



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club, Vol 26, No 9, October/November 2017

FALL IS HERE PUT ON YOUR LIGHTS AND RIDE!



in this newsletter:

Fall is here.....	1
Happy Halloween	1
Weekly Rides	2
Set up your own ride.....	2
Welcome new members ..	2
Events	3
Toward Zero Accidents ..	4-5
Traumatic Brain Injury	5
Club Administration	6
Membership Form	6
Whistler Gran Fondo	7
October/November Calendar	8


This month's contributors:
Alex Brede, Dave Dardano,
Hilary Higgins, Wm Leler.
Thanks All!



the club online:

mtbakerbikeclub.org
chuckanutclassic.org
and our social sites:

 facebook.com/
mountbakerbicycleclub

 facebook.com/
chuckanutclassic

 twitter.com/mtbakerbike

 flickr.com/
mtbakerbikeclub/

It's time for cyclocross, Wednesday night trail rides with lights, fenders, jackets, and tights. There are also many opportunities for indoor training over winter - don't lose your edge; spring riding will be here before we know it!

Mark your calendar; some of our upcoming overwinter events are listed here, and on page 3:

Black Friday Ride - 10 am, November 24, the day after Thanksgiving. Hit the road, not the stores! Dave Dardano will lead this year.

Lighted Neighborhoods Ride - December 18 or 20 (tentatively). Watch for announcements in December for the final decision on the date. We don't want to ride in an ice slick like we did last year!

Scary skeleton bike seen on street in Krakow. What animal is this? Also can this be pedaled without hitting knees on the rib cage? **Happy Halloween!**
photo by Wm Leler





WEEKLY AND GROUP RIDES: FALL/WINTER 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. Those who ride slower than 16 mph, be ready to ride by 7:45 am (summer start time) Faster groups leave every 5 minutes thereafter. For weekly updates: jmhauteur@comcast.net



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

Wednesday Group Workout Ride: Meet 5:45pm, leave 6pm from parking lot across from Boundary Bay Brewery on Railroad Ave. We're beginning our winter schedule in October, so we will be riding on the trails. Bring a trail-ready bike (CX or mountain bikes) and lights. Check with ride

leaders on Wednesdays with questions about the overwinter rides on local trails. Info: t.ryan.2009@gmail.com

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, 7am summer-season start time. Goes to Ferndale and return, or if you wish continue to Birch Bay and return. Every week of the year!! Watch for switch to winter start time (7:30) in mid October or November.

Saturday Recumbent Ride: Second Saturday of the month at 10 am. Everyone welcome, including single riders and electric-assist bikes. Leisurely-paced 14 mile intown course begins at Kulshan Cycles. Weather-dependent. Robert Parker at rmp-4724@hotmail.com or 360-671-6910

Do you want to call an impromptu overwinter ride? Put it on the MBBC Website Calendar. Members can add their own rides:

- log into the MBBC website (*Member Login* in upper right corner of homepage).
- open the Events Calendar (under the *Rides* menu or *Events* menu).
- choose *Add QuickEvent*.
- fill out the complete information about your ride, choose yourself as the contact, and choose the category *Member-posted rides*.
- Your ride will now be listed on the calendar and on the left side of the home page!

Welcome

Welcome, new members

Michael Austin
Amy Henderson-Florian
Peter Krippner
Janet O'Brien
Terry O'Brien
Finnian Smith

We're glad to have you in the MBBC!



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EVENTS IN 2017

Classes & Training

Bellingham REI Cycling maintenance classes: check the monthly calendar at rei.com/stores/bellingham.html.

Bellingham Training & Tennis Club (formerly Fairhaven Fitness): The late-fall sessions of the Cycle Moles and Healthy Knees classes begin October 29, in the all new *RIDE* cycle studio. There is room in the following classes:

- Healthy Knees Level 1, Tue & Thu, 8:30-9:15am
- Healthy Knees Level 1, Tue & Thu, 4:30-5:15pm
- Healthy Knees Level 2, Tue & Thu, 9:30-10:30am
- Cycle Moles Level 1, Mon & Wed, 7-8am
- Cycle Moles Level 2, Tue & Thu, 6:45-8:15pm

Drop-in classes are 10 for \$150 when space allows. See BeTrainingTennis.com or 360.733.5050

"ride" with a plan
at Bellingham Training & Tennis Club's

ALL NEW "ride" CYCLE STUDIO

HEALTHY KNEES & CYCLE MOLES
8 WEEK TRAINING CAMPS

Early Fall 9/5-10/29	Late Fall 10/29-12/23	Winter 1/2-2/25
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360.733.5050
BeTrainingTennis.com

Wednesday night CX practices 6pm Wednesday evenings through Thanksgiving. Practices are at Lake Padden Ballfields, moving to Civic Field as weather requires.

