5</b> FBC Fairhaven Ride	<b>6</b>	<b>7</b> Donut Ride everybodyBike Rodeo REI Bike Maint 201 Cycle-U 'Cross Swap Bike to Battle Cancer Samish Triathlon
<b>8</b> everybodyBike On the Roadr	<b>9</b>	<b>10</b> Hot Laps Tues AM Social Ride Tues Evening Ride	<b>11</b> Wed Group Ride everybodyBike Safety Women's Bike to Beer Cruiser	<b>12</b> FBC Fairhaven Ride	<b>13</b> RSVP: day 1 Pickford Bike- In Movie	<b>14</b> Donut Ride Recumbent Ride BHam Youth Triathlon RSVP: day 2
<b>15</b> Bikestravaganza	<b>16</b>	<b>17</b> Hot Laps Tues AM Social Ride Tues Evening Ride REI Bike Maint Basics	<b>18</b> Wed Group Ride	<b>19</b> FBC Fairhaven Ride	<b>20</b> MBBC September Newsletter Deadline	<b>21</b> Donut Ride REI Bike Maint 201 TBS Bike Swap #2 Ride for Jessica
<b>22</b>	<b>23</b> REI Bike Wheel Maintenance	<b>24</b> Hot Laps Tues AM Social Ride Tues Evening Ride	<b>25</b> Wed Group Ride	<b>26</b> FBC Fairhaven Ride	<b>27</b>	<b>28</b> Donut Ride Retro Ride d'Elegance REI Bike Maint 201 RAPSody - Day 1 Trek Dirt Series Day 1 Bham Parks Trail Work
<b>29</b> RAPSody - Day 2 Trek Dirt Series D2 Summits of Bothell	<b>30</b>	<b>31</b> Hot Laps Tues AM Social Ride Tues Evening Ride	<b>September 1</b> Wed Group Ride	<b>2</b> FBC Fairhaven Ride	<b>3</b>	<b>4</b> Donut Ride



### 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 if they wish.