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This month's contributors:
Larry Blanchard, Hilary Higgins, Robin Robertson, Mo Trainor, Susan Wilhoft.
Thanks All!



the club online:

mtbakerbikeclub.org
chuckanutclassic.org

and our social sites:

- facebook.com/mountbakerbicycleclub
- sports.groups.yahoo.com/group/MtBakerBicycleClub
- twitter.com/mtbakerbike
- flickr.com/mtbakerbikeclub

MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Vol 25 Number 1, February 2016



New Year's Day 2016 photo by Larry Blanchard

Happy New Year!

THE MBBC WISHES YOU A WONDERFUL 2016 FULL OF SAFE CYCLING.

Reminder:

MEMBERSHIP RENEWALS DUE FOR 2016

It's time to renew for 2016. All MBBC memberships are per full calendar year, so everyone's renewals are due each January. Many have renewed already (thank you!) - for those who still need to renew, please do so by filling out the form on page 6 and mailing it in with a check. Online renewals will also be available soon, check back at mtbakerbikeclub.org/join-the-club/

Annual member dues help the club continue putting on rides and events during the year. See more about the MBBC's 2016 plans on page 3.

Travelogue Series - February 4

CYCLING IDAHO & THE MONTANA ROCKIES

Come enjoy an armchair journey with MBBC member Susan Willhoft. She will share slides and stories of her epic bike tour through Idaho and Montana. Thursday, February 4 at Whatcom Museum, 7-9 pm. Free; \$3 donation suggested.

Read Susan's writeup about her trip in the October 2015 MBBC newsletter!
mtbakerbikeclub.org/newsletter-archive/

**Seattle Bike Show March 5 & 6
Volunteers Needed!**

MBBC WILL EXHIBIT AT THE SEATTLE BIKE SHOW

The Seattle Bike Show will be held at the Century Link Field Events Center on the weekend of March 5 & 6. The show is presented by Cascadia Events, and will share the space with two other recreational shows the same weekend: The Seattle Golf Show and the *Travel Trips and Adventure Expo*. Bellingham Whatcom Tourism has reserved a booth for the MBBC, which will be used to promote Bellingham cycling activities, including the Chuckanut Classic. The Zip Line as well as Bike Pump Track and Beer Garden will be back at the show this year!

We need volunteers to staff our booth during the weekend. The show begins at 10am both days, and ends at 5pm on Saturday and closes at 4pm Sunday. Sign up for a 2-hour shift working at the booth, and receive admission to the show for the day. We especially need people for Sunday the 6th, including someone willing to take down the booth and bring the MBBC's 2 folding tables back to Bellingham.

Contact Jennifer or Hilary to sign up for a time slot. bikebeham@gmail.com; news@mtbakerbikeclub.org
seattlebikeshow.com

GROUP RIDES: THE MIDWINTER 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 estimate a 2-or-more-hour ride time leave by 8:30am (winter start time). Faster groups leave every 5 minutes thereafter.

Info: John Hauer, johnh@fairhavenbike.com 733-4433 fairhavenbike.com/about/sunday-rabbit-ride-pg355.htm



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

Wednesday Group Trails Ride: Meet 5:45pm, leave 6pm from parking lot across from Boundary Bay Brewery. In winter months (October through mid-March) this is a trail ride with lights. Trail-capable bikes plus good headlights and taillights required. Socialize at Brewery afterward (7:30 pm) Info: Tim Ryan: 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, switching to winter start time of 7:30 in October. 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. Weather-dependent. Robert Parker at rmp-4724@hotmail.com or 360-671-6910

Volunteer Opportunities for 2016

Every January we post a list of needed volunteers for projects in the upcoming year. At January's annual club reception, Hilary listed the following opportunities for those who'd like to donate some of their time to help out the club. Drop an email to bikebeham@gmail.com if you'd like to help with any of the following:

A **rides-planning committee** will be meeting early in the year to decide on special club-operated rides for 2016. Some ideas include a Hurricane Ridge MBBC ride, and a Bellingham-to-Hood River "Washington Sierras" event (to be organized by Bill McCourt) with an optional shorter midway turnaround route over the North Cascades and back. To give input to the rides committee, contact Hilary.

