



# MBBC

**More Bicycling = Better Community!**

**Mount Baker Bicycle Club Newsletter, Vol 19 No 10, Dec '10/Jan 2011**

*in this newsletter:*

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This month's contributors:  
CityBikeProject, M. V.  
Jantzen, Lisa Merucci,  
Rodd Pemble, Linda Sharps,  
Mark Wheatley, and MBBC  
members who post to our  
club's Listserv. Thanks All!





*the club online:*


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


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

*and our social sites:*

 [facebook.com/pages/  
Mount-Baker-Bicycle-  
Club/321683447138](https://www.facebook.com/pages/Mount-Baker-Bicycle-Club/321683447138)

 [sports.groups.  
yahoo.com/group/  
MtBakerBicycleClub](http://sports.groups.yahoo.com/group/MtBakerBicycleClub)

 [twitter.com/mtbakerbike](https://twitter.com/mtbakerbike)

 [flickr.com/  
mtbakerbikeclub/](https://www.flickr.com/mtbakerbikeclub/)



**Snow and freezing temperatures** have come early this year; is this an indicator of cold and treacherous cycling in the next few months? Check on p. 7 for hints from our intrepid winter riders on staying safe and warm (and wheels-down) this winter. Check on p. 2 for special winter rides (the New Year's Day ride plus others) coming up. Get out, ride, and avoid cabin fever during this La Niña winter.

Bicycling Holiday Card graphic from [citybikeproject.com](http://citybikeproject.com)

notes:

- these people should be wearing helmets!
- are those proper child seats?
- do you think the pedaler has cleats on his butt-down shoes?
- if that woman is sitting on the top tube I bet she's not well balanced (not to mention uncomfortable)!
- Happy New Year!

## WEEKLY AND GROUP RIDES

— studded tires and chains this year?



**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

**Wednesday Group Workout Ride (Winter edition: trail ride with lights):** 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 mid-Sept-Mar this is a night trail ride with lights. Gather at brewery afterward (7:30p). [ridecoordinator@mtbakerbikeclub.org](mailto:ridecoordinator@mtbakerbikeclub.org), 410-6431

**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

## MBBC'S ANNUAL NEW YEAR'S DAY RIDE:

**Pedal in the new year. Meet at 10 am at Fairhaven Park on Saturday, January 1, 2011!**

The group will depart at 10:15 am for The Old Edison Inn ([www.theedisoninn.com](http://www.theedisoninn.com)) where owners John and Lynn will be expecting us, rain or... less rain. We can leave our bicycles in the beer garden and enjoy the warmth inside.

Nobody will be left behind on this group ride! We pedal only 13.8 miles along Chuckanut Drive (assuming it is mudslide free)! Return the same way or via Colony Road and Lake Samish, or even Bow Hill Road and Old Highway 99.

The ride is being coordinated by Mark Wheatley. In late December he'll ask for an RSVP to get an idea of how many people to expect, as a courtesy to John and Lynn. Watch the Yahoo Listserv and RSVP to Mark.

## STINKY SPOKE IS 1/15/2011

Woodinville's *Stinky Weather Poker Run* is a dirt-trail, fat-tired fun ride in which riders collect cards to build up a poker hand at stations along the route. Best hands at the end of the ride win prizes!

This ride is held on "what should be the worst day of the year for weather: combination of the rainiest and the coldest." Proceeds from the ride go to the Little Bit Therapeutic Riding Center. January 15; start between 9-10 am at Redhook Brewery. details: [www.stinkyspoke.org/](http://www.stinkyspoke.org/)



## BOXING DAY RIDE: DECEMBER 26

Celebrate the season with a scenic holiday bike ride. Self-guided and self-paced; route to be determined by the riders in attendance. Children may attend if accompanied by a supervising adult. To request a guided ride, contact everybodyBIKE by December 20.

