



# MBBC

**More Bicycling = Better Community!**

**Mount Baker Bicycle Club Newsletter, Vol 24 No 10, Dec 2015/Jan 2016**

## It's time for the annual **WINTER CELEBRATION RIDES!**



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This month's contributors:  
Hilary Higgins, Kim  
Moskowitz, Patti Mullin,  
Mark Wheatley. Thanks All!



### *the club online:*


**mtbakerbikeclub.org**  
**chuckanutclassic.org**

### *and our social sites:*

 [facebook.com/  
mountbakerbicycleclub](https://www.facebook.com/mountbakerbicycleclub)

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

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

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

### **Lighted Neighborhoods Ride: Monday December 14, 6pm**

Let's spread some cheer together on two wheels, listen to holiday tunes and view some great decorative yard lights in some of Bellingham's neighborhoods.

Put some lights on, decorate yourself and your bike (battery-powered festive lights are available at Big Lots among other places), and be jolly with the MBBC!

We'll meet on Monday, December 14 at the Depot Market parking lot on Railroad at 5:45 pm and leave at 6pm. Patti Mullin is again creating a route for us to casually pedal down quiet streets and view the best lights (perhaps we'll again see last year's lighted flying pig). Gather after the ride for dinner downtown at approx 7:30 pm (restaurant to be announced the week before the ride - check on the MBBC website and Facebook page). Everyone's welcome to dinner, whether you ride or not!  
Dinner RSVP: Patti Mullin: [patti.mullin@gmail.com](mailto:patti.mullin@gmail.com)

### **New Year's Day Ride: Friday January 1 2016, 10am**

Pedal in the new year, Friday January 1st 2016. Meet 10am, depart before 10:30am from Fairhaven Park for the Old Edison Inn where owners John and Lynn will be expecting us. We can park our bicycles in the beer garden and enjoy the warmth inside. Friends and family are also invited to join us at the Old Edison Inn for lunch at about 11:30am, even if they don't ride. [theoldedison.com/](http://theoldedison.com/)

No one will be left behind on this group ride, and we will be supported by Jim in the minivan (SAG). We pedal 13.8 miles along Chuckanut Drive. Return the same way or via Colony Road and Lake Samish, or even Bow Hill Road to start your year off steep!

*continued on p.2*

# GROUP RIDES: THE "PUT YOUR MITTS ON, IT'S 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 estimate a 2-or-more-hour ride time leave by 8:30am (winter start time). Faster groups leave every 5 minutes thereafter.

Info: John Hauter, 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

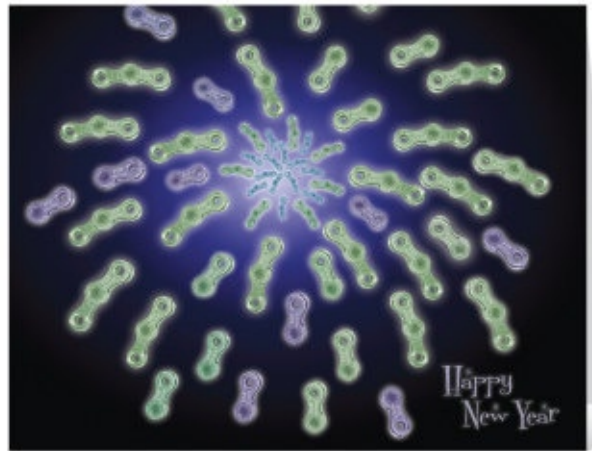
**Wednesday Group Trails Ride:** Meet 5:45pm, leave 6pm from parking lot across from Boundary Bay Brewery. In winter months (October through mid-March) this is a trail ride with lights. Trail-capable bikes plus good headlights and taillights required. Socialize at Brewery afterward (7:30 pm) Info: Tim Ryan: t.ryan.2009 at 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



## New Year's Day Ride

*continued from p. 1*

Each year this ride attracts a large group of participants, regardless of the weather. Start your year off with the MBBC. Questions? MarkWheatley@msn.com

## EVENTS TO WRAP UP 2015

### Races

#### Cyclocross: Cascade Cross Series

Dec 5&6 (Thanks Given'er) in Oak Harbor,

Jan 9, 2016 (Bandit Cross) Cornwall Park. cascdecross.com

### Gatherings (2016)

**MBBC Annual Members' Reception** and Membership Renewal Party (see p. 3) **January 17**, 5-8pm

**Cascade Cross Series** End-of-Season Party: **Jan 9th**, 6pm  
cascdecross.com/races/fun-alley-race-party

### Classes & Training

**CycleMoles Training:** winter camps including 6 day/times weekly for drop-in classes, plus 11-week camps starting 11/30 and 12/1. cyclemoles.com and see left column, this page.