We need a new **Director for the Chuckanut Classic**. Doug is ready to hand it over and to help train a new director. We have an active committee in place: people are already working on routes, permitting, marketing/advertising, sponsors, and rest stops. This Director's job is about communication, delegation, and followup. Making sure the details are getting done, and organizing the folks to do what needs to be done.

We will be offering a **ride leader training day** sometime in the Spring, most likely March, before the Tues. ride starts up in April. Become an official MBBC ride leader and you can lead your own rides plus help out on group rides. Great opportunity for new Corporate ride leaders to prepare for leading your own company rides.

We are particularly looking for more "**casually-paced**" **ride leaders** who are willing to lead the 10-12 mph groups and 12-14 mph riders. We have many Tuesday night riders who want to continue riding at a casual speed all summer, while the regular Tuesday leaders are getting faster. And the Sunday Slog ride has been getting bigger every year, and we need more casual-pace leaders so we can have the ride every Sunday in the summer even when the regular leaders might be on vacation. Sunday Sloggers are casual riders who also ride for long distances: this is a good ride for people to work up the endurance to ride a century, even if they ride it slowly. Casual leaders can work up their endurance as well!

The **Bike to Work Day MBBC Celebration Station** will be headed up by Pam Fonda and she'll need assistants to staff the station and help gather food and prizes donations. Bike to Work/School Day is May 20th.

Seattle Bike Expo – MBBC will have a booth again and we'll need booth staffers on March 5th and 6th (we especially need people for March 6th, to work the booth then to take it down at the end of the show). Volunteer for a 2-hour shift in the MBBC booth, and get free admission to see the Expo. (more details on page 1)



In Case You Missed It...

NEWS FROM THE ANNUAL MEMBERS' RECEPTION ON JANUARY 17TH

For our members who couldn't attend the annual reception on January 17th: *We missed you!* So that you don't also miss out on Hilary's "State of the Club" speech from that night, here it is for your review:

Welcome MBBC Members to our 2016 annual reception and membership renewal event!

In the words of many presidents before me, the state of the club is strong! With more than 250 members, a new website by **Michael Richard**, and with enough in our coffers to keep hosting this yearly pizza party, we're looking good heading into a new year.

Recap of some 2015 highlights

Great turnouts at weekly rides - Tuesday/Wednesday/Thursday evening weekly rides and the Sunday Long-Slog.

The NW Tandem Rally was a huge success with more than 400 tandems and over 800 riders from 28 states and 3 Canadian provinces.

North Cascades Highway two-day overnight ride was a great success due to an enthusiastic group of riders, a SAG driver, and great weather.

Bill's Hills 100-miler saw more finishers than any year prior, and we'll keep the August date.

Our first MBBC-sponsored WMBC Trail Day on Galbraith was a great success, and we'll sponsor another one this year (hopefully in March) and we won't run out of pizza this time.

Chuckanut Century had a lower-than-usual turnout due to bad weather; so changes are on the way.

The Woods Coffee ride also had low turnout due to hefty windstorm the day before which caused power out at half the Woods shops on the day of the ride. MBBC member **Katie Collins** pushed through the headwinds and 70 miles (with fewer treats than expected), and won the prized Woods Jersey raffle for her efforts!

High rider turnout also for the winter Wednesday trail rides. The Christmas lights ride was a particular success, with a stop at the pig pole on an excellent route mapped out and led by **Patti Mullin**. The New Year's Day ride was led by **Mark Wheatley** and 40 of us braved 25 degree temperatures and icy roads (but enjoyed the sunny day) and met for lunch in Edison.