December 26; start 1pm from Cornwall Park Pavilion. Severe weather may cancel.

details: [www.everybodyBike.com/](http://www.everybodyBike.com/)

contact: [info@everybodyBike.com](mailto:info@everybodyBike.com) or 671-BIKE

everybodyBIKE

## Need a Winter Training Plan?

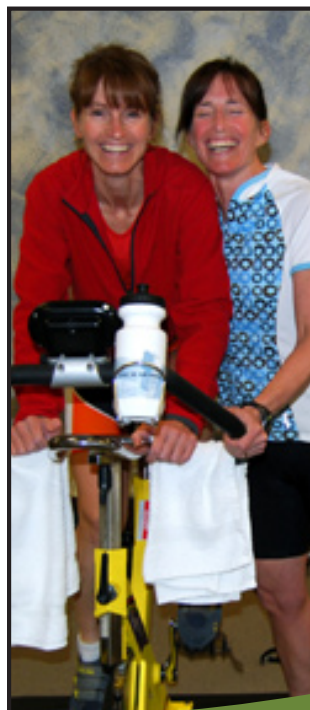
### Metabolic Training 8 - 12 Week Plans

- Workouts to fit your schedule
- Strengthen your weak areas
- Build your aerobic base
- Push your anaerobic power

*Don't just ride,  
ride with a plan!*

800 McKenzie Ave.  
Bellingham, WA 98225  
360.733.5050

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



# EVENTS: 2010 ENDING, TIME TO THINK ABOUT 2011

## Rides & Gatherings

### **MBBC Annual Members' Reception**

Join us for the annual reception, moved to January 2011 as a way to kick off the new year. The reception will include volunteer recognition and "state of the club" message from the president and the board.

The place and date have not been finalized for the reception, so check the MBBC web site and the Yahoo Listserv for details in late December.

**New Year's Day Ride: January 1** (see p. 2)

**Stinky Spoke: January 15** (see p. 2)

**Martin Luther King Jr. Day Ride: January 17** Check everybodyBike.com for details; we are still organizing this ride.

### **everybodyBike Community Events:**

**Dec. 3 & Jan 18: 6-9pm** *Sparkle your Sneakers and Reflectorize your Ride* gathering: Stop by a fun art table and create or take reflective stickers, ribbons, and zipper-pulls to increase your visibility while walking or bicycling during these long winter evenings. Adults and children enjoy designing custom reflector material for jackets, hats, shoes, back-packs, bags, or pedals. (tentative location: Bloom Cafe. check web site to confirm)

**Dec 4: 9:30am** Woodstock Farm Bike to Work Party.  
Bike to Woodstock Farm for the Parks Dept Volunteer work party, planting and landscaping.  
Depart from Fairhaven Village Green, 9:30 am.

**Dec 26: 1-3pm** Boxing Day Ride (see p. 2)

details: everybodyBike.com/calendar.aspx

### **Bike Travelogue Slide Show Series**

dates have been tentatively chosen for 3 Bicycle-Touring slide shows in winter 2011. Check everybodyBike.com/calendar.aspx for definite dates and locations.

- **January 13:** Bicycle Northern Spain
- **February 17:** Bicycle Netherlands
- **March 17:** Bicycle Erie Canal Trail & More

## Classes

### **everybodyBike safety and confidence classes**

December 2, January 18 details: 671-BIKE or everybodyBike.com/calendar.aspx

## Races

### **Cyclocross: Cascade Cross Race Series**

**January 8 2011:** season finale Chiller Cross at Cornwall Park followed by season finale after-party at the Hotel Bellwether  
details: cascadecross.com/races



## Trail Work Parties

Volunteer to help the Bellingham Parks Dept maintain the parks and trails we all enjoy for walking and cycling.

### **Trail work date from Bellingham Parks Dept.**

**Dec 4:** Woodstock Farm, 10am-noon

information: Bellingham Parks & Recreation, 360-778-7105  
cob.org/documents/parks/volunteer/work-schedule.pdf

### **and Mark your Calendar for next year's Whatcom County Events:**

- Bike to Work & School Day is May 20
- Tour de Whatcom is July 30
- Mount Baker Hill Climb is September 11
- Chuckanut Century is September 18th.

Full 2011 events list coming up in the February 2011 newsletter.



## **NEWSLETTER DOUBLE-MONTH**

*This newsletter is a double month (December 2010 and January 2011). Look for the next newsletter in early February. Happy Holidays and Happy New Year!*



**SSC** (Sanitary Service Company) **is a BFC** (Bicycle-Friendly Company)

# MBBC TITLE SPONSOR SSC SUPPORTS CYCLING (AND MORE) IN OUR COMMUNITY

**I**f you've pulled up behind a Sanitary Service Company (SSC) truck lately, you may have noticed a white decal on the back, with a bicycle image and the letters "BFV"—the tag line reads "Bicycle Friendly Vehicle."



