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the club online:

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

and our social sites:



## Mount Baker Bicycle Club Newsletter, Aug/Sept 2018



### Chuckanut Classic Volunteer throughout August!

The **Chuckanut Classic** is the club's annual signature ride and we want to put on a great ride for visitors to our area. If you're planning to ride the ride (great!) there are some volunteer opportunities during the week before. Contact volunteer coordinator Carol Spano ([volunteers@mtbakerbikeclub.org](mailto:volunteers@mtbakerbikeclub.org)) if you can help with some of these tasks:

**August 1-14** Volunteer to put up posters and rack cards all around Whatcom County during the first 2 weeks in August. Contact Trent Vigor ([trentvigor@yahoo.com](mailto:trentvigor@yahoo.com)) if you can put them up everywhere in Bellingham, Ferndale, Lynden, Birch Bay, Sumas...

**August 19-25** Volunteers needed the week before the ride for Road marking - using washable paint/chalk to mark turns and "Dan Henry" markings along the routes.

**August 26** Event Volunteers:

- SAG ("Support and Gear") support vehicle drivers on the day of the ride. Drive the route and check for riders who need help or need a ride to the closest rest stop.
- Traffic/ parking directors. People who can monitor the roads/parking around Boundary Bay and help people figure out where to park and where the start is.
- Flagger on the corner of Slater Road in Ferndale.

### MBBC Publicity Video

#### Filming the Tuesday Evening Ride

**August 7th.** Club member and videographer Michael Richard will be creating a video and taking some good photos of the MBBC for use in upcoming promotions for the club and the Chuckanut Century. The majority of video footage will be taken at the Tuesday Evening Ride

**For a better video, riders need to wear colorful jerseys. Black/dark jerseys won't even show up on camera on a sunny day!**

Therefore, we'd like to request that (1) everyone come on out to ride on the August 7th Tuesday Ride! (2) wear your MBBC jersey if you have one; if not please wear the most fun and colorful jersey/kit that you have. Show us your colors! (3) Michael will be stationed along the Tuesday route in various places so don't be surprised to see yourself being video'd.

### Wear bright colors for safety!



Do you see the black jersey in below photo?  
NEITHER DO WE!



# Weekly Rides

## MBBC Club Rides

Participants are asked to sign a waiver and try out the ride -- then join the club after deciding if you'll be attending regularly. Helmets are required on MBBC Rides.

**Tuesday Evening Ride "Ramp-Up":** Start at WCC northeast parking lot. Meet 5:45pm leave at 6pm. Initially, riders will be group by ability and average speed. (14-16 mph, 16-18 mph, 18+). 15-20 miles. Ride focus on the skills necessary to ride in groups. We will concentrate on safe riding practices, pace-line skills, how to overtake other riders and pass them in a safe manner, and how to deal with traffic. Contact: [Doug Schoonover](mailto:Doug.Schoonover@gmail.com)

**Wednesday Group Workout Ride:** Meet 5:45pm, leave 6pm from parking lot across from Boundary Bay Brewery on Railroad Ave. Split into fast and very-fast groups for 25-30 mile road ride. Info: Tim Ryan, [t.ryan.2009@gmail.com](mailto:t.ryan.2009@gmail.com). [bikechuck.com](http://www.bikechuck.com)

**Thursday Going Up The County Ride:** 16-18 mph, 20 miles, Meet at 6pm at the Park in Everson. This is a convenient ride for anyone in Everson, Nooksack, Deming... Contact: Rick Jacoby ([rickjacob7@gmail.com](mailto:rickjacob7@gmail.com))



## Other Weekly Rides

**Sunday Fairhaven "Rabbit Ride"** Start time 8:30 am, Sundays. Riders who ride slower than 16 mph should be ready to ride at 8:15 am. Starts at Fairhaven Bike & Ski. 32 mile route down Chuckanut and back via Lake Samish. contact John: [jmhauter@comcast.net](mailto:jmhauter@comcast.net)

**Sunday Edison Social Ride** starts from Edison Elementary School parking lot. 30-40 miles, 10-14 mph, route varies. 10 am start time, weather may cancel. Contact Alfred: [arkley@comcast.net](mailto:arkley@comcast.net) or 360-527-8638.