Thank-Yous

There are a few folks I'd like to give special recognition for their dedication to the MBBC.

First, to **Doug Schoonover**, who's been the Chuckanut Century Director and the main drive behind this event for many years. He's currently working to hand it over to a successor but will remain on until we have one. Doug has also welcomed in and mentored many new riders to the club, especially by originating and continuing to facilitate the Tuesday night ride, originally with the idea of training new road riders how to ride in a group and in a pace line. Many of us, myself included, have started our ride careers on this ride.

Second, we have enjoyed and appreciated the support of our many local bike shops in town, whose number has risen these past few years, but this year I'd like to give a special shout-out

to **John Hauer** of **Fairhaven Bicycle**. (a) For his dedication to the Sunday morning Rabbit Ride, which he organizes and leads, come rain or shine and buys the post ride coffee. He started this ride in 2011, and many locals do this ride year-round to stay in shape or get into shape and we all benefit from it. (b) His openness to new ideas, either from his own staff or from local cyclists in the community. He and his staff are always coming up with new cycling activities, recently the Thursday night indoor spin class, or the Thursday night road rides. (c) So important this year, he provided mechanics for the NW Tandem Rally weekend (4th of July) when most every shop wrench was out of town. He has also always made available spare tubes and tires and often mechanical support for the Chuckanut Century.

Third, big props to all the MBBC members who volunteered for the NW Tandem Rally. You all helped to make this event happen and to make it such a success in the Bellingham community. It also was a good fund-raiser for the MBBC, which will allow us to continue sponsoring events like Ride Leader Training, Summer Rides Series, and WMBC Trail Day.

Changes upcoming

This year the Chuckanut Century is being renamed the Chuckanut Classic so that people don't immediately think it's a century and get intimidated. We want to make casual riders and families feel more welcome. It will be on August 28 - 3 weeks earlier than in the past. We hope to get better weather.

We're partnering with Whatcom SmartTrips to re-start the Summer Rides Series. These are short themed guided rides aimed at social riders and families. SmartTrips ran the series in 2012 through 2014 but had to drop it in 2015 due to budget issues. The MBBC/SmartTrips Summer Rides will start again in 2016 with 5 rides, on the first Sunday of every month May through September.

We are partnering with Cycle Component Network (ccnbikes.com) to put our membership signup and renewals online. We'll also be using CCN for Chuckanut Classic registration.

MBBC membership fees are also going up effective Feb 1, 2016 to \$20/individual and \$30/family to help defray increasing costs - mainly the cost of our rides liability insurance, which has nearly doubled in the past few years.

We're initiating a new Corporate Membership option. For those of you who work for local companies, your company can get a club membership for every employee: up to ten employees for \$125 and more than 10 for \$250. Its intention is to help companies encourage employees to get on their bikes as a group. Perks for companies are:

- Set up safe company rides with their own MBBC ride leaders.
- Liability insurance through MBBC since, as club members, company rides will be club rides.
- The same membership perks that all members get – weekly rides, special club rides, discount entry to Chuckanut Classic, invitation to yearly pizza party!

Let's make 2016 our best cycling year yet!

- Hilary Higgins, MBBC President

Some of the events upcoming in 2016

Bike Month

National Bike Month - May 1-31

Procession of the Species parade - May 7 bpots.org/

Bike to Work and School Day - May 20

Adaptive Cycles Expo - TBD

watch for more Bike Month events to be announced in May.