SSC is well known in our community for award-winning recycling and waste reduction programs, but what you may not know are all the ways SSC supports cycling in Whatcom County. SSC is a Bike Friendly Company — company President Paul Razore is a long time cyclist and his commitment to the sport and the community shows in many ways.

## Safety

Of course, our first priority is safety around cyclists — all drivers are coached on safe driving around bicyclists, with regular reminders at safety meetings. I've bicycled to work daily year-round for over ten years, so as SSC Safety Manager I'm intimately familiar with bike safety issues.

- Anticipate bikes and pedestrians in crosswalks, especially at trail crossings, and be prepared to stop.
- Yield to cyclists in bike lanes and intersections where the truck is turning and the cyclist going straight on
- Watch for cyclists and pedestrians at alley throats
- Don't squeeze cyclists between parked cars and oncoming traffic – back off and let the cyclist clear the hazard zone before you pass
- Understand that cyclists are often moving near the speed limit, & avoid turning the truck across the bike lane without sufficient clearance (this led to a cyclist fatality in Portland in 2009)

We're now in the process of installing visual reminders in each truck cab, so drivers literally see a bike image

when they check their mirrors before turning. *Check 4 Bikes B4 U Turn Right!* is our latest safety slogan. SSC encourages ALL drivers to practice this simple rhyme!

## Health & Environment

SSC also recognizes the health benefits of cycling, and encourages its employees to cycle to work and for other trips. SSC is a Jobsite Partner in the local Smart Trips Program ([whatcomsmarttrips.org](http://whatcomsmarttrips.org)), with between nine and twelve employees actively participating each quarter. Reducing our carbon footprint is also important. Since 2006, SSC employees have avoided over 107,000 miles of car travel and over 86,000 pounds of CO2 by cycling, biking, walking, and carpooling to work!

SSC provides prizes for quarterly drawings among SmartTrips participants, as well as during semi-annual Wheel Options contests coordinated at the state level ([wheeloptions.org](http://wheeloptions.org)). SSC has also been taking advantage of the new Bicycle Commuter law ([bikeleague.org/news/100708adv.php](http://bikeleague.org/news/100708adv.php)), which allows an employer to provide up to \$20 per employee per month of reimbursement for expenses related to bicycle commuting — bike, helmet, clothing, safety training, shoes, lights. The business gets to write off the expense, and employees are supported in cycling.

## Quality of Life

If you've participated in any of the following events, you've benefited from SSC's ongoing support of community recreation and charitable events, many of which involve cycling:

- Ski To Sea,
- Chuckanut Century,
- Mt. Baker Hill Climb,
- Bellingham Bay Marathon,
- Baker's Breakfast Cookie Triathlons,
- Bellingham Traverse,
- The Human Race,
- Jingle Bell Run,
- Chuckanut Footrace,
- WA Criterium Championships,
- Discovery Days,



*continued on page 5*

contributed by **Rodd Pemble**  
**SSC Safety Manager**

*continued from page 4*

- Dog Days of Summer,
- Downtown Sounds,
- Haggen 2 Haggen,
- Fairhaven 15K,
- Fun With The Fuzz,
- Hoop Jam,
- Ken Meyer Criterium,
- Middle School Challenge,
- Lydia Place Garage Sale,
- Bike to Work & School Day,
- Procession of the Species Parade,
- RE Sources Environmental Heroes Banquet,
- The Tour de Whatcom.
- *and more!*

Since 2006, SSC has also been the prime sponsor of the Western Washington University Cycling Team. The team has done Western and Whatcom County proud, winning the NWC Conference and the NCAA Division II Nationals in 2007, and consistently placing high in regional competition while bringing many new riders into cycling.

### **Bikes are the Future**

SSC's most recent initiative to support cycling in the community is benefiting The Bike Shop ([thebikeshop1.org](http://thebikeshop1.org)) and The Hub ([theHubBellingham.com](http://theHubBellingham.com)), both great organizations that promote low cost cycling for all. Both groups educate riders on the essential skills of maintaining their bikes, and The Bike Shop also provides rider training and bike safety for a growing number of

children in Bellingham. SSC is pleased to accept donations of bikes and bike parts at our office at 1001 Roeder, M-F from 8am-6pm. You may also call our office at 734-3490 for pick-up of a donated bike at your home or business. SSC will coordinate getting the donated materials to the volunteer organizations as they have capacity.