**Tuesday North-Side Social Ride** starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. 10am start time fall through winter, may be altered by weather in winter. The route is chosen based on where the riders want to regroup for lunch. Contact Robert: [rmp-4724@hotmail.com](mailto:rmp-4724@hotmail.com) or 360-671-6910

**Tuesday "Hot Laps"** - race course training, summer only. 30-40 miles, race pace. Training ride departs from Trek Bicycles Bellingham (formerly Kulshan Cycles) at 6pm to a practice road race course. Summer months only. Check at Trek/Kulshan to find out when the ride starts/stops each season.

**Thursday Mello Velo Ride** Thursdays, 10:30 AM until 12:30 PM, 13-16 mph easy pace over several 25-30 mile loops. Starts at Cafe Velo, 120 Prospect Street (Fruit Street Front), Bellingham. Contact: Sonny Meehan [lesliemeehan@yahoo.com](mailto:lesliemeehan@yahoo.com) or 360-366-7492

**Thursday South-Side Social Ride** starts from Edison Elementary School parking lot. 30-40 miles, 10-14 mph, route varies. 10 am start time. Contact Alfred: [arkley@comcast.net](mailto:arkley@comcast.net) or 360-527-8638.

**Saturday Donut Ride** 25 to 50 miles, race pace, departs from Kulshan Cycles, 7:30 am October through February. Goes to Ferndale and return, or if you wish continue to Birch Bay and return.

**Saturday Recumbent Ride** All bikes! Second Saturday of the month at 10 am. 14 miles. Start at Kulshan Cycles. This is a very relaxed social ride (avg 10 mph) with a lunch stop. May cancel depending on weather. Contact Robert: [rmp-4724@hotmail.com](mailto:rmp-4724@hotmail.com) or 360-671-6910





## August / September 2018 Events

### Featured Rides

**Chuckanut Classic** on August 26th! 4 distances plus guided 10-mile fun family ride. [chuckanutclassic.org](http://chuckanutclassic.org)

**A weekend of cycling fun presented by Cascade Cross Series and Whatcom Events!**

**Black Mountain Cross**  
by Cascade Cross



**A TUNE-UP RACE TO KICK-OFF THE SEASON**

**Black Mountain Cross** at Silver Lake, September 8, Camp Saturna, 9514 Silver Lake Road, Maple Falls, WA. <https://cascadecross.com/blackmountain/>. As a prequel to Sunday's Mount Baker Hill Climb, Cascade Cross is kicking off the season with Black Mountain Cross. Big run ups, fast gravel, and forest trails with the potential for some hot and sweaty racing. Start times and race categories are the same as our typical races. Hand timed, just like the olden days! Camping available.

**The Mt. Baker Hill Climb** September 9th, Glacier, WA. Chair 9 in Glacier to Artist's Point (5,076 feet elevation) in approximately 22 miles. The Mt. Baker Highway (SR542) is one of the most scenic paved roads in the US and rarely is the highway closed to motorized vehicles. There are three divisions to choose from: Social riders



leave at 7:00am, Recreational Riders leave at 8:00am and Competitive Racers leave at 8:30am. Details on the ride and registration can be found at [bakerhillclimb.com](http://bakerhillclimb.com). \$10 Discount off the ride to the first 100 people who use the code BCN18S10. Whatcom Events appreciates your assistance in getting the word out on the return of this iconic race.

**Hidden Gem rides:** Details on the MBBC online events calendar. Support our NPSBA partner clubs!

### *Hidden Gem* Ride Series 2018

**June 9: MBBC Hidden Gem**  
**July 7: B.I.K.E.S in Snohomish County**  
**August 4: SBC in Skagit County**  
**September 8: WIBC on Whidbey Island**

### Races

- **BMX racing** May-October, Fridays & Saturdays; practice track open Tuesday and Thursdays. [bellingshambmx.com](http://bellingshambmx.com)
- **Triathlons by BuDuRacing.com**, all Summer



### Classes

**Bellingham REI Cycling maintenance** [rei.com](http://rei.com)

**Bellingham Training & Tennis Club** [betrainingtennis.com](http://betrainingtennis.com)

### August Rides

**Hidden Gem Ride Skagit Bike Club** on August 4th

**Tour de Lavender** - August 4th - ride through lavender farms on the Olympic Peninsula - [tourdelavender.com](http://tourdelavender.com)

**Tour de Whidbey** - August 18 - and MBBC members get a \$10 rebate at the start! [whidbeyhealth.org/giving/tour-de-whidbey](http://whidbeyhealth.org/giving/tour-de-whidbey)

**Tour de Victoria (Canada)** - August 18th, [tourdevictoria.com](http://tourdevictoria.com)

**Gigantic Bicycle Festival** - August 24-26 - Snoqualmie, WA, [giganticbicyclefestival.org](http://giganticbicyclefestival.org)

### September Rides

**Hidden Gem Ride: Whidbey Island Bike Club** on September 8th

**RBC GranFondo Whistler (Canada)** [rbcgranfondo.com/whistler/](http://rbcgranfondo.com/whistler/) September 8th, and MBBC members are eligible for a \$20 registration discount. See MBBC Member Center/Current Member Offers page on the MBBC website for discount code.