Classes & Training

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

February 29: Bike Maintenance for Trail Riding 6pm

Cycle Moles Indooor Training - Spring "Moles" sessions start **February 29** and will get you ready for Ski to Sea! Contact Fairhaven Fitness: cyclemoles.com or 360-733-5050

Fairhaven Bike Spin Classes Thursday evenings, bring your own bike and trainer, towel and water bottle. \$10 admission. fairhavenbike.com/about/spin-with-sam-pg356.htm

Races

April 2-3 US Cycling Collegiate road racing in Bellingham nwcollegiatecycling.us/16SRoad.html

May - October BMX racing, Fridays and Saturdays; practice track open Tuesday and Thursdays. bellinghambmx.com

May 29: Ski to Sea skitosea.com

June 25: Lake Padden Triathlon cob.org/services/recreation/races/Pages/padden-triathlon.aspx

June 26: Bellingham Kids' Traverse recreationnorthwest.org/bellingham-kids-traverse

TBD: 6th Annual All-Girl AlleyCat (Seattle) menstrual-monday.com

August 7: Bellingham Youth Triathlon - cob.org/services/recreation/races/Pages/bellingham-youth-triathlon.aspx

Sept 17: Bellingham Traverse recreationnorthwest.org/bellingham-traverse

Gatherings

Travelogue Bike Slide Show: February 4 (see p. 1)
7-9 pm Whatcom Museum, presentation by Susan Willhoff

Healthy Knees Cycling talk:

February 5 7pm at Village Books in Fairhaven.

Robin Robertson will give an author talk about her new book that hit #1 on the Amazon New Releases list in 5 countries (US, Canada, Denmark, Australia, and the UK).

Check it out, and place your order at healthykneesbook.com



CYCLE MOLES
indoor training for outdoor adventure

**The best preparation for
Ski to Sea & Spring Cycling!**

FEB 29 - MAY 19

Level 1 60 min
Mon & Wed; 6:45 - 7:45am

Level 2 90 min
Tue & Thu; 6:45 - 8:15pm

360.733.5050
www.cyclemoles.com

Register now!

Love Your Ride - A Celebration of Winter Cycling
to benefit Bellingham's Sterling Bike Works: TBD - watch for it!

Recreation Northwest Expo - February 26, 4-8pm at Depot Market on Railroad, featuring sports and rec exhibitors. recreationnorthwest.org/events/recreation-northwest-expo/ Free to the public; enter the raffle online before the expo.

Seattle Bike Show: March 5 & 6 (see p. 1)

seattlebikeshow.com
CenturyLink Field Event Center, 800 Occidental Ave
10-5 Sat; 10-4 Sun
The MBBC will have an exhibit booth and needs volunteers to staff it on both days. bikebeham@gmail.com, sign up for a 2-hour time slot, get event admission free!

Seattle Bike Swap: February 14, 9am - 2pm

Seattle Center Exhibition Hall, 225 Mercer St. Seattle
The Seattle Bike Swap is a bike bargain hunter's paradise. This huge bike garage sale will have great deals on new and used bike related goods of all types and sizes.
\$5 Admission cascade.org/bike-swap

Pedaler's Fair (Seattle): TBD pedalersfair.com

Women on Wheels -- March 3, 4-8 pm at the Cascade Bicycling Center; 7787 62nd Avenue NE Seattle cascade.org/connect/women-wheels

Trail and Track Work Parties

- Whatcom Mountain Bike Coalition (WMBC) wmbcmtb.org/trail-days/
Watch for the 2016 schedule
- Bellingham Parks Dept. 360-778-7105 and cob.org/gov/public/volunteer/parks/pages/schedule.aspx (open the PDF file with the schedule from this page)

February 6 - Squalicum Creek Park 10am

February 13 - Forest & Cedar Park 10am

February 20 - Rock Hill Park 10am

February 27 - Connelly Creek 10am

March 26 - Railroad Trail 10am

BIKE RIDES: MARK YOUR CALENDAR - 2016 EDITION

As of February 1st, some annual rides don't have their 2016 information updated yet. Check back every month as new rides are added and dates are finalized.