All ages and skill levels are welcome. Special instruction available for kids and beginners. You will need a 'cross or mountain bike – preferably with bottle cages removed – and a helmet.

\$5 per practice, or \$30 for unlimited practices during the season. Kids are always free. All fees go to facility rental and to local cycling advocacy groups. David Neubeck, 360-738-2025; dneubeck@hotmail.com.

Races

Cascade Cross Series has announced its 2017-2018 schedule. Details at CascadeCross.com

- **October 7:** Bellingham BMX
- **October 21:** Woolley Cross
- **November 4:** Hannegan Speedway
- **November 18:** DeltaTech
- **December 2:** Lutherwood
- **January 13, 2018:** Bandit Cross



Gatherings, Rides Events

October 8 - Take a Kid Mountain Biking - Free family fun - introduce mountain biking to the next generation. 2-5pm Lake Padden Rotary Shelter (by playground on east side).

WRAPPING UP 2017 RIDES

October 2017

7 Manastash Metric Century (Ellensburg.drier-ride.org)

November 2017

24 Black Friday Ride (MBBC Ride - Bellingham)

December 2017

18 or 20 Lighted Neighborhoods Ride (MBBC Ride - Bellingham)

WHATCOM MOUNTAIN BIKE COALITION PRESENTS



THE 7TH ANNUAL SHOOT THE TRAILS AWARDS



PHOTO + VIDEO CONTEST

OCTOBER
14

6 PM

BELLINGHAM TECH COLLEGE
3030 LINDBERGH AVE.
BELLINGHAM, WA

\$20
KIDS UNDER
11 FREE

TICKETS AVAILABLE FOR SALE 9/18 @



Activities include guided trail riding, mini skills course, obstacle course. Info: 360.594.2090 or email wmbcmtnb@gmail.com

October 14 - Shoot the Trails Awards presented by the Whatcom Mountain Bike Coalition. Tickets available for sale from Bellingham and Ferndale local bike shops. Photo and video entries due before October 8. Details and rules: wmbcmtnb.org/shoot-the-trails-awards/ or email wmbcmtnb@gmail.com

November 24 - Black Friday Ride - meet 10am at Cornwall Park (Meridian entrance) for ride to Ferndale (or beyond, depending on weather and who wants to keep riding).

December 18 or 20 (tentative) - lighted neighborhoods ride. Light up your bike and join a ride to view the best holiday lights around the city! Ride begins at 6pm, check website in December for exact details (weather-dependent).

January 21 - annual MBBC members' reception mark your calendar and join the club for our annual membership-renewal and pizza/beer party.

City of Bellingham Parks Trail Work Parties
cob.org/public/volunteer/parks/pages/schedule.aspx

Mount Baker Bicycle Club - October/November 2017 3

A ZERO ACCIDENT OBJECTIVE

by Hilary Higgins with input from Alex Brede

As some of you know, when I'm not on my bike, I work as a German to English translator specializing in marketing and automotive documentation. As such, I have been getting a lot of work on the topic of driverless cars and automated driving from several of my German clients. The main objective behind such innovative technology in the automotive industry is the concept of zero emissions and zero accidents. The automotive industry believes that if driverless vehicles, infrastructure and other road users (pedestrians, cyclists) are interconnected with vehicle safety systems, there will be fewer, and eventually, zero traffic accidents and fatalities on the road because human error will no longer be a factor behind the wheel.

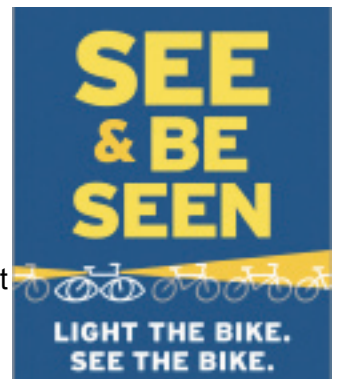
The zero accident concept has gotten me thinking about this past year in the Bellingham cycling community. We have had a great year for weather, ride turn-out and personal cycling adventures, but it has been a terrible year in terms of accidents. There are many different groups that ride throughout Bellingham: MBBC, Shuksan Velo Club, the Donut Ride, the Saturday Barkley Group, the Rabbit Ride. And each and every group has had one or more riders go down. Some were off the road for months, some walked away with just a few bruises and scratches, others suffered broken bones and traumatic brain injury or concussion. We had one cyclist death this year: Eric Weight, who was an experienced cyclist and passionate bike commuter. He perhaps took an unnecessary risk at the intersection of 30th and Fairhaven Parkway; the driver didn't see him as he was turning and Eric was trying to make it through the

yellow light. The car and cyclist collided and Eric lost. Accelerating to get through a yellow light is something we've all done on our bikes.