**Fairhaven Bike** Thursday evening spin classes, December through February, 6:30pm (see p. 7)

### Trail Work Parties

Parks Dept Work Parties in city parks trails. Details: 360-778-7105 and see the Fall Schedule PDF file at cob.org/gov/public/volunteer/parks/pages/schedule.aspx  
Winter work dates: **Dec 5**. Maritime Heritage Park

### Early Rides in 2016

**Stinky Spoke** (Redmond) **January 23** stinkyspoke.org



## CYCLE MOLES TRAINING CAMPS

**Progressive cycling workouts to boost your stamina & power**

<p><b>Drop-in Cycling</b> (10 class pass \$150)</p> <p>MON 6:30pm      THU 5:45am TUE 5:45am &amp; 7:00am      FRI 7:00am WED 5:30pm      SAT 8:00am</p>	<p><b>Cycle Moles Level 1</b> \$339 Mon &amp; Wed; 6:45 - 7:45am 11 Weeks; Starts 11/30/15</p> <p><b>Cycle Moles Level 2</b> \$439 Tue &amp; Thu; 6:45 - 8:15pm (75 min bike + 15 min core) 11 Weeks; Starts 12/1/15</p>
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800 McKenzie Ave.  
Bellingham, WA 98225  
360.733.5050

www.cyclemoles.com



*Thoughts from Hilary*

## YEAR-END MESSAGE FROM MBBC PRESIDENT

*Dear Mount Baker Bicycle Club Members,*

As we are nearing the end of another year, I thought I'd take this opportunity to look back on 2015 and mention a few things in the pipeline for 2016.

First of all, wasn't 2015 a fantastic year for riding in the Pacific Northwest? It was probably the best riding season we will see for quite some time. We enjoyed continuous sunny and warm weather, resulting in excellent turnout on our weekly rides, a hugely successful

2015 Northwest Tandem Rally, and our highest number of finishers ever on the Bill's Hills ride. And we brought back the North Cascades ride with a sunny trip over the mountains and back. For me personally, the highlight of the season was cycling the Whistler Gran Fondo with my intrepid partner Bunny Finch, followed by mountain biking around Whistler the next day with our support driver and buddy MBBC member Rod Cheney. As most of you know, I proceeded to close out my road ride season dramatically with a bad fall on my road bike (no car involved) on the last night of the Thursday ride, replete with ambulance trip to ER (I'm recovering just fine, nothing broken, a few stitches and a concussion). So, really, I can't imagine topping this year in 2016, but I'm sure going to try (except without the accident).

As for what you have to look forward to in 2016, here are a few highlights of some of the plans in the pipeline:

### ***Corporate membership package available beginning in 2016***

If you work for a local company, talk to someone in HR about having the company join the MBBC as a corporate member, to promote bicycling amongst its employees. All the company's employees will be signed up as MBBC members and the company will be able to have its own MBBC-led rides.

### ***New-and-Improved Chuckanut Century***

The Chuckanut Century will be renamed to Chuckanut *Classic*, and it will be moved to the last Sunday in August. We hope to have better luck with the weather with an earlier date, and by changing the name ("Century" sounds daunting to many riders, especially families), we hope to encourage more casual riders. We'll be keeping the same set of different-length route choices, plus will add a fun family-friendly route, hopefully with a special rest stop and entertainment.

### ***Cyclovía Bellingham***

New board member Joe Wiederhold is spearheading a project to present an "Open Streets" festival similar to the one that has been held in Anacortes the past



couple years. We're hoping to hold this event the same weekend as the Chuckanut Classic, giving more incentive for people to travel to Bellingham for a number of fun cycling-related activities.

