

#### in this newsletter:

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 www.chuckanutcentury.org

and our social sites:



facebook.com/pages/ Mount-Baker-Bicycle-Club/321683447138



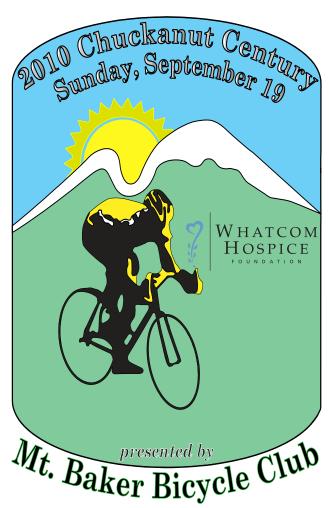
sports.groups. yahoo.com/group/ MtBakerBicycleClub twitter.com/mtbakerbike



digg.com/users/ MtBakerBicycle

# More Bicycling = Better Community!

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



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, or go to the website: 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 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. thebikeshopl.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

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#### 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 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, 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 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 or 360-671-6910



## ۇEvents in August:

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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

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

## 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

## **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 infastructure in any town. He'll also play new selections from his upcoming documentary,

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## $2010 \ EVENTS \ PAGE \ \ \text{- check each month as new events are added}$

#### **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-ucross-swap/

The Bike Shop's second bike swap: August 21 - see p. 1 thebikeshop1.org/SWAP.html

**Saturdays:** Stop by the everybodyBike booth at the Bellingham Farmers Market. Saturdays 10-3, Depot Square: Railroad & Chestnut. 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 or 733-5050



#### everybodyBike safety and confidence classes

Aug 3, 4, 7, 8, 11 *details:* 671-BIKE or 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

Trek Dirt Series comes to Bellingham August 28-29 Hosted by Kulshan Cycles. 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
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 (click "events")

#### **2010 RIDES**

#### August

- 7 Bike to Battle Cancer (Bellingham) 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 28-29 RAPSody - Ride Around Puget Sound (Tacoma)
- www.rapsodybikeride.com
- **29** Summits of Bothell www.summits-of-bothell.org

#### September

- **11-12** MS 150 Bike Ride (Mt. Vernon)
- **12** Mt. Baker Hill Climb (Glacier) norkarecreation.com
- **11-13** Trek Tri-Island (San Juan, Lopez, Orcas Islands) alaw.org
- 19 Chuckanut Century (Bellingham) chuckanutcentury.org
- 19 Cycle The Wave (Issaquah) cyclethewave.com
- **25** Tour de Whidbey (Oak Harbor) tinyurl.com/5zw9zv
- **26** Kitsap Color Classic www.cascade.org/EandR/kitsap

#### October

1-3 Fall Bike Festival (Winthrop) www.mvsta.com



#### <u>Races</u>

Sept 18: Bellingham Traverse bellinghamtraverse.com

Parks & Recreation Race Series www.trithecookie.com August 14: Bellingham Youth Triathlon October 10: Runningshoes.com Duathlon October 11: YMCA Youth Duathlon

#### Lake Samish Triathlon August 7

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

## Le tour de Mount Bakery LIVE TOUR STAGES, COFFEE AND CROISSANTS AT 5:30AM



I counted at least 6 big screens at this earlymorning 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 cameraderie 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!

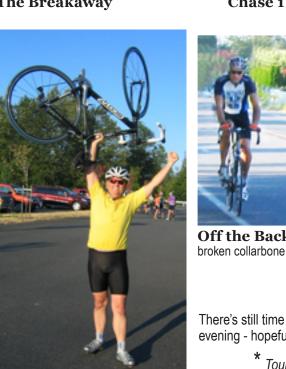


## LE TOUR DE SOIRÉE D'ÉTÉ DE MARDI

Chase 1



The Breakaway



Yellow Jersey!







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It's the catch!
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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.

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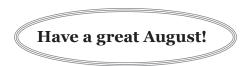
**EVENTS IN AUGUST:** continued from page 2 Aftermass, about Portland bike activism in the last five years. Elly Blue has a slideshow and talk about how Portland got to be one of the best places to bike in the US and also how much farther it has to go. Highlighted are the people, groups, organizations, 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. 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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Paturday
August 1	2	3 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	5 FBC Fairhaven Ride	6	7 Donut Ride everybodyBike Rodeo REI Bike Maint 201 Cycle-U 'Cross Swap Bike to Battle Cancer Samish Triathlon
8 everybodyBike On the Roadr	9	<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	16	<b>17</b> Hot Laps Tues AM Social Ride Tues Evening Ride REI Bike Maint Basics	18 Wed Group Ride	<b>19</b> FBC Fairhaven Ride	20 MBBC September Newsletter Deadline	<b>21</b> Donut Ride REI Bike Maint 201 TBS Bike Swap #2 Ride for Jessica
22	23 REI Bike Wheel Maintenance	<b>24</b> Hot Laps Tues AM Social Ride Tues Evening Ride	25 Wed Group Ride	26 FBC Fairhaven Ride	27	<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	30	<b>31</b> Hot Laps Tues AM Social Ride Tues Evening Ride	September 1 Wed Group Ride	2 FBC Fairhaven Ride	3	<b>4</b> Donut Ride



Mt. Baker Bicycle Club Post Office Box 2702

Bellingham, Washington 98227

**BELLINGHAM, WA** 

SILVER

Velcome to Bellingham Now Get on Your Bike!

www mtbakerbikeclub org

Bicycle Friendly Community

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 if they wish.