Some of these accidents were due to a momentary lack of concentration or distraction on the part of the cyclist or the driver, some involved getting too close to other riders, not riding predictably, taking unnecessary risks, a few involved vehicle collisions where there was perhaps some unnecessary risk-taking or distraction on the part of the driver or cyclist. I won't go into the details of each accident; I'd rather talk more about safety and also how we can all tweak our risk-taking tendencies to reduce risk and to aim for the goal of **zero cycling accidents in Whatcom County in 2018**.

When I'm out on the road in a group, such as the Tuesday fast group ride, the Donut Ride or even out with friends, there are times when I see or even, yes, I myself, take unnecessary risks. Whether it's breaking out of the line to sprint or whether I've gotten boxed in by the group on a climb and need to break out, we all want to ride to the best of our ability, compete with our buddies and on Strava, but sometimes, for the sake of the group and for safety, it's better to rein in that need to perform and slow it down a notch. Here are a few suggestions on how all of us can increase our safety on the road:

- Increase your visibility to vehicles by wearing brighter colored kits or jerseys - try to avoid black/green/blue which blend in
- Always have front and rear lights switched on even during the day
- Be more conscious of risk before you cross that intersection, pass the cyclist in front of you, or break out for a sprint
- Just take an extra second or two to weigh the risk before you make your move
- Let the car go first, it's bigger than you



continued on p.5

Objective: Zero Accidents

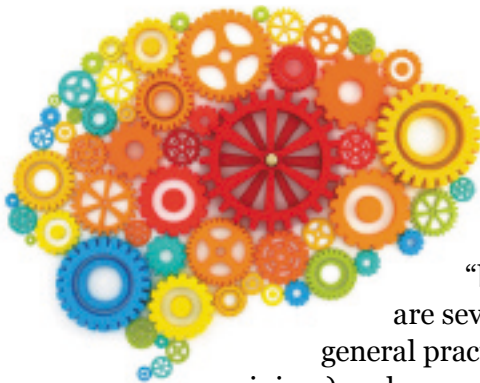
continued from p.4

- Assume that you are invisible unless you make direct eye contact with the driver of a car.
- Remove those earbuds! If you're in a city or sharing the road with traffic, you need to hear what's around you. If you absolutely *must* listen to your music, use only your right ear. Keep your left ear open to hear sounds of the road.

And what if you do have a collision with a vehicle and both you/bicycle and/or the vehicle/driver are injured or damaged, how is it determined who is at fault? We had one collision this year during Bill's Hills in which the cyclist was at fault because there was no bike lane so he should have been riding in the driving lane, but instead was to the side of the road and passed the car and when the car turned into him on the right, he crashed right into the car. The cyclist was at fault in this case. In another collision, the cyclist had the complete right-of-way, but was not seen by a car at a cross street. The car crossed in front of the cyclist and the cyclist hit the car. Even though the car was cited for failing to yield the right-of-way, the cyclist suffered substantial injuries, including a *Traumatic Brain Injury*.

One other important thing to keep in mind while out riding either solo or with a group is to always have an ID on you, either your driver's license or a Road ID bracelet, so that if you do have an accident, passers-by or EMTs can identify you and notify your family. One of the reasons we have our riders list an emergency contact during club rides is that if there is an accident and ride leaders have the list of contacts with them (which they are supposed to have), we can call your emergency contact on the sheet (please don't put your own cell number on it). If you're out on a casual ride with friends and not everyone knows each other, make sure that everyone has at least one other person's home number so that if the worst happens, family members can be called. Because if a rider goes down and sustains a head injury, they may not remember their phone number or their phone password (we had this situation this year). So let's all get out and enjoy the last of the good weather, ride in the winter if you can, just be careful, take a few extra seconds to reassess your next risky move when out on the road. It's better to tone it down a notch than end up in the hospital, or worse. So let's aim for zero accidents for the rest of the year and into 2018.