**Friday Harbor Bike-N-Brew** September 15th, Friday Harbor, WA, Lions Club is hosting. All levels of riders. Please find us on FB or on the web. Contact: Jeff NeeLey, [roadbum@gmail.com](mailto:roadbum@gmail.com),

**Kitsap Color Classic** - September 23rd - [cascade.org/rides-major-rides/kitsap-color-classic](http://cascade.org/rides-major-rides/kitsap-color-classic)

**MEC Victoria Fall Century (Canada)** : September 23 [events.mec.ca/node/207171](http://events.mec.ca/node/207171) (or search "MEC Victoria Century")

**Bill's Hills** ride is on hiatus this year - Bill McCourt is off riding the TransAmerica route! But Bill promises that Bill's Hills will be back in the summer of 2019.



# July Ride Journals

by Jennifer Longstaff



## Women's AlleyCat

The 8th annual "Moxie Summer Jam" women's "Alleycat" race was held in Seattle on July 14th. <http://www.moxiemonday.com/2018/07/2018-moxie-summer-jam-wrap-up-results/>



The idea of an Alley Cat is that when the race starts, everyone is given a list of checkpoints/destinations. The object is to figure out the shortest/fastest route to stop at all of them and then make it to the finish line faster than everyone else. Each checkpoint (usually hidden away in a Seattle park) includes a task that must be met before racers get credit for hitting that stop. Tasks can be anything from changing a flat, making a sand castle, riding an impromptu cyclocross course, doing a shot of ketchup, writing a bike poem... each year the organizers'



imaginations get better and better at thinking up crazy tasks. I have ridden this silly (yet super fun) ride starting in 2011, and it just gets better every year. I think I have recruited some Bellingham women to join me on the ride in 2019!

## Tandem Rally 2018

The Northwest Tandem Rally was a 5-day event centered in Albany, Oregon during the July 4th week this year. There was a good showing of riders and bicycles - probably close to 600 people and their tandems attended. It's always fun to see the wide variety of bikes and people in matching outfits! The 2019 NWTR will be in Boise, Idaho. [nwtr.org](http://nwtr.org)



## Big News!

## Access to Galbraith Preserved Forever!

Check out the huge story on the front page of the WMTB website:

[wmbcmtb.org/](http://wmbcmtb.org/)





## ROADS UNDER CONSTRUCTION



**SR 11/Chuckanut Drive: Aug. 7 - 8**  
Teddy Bear Cove to Fairhaven

**SR 542: Aug. 8 - 10**  
Nooksack River to the Artist Point gate.

**Kickerville Road: Aug. 1 - 17**

### Requests from employees stationed at the DOT building at bottom of Mt. Baker

- When you refill with water, make sure you turn off the tap fully. Someone left it running a few weeks ago and it burned out the water pump.
- Please do not go for a pee behind the buildings! Use the public restrooms down the road off of Hannegan. Employees live here and don't want their yard smelling.



### THE TRICAB IS HERE!

The **TRICAB** arrived and our Club President got to test it out with Tammy from the YMCA. MBBC gave a \$4,500 grant to YMCA's "Cycling Without Age" program to purchase a Tricab.



**Welcome new members**  
**We're glad to have you in the MBBC!**

Chad Warren  
Cindy Gabriel  
Eric Stromerson  
Joshua Konen  
Kyle Kulm  
Michael Richard  
Stephen Zylstra  
William Bode

### MBBC Member Offers

MBBC active/current members are entitled to various online offers. These offers may start and expire at different times; here is the current list.