Now that you know all about Sanitary Service Company's passion for cycling, what are you waiting for? Pump up your tires and we'll see you on the road and trail!

### **SSC DONATES DOOR PRIZE AT JOYRIDE EVENT : NEW COMMUTER BIKE WON BY WWU STUDENT**



photo: Lisa Meucci for SSC

SSC was the prime sponsor of JoyRide- Pedaling Toward A Healthier Planet on October 13, 2010 at WWU, in partnership with RE Sources for Sustainable Communities and WWU's Office of Sustainability. SSC's sponsorship made possible presentations by Portland, OR bicycle coordinator and author, Mia Burke, to local elected leaders, citizens and the WWU community of staff and students.

To encourage community members to try bicycling, a new Trek commuter bike from local dealer Kulshan Cycles was donated by SSC as a door prize. A random drawing held at the end of the event found Lauren Raine, a WWU Junior and Political Science/Economics major from Redmond, the surprised owner of this new bike.

Lauren came to the book reading and alternative transportation fair at the suggestion of one of her professors. She was excited to win, saying this is the first bike she's had since she was 11! She said she still has her old bike, but the flowers on it are just not as cool as when she was 11.

Paul Razore and SSC thank RE Sources for Sustainable Communities and WWU's Office of Sustainability for hosting the event.

**And thank *you*, Paul and SSC, for your support of cycling in our community!**



photo: Lisa Meucci for SSC



**Welcome new members!**

Douglas Dodd

Mary Beth Taylor

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



**NWEC**  
NORTHWEST EYE CLINIC  
EYE PHYSICIANS AND SURGEONS



## 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

## Are you prepared?

### WINTER RIDING: QUESTIONS? ADVICE? MBBC MEMBERS CAN HELP

If you haven't checked the activity on the MBBC's online bulletin board lately, you've been missing some good information exchange about riding in the dark, in the cold, and on the ice. Some of the recent winter-riding discussions have included:

“ Brad said: *I'm considering an additional bike mounted light. I want something bright on my handlebars, does anyone have suggestions?*

Shawn and Greg recommended: *A few of us at the Wed night ride have been using the Magicshine...can get it from Geoman. Reviewed at: [reviews.mtbr.com/blog/magicshine-mj-808/](http://reviews.mtbr.com/blog/magicshine-mj-808/)*

Scott added: *I recently had a front wheel built up with the Shimano Dynamo Hub internal generator with a generator-driven light. No more worries about running out of juice. I still have my rechargeable helmet headlight, but the generator light is plenty bright for illuminating the roadway. The added drag is barely noticeable.*

“ After the first snowy day, Greg said: *I've heard that some of our fellow cyclists were out and about today on their bikes. So let's hear from those of you who get out in the snow and ice. Who's riding in this weather? Any secrets to keeping the fingers and toes unfrozen and the wheel side of the bike down?*

Chris said: *hands, feet and head warmth are key. I wear thick socks, 3/8" Gator brand neoprene booties and ski mittens over gloves. When really cold, I switch to hiking boots with gators, fleece vest under yellow visibility rain jacket. For tire traction, I switch to cross bike or mountain bike, with wider, knobbier tires. Considering cyclocross tires for my road bike. Keep to more*



photo: Linda Sharps

*textured, less frozen snow whenever, and be ready to put a foot down in any iffy spots.*

Shawn said: *I may be turning one of my bikes into a studded tire machine. I've got a few spare tires and small screws around. I pull the sole insert out of my shoes so I can wear some wool socks without cutting circulation, and also use shoe covers. I also use the chemical warmers. I get a box of toe and hand warmers from Costco that last me the entire season.*

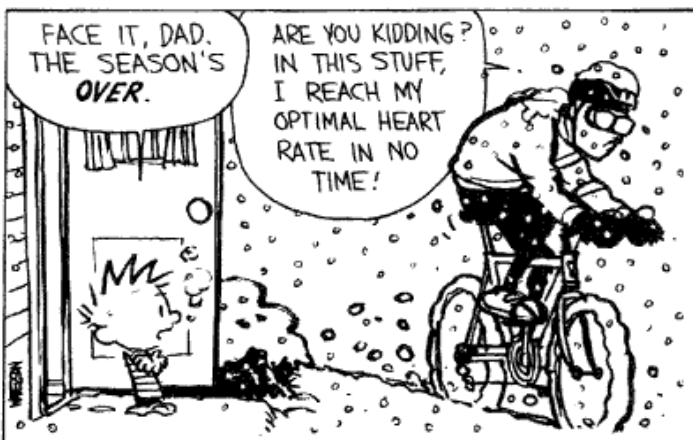
“ Cathie asks: *What do you cold weather riders use to keep your ears warm? I've tried a variety of earmuffs but they get pushed aside by my helmet.*