More about Traumatic Brain Injury



As an important side note on injuries and concussions in particular, I'd like to share some valuable information to keep as a reference:

If you (or someone you know) have an accident you might suffer a concussion, or what the medical world now refers to as a traumatic brain injury (TBI), which is exactly what it is. In German, the word for concussion is *Gehirnerschütterung*, which, translated literally, means "brain shake-up," I love that word; it's just so descriptive. Anyway, there are several steps you can take to help your brain heal faster. The ER or your general practitioner might not give out this information (and may even downplay the injury), so be prepared to ask about and/or advocate for a TBI recovery protocol.

There are excellent resources about TBIs on the Internet, such as:

- TraumaticBrainInjury.com
- Michigan State Traumatic Brain Injury Recovery Guide (the PDF is very concise and helpful)

It helps to understand the TBI recovery protocol (which involves reduced visual and auditory stimuli, lots of rest, and the reduction of stress for many weeks or months) when you recognize that a TBI involves not only bruising and blood vessel damage, but also tearing and other damage to nerve fibers in your brain. Healing takes time, and the consequences of not healing properly can be chronic headaches, poor cognition, and other unpleasantities.

- HFH

MBBC ADMINISTRATION

Mount Baker Bicycle Club Board of Directors and Officers:

Hilary Higgins - President
John Okan - Vice President
Jennifer Longstaff - Secretary/Membership
Dina Soda - Treasurer
Bill McCourt, Tim Ryan - at large

Project leaders:

Chuckanut Classic: John Okan and committee
Chuckanut Classic marketing: Trent Vigor
Volunteer Coordinator: Carol Spano
Ride Leader Coordinator: Dave Dardano
Website Maintenance: Jennifer Longstaff
Graphic Design: Tim Ryan
Bike to Work Day Stations: Mary Cole (Everson),
Ian McCurdy (Bellingham)



Club Bike Jerseys

The official MBBC bike jersey is available in two styles: a colorful (1) short-sleeved 3/4 zip, available in men's and women's club cut sizes (2) long-sleeved full zip thermal in men's and women's race cut. Jerseys may be ordered directly from Voler.com. voler.com/browse/collections/details/li/MtBakerBicycleClub. MBBC members: discount code available on website Member Center: see *Member Offers* menu item.

Contacts:

Information-- bikebeham@gmail.com
Chuckanut Classic -- chuckanut@mtbakerbikeclub.org
Newsletter -- news@mtbakerbikeclub.org

Contribute to the MBBC newsletter

submission guidelines:

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 (news@mtbakerbikeclub.org) 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, HTML, MS Word, PDF. 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.

individual and corporate membership forms may be downloaded from: mtbakerbikeclub.org/membership

MBBC Membership Form for 2018

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

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:

- | | | |
|--|--|-------------------------------------|
| <input type="checkbox"/> Board Member | <input type="checkbox"/> Ride Leader | <input type="checkbox"/> Newsletter |
| <input type="checkbox"/> Chuckanut Classic | <input type="checkbox"/> Bike to Work and School Day | |
| <input type="checkbox"/> Special Events | <input type="checkbox"/> Website Calendar | <input type="checkbox"/> Education |

MBBC memberships are valid January-December of each year. Renewals due every January.

Membership type:

Individual: \$20 _____
Family/Associate: \$30 _____
Additional Donation: _____
(donations support community bicycling programs)
Total enclosed: \$ _____

Please enclose a check payable to:
Mt. Baker Bicycle Club

Mail to: Mount.Baker Bicycle Club
attention: membership
Post Office Box 2702
Bellingham, Washington 98227

REVIEW OF MBBC GROUP AT WHISTLER GRAN FONDO, SEPTEMBER 9



by Dave Dardano,
MBBC organizer

Well, What an Epic Ride! It was a long planning process to get this ride organized and completed. All started out very smoothly. I was hoping for at least 15 riders and we ended up with 23 all signed and up and ready to go! Outstanding for sure! Thanks to all the MBBC members

that wanted to tackle this ride up the hill from Vancouver to Whistler. Seventy-Five miles and about 6200 feet of elevation! We were able to get everyone all paired up to drive to Vancouver and then have riders to drive up to Whistler to pick up/meet people, stay overnight and/or drive back that day. We were to have a canopy reserved for us so we could all hang out and eat and drink in a reserved place in Celebration Plaza with 4,000 other riders.

It was all planned out! The weather looked fantastic two weeks out. I checked it every day (yes many times a day) as the ride approached. Yes, 3 days before it called for rain. And yes, rain *only* the day of the ride. But wait, the weather always changes on a dime here in the PAC NW, right.... **NO**.