**Discount registration codes for North Puget Sound Bike Alliance (NPSBA) rides for 2018**

**MBBC Jerseys at member discounted price.**

Members can sign up for the **MBBC Ride With GPS club account.**

Members are eligible for **\$20 discount on the RBC GranFondo Silicon Valley: June 23.** and the **RBC GranFondo Whistler: September 8th.**

**SQUARE**



**TIRES**



# MBBC Administration

## Mount Baker Bicycle Club Board of Directors and Officers:

Hilary Higgins - President  
John Okan - Vice President  
Jennifer Longstaff - Secretary  
Dina Soda - Treasurer  
Dave Dardano - Rides Coordinator  
Bill McCourt, Tim Ryan, Carol Spano, Dave Dardano - at large

## Project leaders:

Chuckanut Classic: John Okan and committee  
New Year's Day Ride: Mark Wheatley  
Newsletter: Susan Willhoft  
Graphic Design: Tim Ryan  
Bike to Work Day Stations: Ian McCurdy



## 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](http://voler.com/browse/collections/details/li/MtBakerBicycleClub).

MBBC members: check your email for discount code.

## Contacts:

Information-- [bikebeham@gmail.com](mailto:bikebeham@gmail.com)  
Chuckanut Classic -- [chuckanut@mtbakerbikeclub.org](mailto:chuckanut@mtbakerbikeclub.org)  
Newsletter -- [newsletter@mtbakerbikeclub.org](mailto:newsletter@mtbakerbikeclub.org)  
To Volunteer - [volunteers@mtbakerbikeclub.org](mailto:volunteers@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 ([newsletter@mtbakerbikeclub.org](mailto:newsletter@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 at: [mtbakerbikeclub.org/membership](http://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)

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

2018

## AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1 Wednesday Workout Ride	2 Edison Social / Going Up The County / Mello Velo	3 	4 Donut Ride / <b>Skagit Bike Club's "Hidden Gem" / Tour de Lavender</b>
5 Rabbit Ride / Edison Social	6	7 Tuesday Evening Summer Ride! / Ferndale Social / Hot Laps	8 Wednesday Workout Ride	9 Edison Social / Going Up The County / Mello Velo	10	11 Donut Ride / Recumbent Ride
12 Rabbit Ride / Edison Social	13	14 Tuesday Evening Summer Ride! / Ferndale Social / Hot Laps	15 Wednesday Workout Ride	16 Edison Social / Going Up The County / Mello Velo	17	18 Donut Ride / <b>Tour de Whidbey / Tour de Victoria</b>
19 Rabbit Ride / Edison Social	20	21 Tuesday Evening Summer Ride! / Ferndale Social / Hot Laps	22 Wednesday Workout Ride	23 Edison Social / Going Up The County / Mello Velo	24 <b>Giant Bicycle Festival</b>	25 Donut Ride / <b>Giant Bicycle Festival</b>
26 Rabbit Ride / Edison Social / <b>Chuckanut Classic</b>	27 	28 Tuesday Evening Summer Ride! / Ferndale Social / Hot Laps	29	30 Edison Social / Going Up The County / Mello Velo	31	1

2018

## SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
15 Rabbit Ride / Edison Social	27	28 Tuesday Evening Summer Ride! / Ferndale Social / Hot Laps	29 Wednesday Workout Ride	30 Edison Social / Going Up The County / Mello Velo	31	1 <b>Donut Ride</b>
2 Rabbit Ride / Edison Social	3	4 Tuesday Evening Summer Ride! / Ferndale Social / Hot Laps	5 Wednesday Workout Ride	6 Edison Social / Going Up The County / Mello Velo	7 	8 <b>Recumbent Rides / Donut Ride / Whidbey Isle BC "Hidden Gem" / Black Mtn. Cross</b>
9 Rabbit Ride / Edison Social / <b>Mt. Baker Hill Climb</b> 		11 Tuesday Evening Summer Ride! / Ferndale Social / Hot Laps	12 Wednesday Workout Ride	13 Edison Social / Going Up The County / Mello Velo	14	15 <b>Donut Ride / Friday Harbor Bike-N-Brew</b>
16 Rabbit Ride / Edison Social	17	18 Tuesday Evening Summer Ride! / Ferndale Social / Hot Laps	19 Wednesday Workout Ride	20 Edison Social / Going Up The County / Mello Velo	21	22 <b>Donut Ride</b>
23 Rabbit Ride / Edison Social / <b>Kitsap Color Classic / Victoria Fall Century</b>	24	25 Tuesday Evening Summer Ride! / Ferndale Social / Hot Laps	26	27 Edison Social / Going Up The County / Mello Velo	28	

The Mount Baker Bicycle Club newsletter is issued online only. Feel free to print this and share with everyone!