2016 RIDES - NEARBY

February 2016

28 Chilly Hilly (Bainbridge Island) cascade.org/chillyhilly

March 2016

12 Mussels in the Kettles (Whidbey Island) whidbeybicycleclub.org/

20 McClintchy Mile (Arlington) bikesclub.org/mcclinchy

26 Dandy Daffodil Tweed Ride (La Conner) thedandydaffodil.com

April 2016

3 Emerald City Bike Ride: car-free streets (Seattle)
cascade.org/rides-major-rides/emerald-city-bike-ride

16 Tulip Pedal (La Conner) tulipfestival.org/calendar/event/522

23 Tour de Lopez (Lopez Island) lopezisland.com/tourdelopez.htm

May 2016

1 Summer Rides Series (Bellingham) mtbakerbikeclub.org

1 Bike 'n Brews (Seattle) cascade.org/seattle-bike-n-brews

7 Skagit Spring Classic (Burlington) skagitspringclassic.org

22 Tour de Cure (Woodinville) main.diabetes.org/site/TR/TourdeCure

30 7 Hills of Kirkland (Kirkland) 7hillskirkland.com

June 2016

4 Flying Wheels (Redmond) cascade.org/flying-wheels

5 Summer Rides Series (Bellingham) mtbakerbikeclub.org

12 Woodinville Wine Ride (Woodinville) cascade.org

25 Red-Bell 100 (Redmond-Bellingham) cascade.org/redbell

July 2016

3 Summer Rides Series (Bellingham) mtbakerbikeclub.org

13-17 RedSpoke (Redmond-Spokane) redspoke.org

16-17 STP (Seattle to Portland) cascade.org/stp

16 Tour de Whatcom (Bellingham) tourdewhatcom.com

28 RAMROD (Mt. Rainier) redmondcyclingclub.org

August 2016

6 Tour de Lavender (Sequim) tourdelavender.wordpress.com

7 Bill's Hills of Bellingham (MBBC ride) mtbakerbikeclub.org

7 Summer Rides Series (Bellingham) mtbakerbikeclub.org

7 Ride the Hurricane - portangeles.org/pages/RideTheHurricane

12-14 Obliteride (Seattle) obliteride.org

12-13 RSVP 1 (Seattle-B'ham) cascade.org/ride-major-rides/rsvp

13-14 RSVP 2 (Seattle-B'ham) cascade.org/ride-major-rides/rsvp

27 Tour de Whidbey (Whidbey Island) facebook.com/tourdewhidbey

28 Chuckanut Classic (Bellingham) chuckanutclassic.org

September 2016

4 Woods2Woods Summer Ride (Bellingham) mtbakerbikeclub.org

10-11 MS 150 (Mt Vernon) bikewas.nationalmssociety.org/

25 Kitsap Color Classic (Kingston) cascade.org/kitsap-color-classic

October 2016

TBD Boneshaker Bike Festival (LaConner) boneshakerbikfest.com

November 2016

25 Day-after-Thanksgiving Ride (MBBC Ride - Bellingham)

December 2016

14 or 21 Lighted Neighborhoods Ride (MBBC Ride - Bellingham)