So everyone got up to Vancouver in great shape and we pickup up our bibs and garb the evening before. All was set and we looked forward to the ride. The heck with the rain, we were ready and it could still change, right? **NO**.

So we all met in the hotel at 6:15am and rode over to Stanley Park to get into our corrals. Weather was actually great. We got into our time corral and there was a lot going on. We could even see a huge cruise ship gliding into the Vancouver

port. It was a great sight! We are talking, getting excited and ready. Still no rain and hoping for the best. At 7am the gun goes off and we feel some drops. By the 5th mile

it was raining for real. I had my rain jacket in my jersey pocket and contemplated stopping to put it on. I decided not to. Why would I want to sacrifice 60 seconds of time! Kept riding. Lots of people, clear roads as they close them to traffic, and we were moving nicely even with the rain. Our group split up, everyone riding his or her own ride. Well, it rained for about 25 miles very steady and then stopped. We had done some major climbs by then. So as I moved on up the hill I was talking to another rider and said if it continues like this it will be great. But **NO**.

It did stay rainless for about 20 miles and then it came down again. This time it really came down. Rained harder than earlier but we all kept on.

Even with the rain the views were amazing! The mountains, Horseshoe Bay, Howe Sound, all the cyclists. It was an event to be remembered!



MBBC is ready to roll. L-R: Dave Jones, Chris Calverly, David Hansen, Gary Hodge, Bruce Clawson, Russell Dunn, Justin Blackburn, Dave Dardano

We all finished but at the end when we stopped riding everyone was shivering madly! As your body stops generating heat and you are soaking wet and it is 57 degrees, you start shaking. I could hardly text my wife, as I could not hit the right letters on my iPhone I was shivering so badly. Everyone was. And to add insult to injury they did not put up our canopy so we had nowhere to hang out but under the beer tent. OK, not that bad I guess.

But in all it was a great ride! We all enjoyed it – / *think!* A great accomplishment to all. You all rode the ride well and finished strong. Congratulations and thanks for joining.





RETAIN Roxanne Murphy
BELLINGHAM CITY COUNCIL
Election Day is November 7. Return your ballot by 5pm.

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
October 1 Rabbit Ride Edison social ride	2	3 Ferndale social ride	4 Wed Trail Rides Cyclocross Practice	5 Edison social ride	6	7 Donut Ride Manastash Metric CX: Bellingham BMX
8 Rabbit Ride Edison social ride	9	10 Ferndale social ride	11 Wed Trail Rides Cyclocross Practice	12 Edison social ride	13	14 Donut Ride Recumbent Ride Shoot the Trails
15 Rabbit Ride Edison social ride	16	17 Ferndale social ride	18 Wed Trail Rides Cyclocross Practice	19 Edison social ride	20	21 Donut Ride CX: Woolley Cross
22 Rabbit Ride Edison social ride	23	24 Ferndale social ride	25 Wed Trail Rides Cyclocross Practice	26 Edison social ride	27	28 Donut Ride
29 Rabbit Ride Edison social ride	30	31 Ferndale ride <i>Halloween</i>	November 1 Wed Trail Rides Cyclocross Practice	2 Edison social ride	3	4 Donut Ride CX: Hannegan Spwy
5 Rabbit Ride Edison social ride	6	7 Ferndale ride <i>Vote</i>	8 Wed Trail Rides Cyclocross Practice	9 Edison social ride <i>Good luck Robin!</i>	10	11 Donut Ride Recumbent Ride <i>Veterans Day</i>
12 Rabbit Ride Edison social ride	13	14 Ferndale social ride	15 Wed Trail Rides Cyclocross Practice	16 Edison social ride	17	18 Donut Ride CX: Delta Tech
19 Rabbit Ride Edison social ride	20 MBBC Dec/Jan Newsletter Deadline	21 Ferndale social ride	22 Wed Trail Rides Cyclocross Practice	23 <i>Thanksgiving</i>	24 Black Friday Ride	25 Donut Ride
26 Rabbit Ride Edison social ride	27	28 Ferndale social ride	29 Wed Trail Rides	30 Edison social ride	December 1	2 Donut Ride CX: Lutherwood

Daylight Time Ends

Veterans Day



Mount Baker Bicycle Club
Post Office Box 2702
Bellingham, Washington 98227



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



BELLINGHAM
TRAINING & TENNIS
CLUB

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