Judy said: *I have a headband with fleece on the inside and lycra on the outside which provides additional wind resistance. If that isn't enough I'll try my skull cap since it covers both my head and ears. If I need more, I go for a wool balaclava. A bit of petroleum jelly on your face can help ward off a cold wind, too.*

Chris says: *knit headband. when colder, full knit cap.*

“ After falling off his bike onto the ice, even while riding his mountain bike with big nobby tires, Scott noted: *I realized this: I was unhurt, the bike was undamaged and no one had seen it. Therefore it didn't happen.*

“ Judy says: *For good advice about riding in the cold, check out ICEBIKE at [icebike.org](http://icebike.org) They also have a mailing list with archives that you can mine for info, or you can ask questions.*



Do you have any winter riding questions or advice? Weigh in on the MBBC online bulletin board:

<http://sports.groups.yahoo.com/group/MtBakerBicycleClub>

| <i>Sunday</i>   | <i>Monday</i>               | <i>Tuesday</i>  | <i>Wednesday</i>                            | <i>Thursday</i>                                | <i>Friday</i>            | <i>Saturday</i>  |
|---|-----------------------------|---|---|--|--------------------------|--|
|  |                             |   | <b>December 1</b><br><i>Hanukkah begins</i> | <b>2</b><br>everybodyBike class                | <b>3</b><br>Reflectorize | <b>4</b> Donut Ride<br>COB Trail Work Party                          |
| <b>5</b>  | <b>6</b>                    | <b>7</b><br>Tues AM Social Ride                                   | <b>8</b><br>Wed Group Ride                  | <b>9</b>                                       | <b>10</b>                | <b>11</b> Donut Ride<br>Recumbent Ride                               |
| <b>12</b>   | <b>13</b>                   | <b>14</b> Tues Social Ride  | <b>15</b> Wed Group Ride                    | <b>16</b>                                      | <b>17</b>                | <b>18</b> Donut Ride   |
| <b>19</b>   | <b>20</b>                   | <b>21</b> Tues Social Ride<br><i>Winter Solstice</i>              | <b>22</b><br>Wed Group Ride                 | <b>23</b>                                      | <b>24</b>                | <b>25</b> Donut Ride<br><i>Merry Christmas</i>                       |
| <b>26</b><br>Boxing Day Ride  | <b>27</b>                   | <b>28</b><br>Tues AM Social Ride                                  | <b>29</b><br>Wed Group Ride                 | <b>30</b>                                      | <b>31</b>                | <b>January 1 2011</b><br>New Years Day Ride<br><i>Happy New Year</i> |
| <b>2</b>  | <b>3</b>                    | <b>4</b><br>Tues AM Social Ride                                   | <b>5</b><br>Wed Group Ride                  | <b>6</b>                                       | <b>7</b>                 | <b>8</b> Donut Ride<br>Chiller Cross<br>Recumbent Ride               |
| <b>9</b>  | <b>10</b>                   | <b>11</b><br>Tues AM Social Ride                                  | <b>12</b><br>Wed Group Ride                 | <b>13</b> Travelogue<br>Slide Show Series      | <b>14</b>                | <b>15</b> Donut Ride<br>Stinky Spoke Ride                            |
| <b>16</b>   | <b>17</b><br><i>MLK Day</i> | <b>18</b> Tues Social Ride<br>Reflectorize<br>everybodyBike class | <b>19</b><br>Wed Group Ride                 | <b>20</b><br>MBBC February Newsletter Deadline | <b>21</b>                | <b>22</b><br>Donut Ride  |
| <b>23</b>   | <b>24</b>                   | <b>25</b> Tues Social Ride  | <b>26</b> Wed Group Ride                    | <b>27</b>                                      | <b>28</b>                | <b>29</b> Donut Ride   |
| <b>30</b>   | <b>31</b>                   | <b>February 1</b><br>Tues AM Social Ride                          | <b>2</b><br>Wed Group Ride                  | <b>3</b>                                       | <b>4</b>                 | <b>5</b><br>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 sent to a US address..