2016 RIDES - FURTHER AWAY

March 2016

20 Gran Fondo (Ephrata) rideviciouscycle.com

April 2016

17 Daffodil Classic (Tacoma) twbc.org

4/28-5/1 Northwest Crank (Wenatchee) northwestcrank.com

24 Lilac Century (Spokane) northdivision.com

May 2016

1 MEC Century Victoria (Victoria BC) events.mec.ca

1 May Day Classic (Federal Way) philsbikeshop.com/mayday

7 Ride Around Clark County (Vancouver WA) vbc-usa.com/racc

21 Reach the Beach (Oregon Coast) reachthebeach.org

22 Canyon for the Day (Yakima County) crimestoppersyakco.org/

22 Gran Fondo Leavenworth (L'worth WA) rideviciouscycle.com

June 2016

4 Apple Century (Wenatchee) applebikeride.com

11-17 Ride the Rockies (Denver CO) ridetherockies.com

18 Tour de Blast (Mt St Helens) tourdeblast.com

18 Chafe150 Gran Fondo (Sandpoint ID) chafe150.org/

19-25 Bike Tour of CO (Breckenridge CO) bicycletourcolorado.com

25 Chelan Century Challenge (Lake Chelan) centuryride.com

25 Cycle de Vine (Lake Chelan) cycledevine.com

26 Two County Double (Olympia) capitalbicycleclub.org/2County/

July 2016

1-4 NW Tandem Rally (Klamath Falls, OR) nwtr.org/2016

9-10 Triple Bypass (Evergreen/Avon CO) triplebypass.org

24 P Valley Gran Fondo (Fort Langley BC) valleygranfondo.com

23 Mt Evans H-Climb (Idaho Spgs CO) bicyclerace.com/

31 Tour de Kitsap (Bremerton) westsoundcycling.com/

August 2016

6 & 7 Portland Century (Portland OR) portlandcentury.com

6-7 Sunshine Coast MTB trail challenge (Halfmoon Bay BC)

20 Crater Lake Century (Klamath Falls OR) craterlakecentury.com/

21 Tour de Victoria (Victoria BC) tourdevictoria.com

29 High Pass Challenge (Packwood) cascade.org/hpc

September 2016

11 Spokefest (Spokane) spokefest.org

October 2016

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

MBBC's Signature Ride on a new weekend

August 28, 2016

chuckanutclassic.org

Same ride you love
plus a new
family-fun route.
Mark your Calendar!



MBBC ADMINISTRATION

Mount Baker Bicycle Club Board of Directors and Officers:

Hilary Higgins - President
Scott Dorough - Vice President
Jennifer Longstaff - Secretary/Membership
Kathy Steele - Treasurer
Eric Stromerson - Rides Coordinator
Bill McCourt, Tim Ryan, Joe Wiederhold - at large



Project leaders:

Chuckanut Classic: Doug Schoonover and committee
Media; Bellingham Marathon Escorts: Greg Rehm
Media; New Year's Day Ride: Mark Wheatley
Media; Summer Rides: Jennifer Longstaff
Bus-to-Bike Shelters project: Rodd Pemble
Ciclovia Bellingham: Joe Wiederhold
Newsletter-Bagel Procurer: Cathie Gerlicher
Graphic Design: Tim Ryan
Website: Michael Richard
Bike to Work & School Day Station: Pam Fonda

Club Bike Jerseys

The official MBBC bike jersey is a colorful short-sleeved full-zip jersey, available in men's and women's sizes, race cut and club cut. We are working on an individual ordering system where the jerseys can be ordered directly from Voler.com. Members will receive a discounted price on the jerseys. Announcement of MBBC's Voler jersey-ordering website will be listed here and on the MBBC web page soon..

Contacts:

Information-- bikebeham@gmail.com
Chuckanut Classic -- (360 410-6431)
chuckanutcentury@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, etc. 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.

MBBC Membership Form for 2016

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:

- Board Member Ride Leader Newsletter
 Chuckanut Classic Bike to Work and School Day
 Special Events Membership Education
 I can provide discounts on _____

Individual and corporate membership forms may be downloaded at: mtbakerbikeclub.org/join-the-club/

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



SMART TRIPS

Welcome

Welcome new members

Vicki Day

Teresa Hart

Bill Henson

Margen Riley

We're glad to have you in
the MBBC!

She's back!

TRAIN-OR-TRI RETURNS WITH NEW STOREFRONT, EMPHASIS



Local cyclists and triathletes are celebrating Bellingham's triathlon Headquarters, **Train-or-Tri**, which has reopened in a new location and with a new focus.

Maureen "Mo" Trainor, professional triathlete, coach, bike fitter and business owner, opened the original Train-Or-Tri in 2005 in downtown Bellingham. In 2010 the physical store switched to an Internet-based business, while Mo continued actively coaching and working with local athletes. Now Train-Or-Tri is back, in a new location at 909 Squalicum Parkway, near Squalicum Creek Park.

Unlike the original James Street store, the new Train-Or-Tri is less focused on retail and more on service. Mo is offering the benefits of her many years experience to local athletes, including:

- **coaching:** after many years as the northwest's head Team in Training coach, Train-Or-Tri offers coaching to individuals and teams. An elite racing team has begun, while *Team Train-Or-Tri* is in its second season with an eventual headcount of 30-40 people. There is plenty of room for amateur teams; at least 50% of Mo's coached teams are new to the sport. There are many individual coaching possibilities as well, with programs tailored to each person's nutrition, strength, and scheduling needs.
- **spin classes:** Mo has over 12 years of structured spin-class instruction to draw from. Her team spin classes are full, yet she is open to inquiries from the public for new classes.
- **bike fitting:** with nearly 12 years, certified by BikeFit, Mo spends the time fitting bicycles for maximum cyclist efficiency and cyclist comfort
- **getting started with triathlon:** having experienced and coached athletes at all levels, Train-Or-Tri can help those new to the sport figure out how to ramp up in the right direction. There's a temptation for Tri coaches to oversell, yet Mo believes that for beginners, it's too early in their ability level to get outfitted with all sorts of new gear. It's possible to get started with a few things a new triathlete needs at first, then grow into the sport.
- **gear rental:** rentals of equipment is available: wetsuits, time-trial bicycle wheelsets, and bike boxes and cases for traveling to remote events.

Although the retail side of the business is being emphasized less, there is still a fair amount of gear available, including Mo's own clothing line. Train-Or-Tri has good relationships with suppliers, and will special order the proper gear for an athlete. Another reason to stop by the new store is to check out the art gallery, showcasing local work themed for sport. The new space is bright and spacious, with "a lot of room to fit stuff and people into." There are plans for speaking events, slideshows, live music, and other gatherings.

Train-Or-Tri is thrilled to be working with a number of high profile sponsors, who have signed up to help affiliated athletes. Hammer Nutrition, BikeFit (the first time it has associated its brand with a triathlete business), Pacific Superfoods, and Orbea/Orca (bicycles and wetsuits) are the first in a growing list.

The triathlon market appears to be on the rise. When Train-Or-Tri closed its storefront in 2010, the industry was in a bit of a lull. Triathlon in the UK has continued to be popular, and now it is regaining strength in the US. Based on sales numbers, triathlon interest in the US is up 11% in the past year. Train-Or-Tri is ready to guide Whatcom County's triathletes into the next era!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2016	February 1	2 Ferndale Social ride	3 Wed Group Ride	4 Fairhaven Bike Spin Edison Social Ride Travelogue Series	5 Healthy Knees Cycling: Author Talk	6 Donut Ride COB Parks Trail Day
7 Rabbit Ride Edison Social Ride	8	9 Ferndale Social ride	10 Wed Group Ride	11 F'haven Bike Spin Edison Social Ride	12	13 Donut Ride Recumbent Ride COB Parks Trail Day
14 Rabbit Ride Edison Social Ride Seattle Bike Swap	15	16 Ferndale Social ride <i>Mardi Gras</i>	17 Wed Group Ride	18 F'haven Bike Spin Edison Social Ride	19	20 Donut Ride COB Parks Trail Day
21 Rabbit Ride Edison Social Ride	22 <i>President's Day</i>	23 Ferndale ride	24 Wed Group Ride	25 F'haven Bike Spin Edison Social Ride	26 MBBC March NW Newsletter Deadline	27 Donut Ride COB Parks Trail Day
28 Rabbit Ride Edison Social Ride Chilly Hilly	29 Cycle Moles begins REI MTB Maint	March 1 Ferndale Social ride	2 Wed Group Ride	3 Edison Social Ride Women on Wheels	4	5 Donut Ride Seattle Bike Expo: Day 1



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



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