### ***Greater focus on families and casual riders...***

The MBBC will be bringing back the Summer Rides Series, originated/presented in 2011-2014 by Whatcom Smart Trips. We will partner with Smart Trips to put on 5 casual and fun themed rides, on the first Sunday of each summer month (May through September).

We are also talking to local sports dresses company Nu-u-Muu about teaming up for some regular casual rides starting from the Muu-Q.

### ***... as well as tough rides for the hard-cores***

For those who love hill climbing, Bill McCourt is contemplating putting together a club ride over the WA Sierra mountains (Bellingham to Hood River over Rt 20 and beyond).

We're discussing a ride up Hurricane Ridge and/or other destinations on the Olympic Peninsula.

We'll continue to hold our traditional club ride from Glacier up to Artist Point and back.

### ***And more...***

- Bike to Work Day Celebration Station
- Booth at the Seattle Bike Expo (March 5-6)
- MBBC Trail Work Day on Galbraith
- Repeat of MBBC Ride Leader Training classes

We will have our annual Lighted Ride on December 14, and our MBBC annual member's reception on January 17, so mark your calendars. If I don't see you before then, I wish you all a wonderful, stress-free and peaceful holiday season.

*Cheers -- Hilary*



Images from the October 25 tour of the new bicycle facilities. Whatcom Smart Trips and City of Bellingham ride leaders toured the new facilities with close to 70 riders!



**MBBC's Signature Ride on a new weekend in 2016!**

**August 28, 2016**

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

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



*formerly the Chuckanut Century*



**Welcome new members**

Elvis Langford

Janet Langford

Janet Senour

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

***Our annual January club meeting:***

# MBBC ANNUAL MEMBERS' RECEPTION

Sunday, January 17, 2016; 5-8pm; 709 Orchard PI, Bellingham (Orchard Drive Jeckyl & Hyde restaurant)

Join your MBBC Board for the annual *start-the-new-year* members' meeting and reception, **Sunday January 17**. This year's reception will again be held at the Jeckyl & Hyde restaurant at 709 Orchard PI (jhdeli.com, corner of Orchard Drive, off Meridian). Arrive between 5 and 8 pm for food, beverages, and to meet other club members, sponsors, and potential members.

**Members' Reception** activities include:

- **Membership renewal party:** MBBC memberships are calendar-year based, so everyone's renewals are due in January. (If you joined the club after September 2015, your membership is good through 2016.) Some have renewed already. For others, a reminder email will go out in December. Your first drink of the evening is complimentary with your new membership card - renew, pick up your card, and with it your drink ticket! Memberships are still \$15 per individual and \$25 per family *until the January 17 reception*. After the reception, membership rates will increase to \$20/\$30 due to the increasing cost of our League of American Bicyclists' liability insurance.

- **New Members Invitation:** Know anyone who's thinking of joining the club? Invite them to the reception where they'll meet our fun and friendly members, can hear about plans for 2016, and can sign up and start the year as a MBBC member.
- **Bike Gear & Clothing Swap:** Bring your extra bottle cages, components, saddles, jerseys, and other miscellanea that's cluttering up your bike closet, put it on the hand-me-down table for others who can use it. Left over gear will be donated to Sterling Bike Works.
- **Plans for 2016:** Hear some good stuff from Hilary and other speakers as you get excited for the 2016 riding year!

**RSVP to:** bikebeham@gmail.com so we can make sure to have your 2016 membership card ready for you! And so we can help the restaurant plan for enough food.



## BELLINGHAM SOCKS FOR SALE!

Have you noticed some cyclists around town wearing bright green "Bellingham" cycling socks with trees decorating the cuff? These are socks that we designed for the Northwest Tandem Rally attendees when they were in Bellingham in July 2015. We ordered enough socks for everyone at the rally, but since not all the attendees bought socks, there were some left over. The MBBC bought these extra socks from the Tandem Rally for cost, so we can sell them to our MBBC members while supplies last!



These are DeFeet *Aireator* socks, made of 60% nylon, 39% Coolmax, and 1% lycra. They retail for \$11 plus tax, and we're offering them to MBBC members for \$5/pair, tax-inclusive. (Non-member price is \$10/pair.) We have 3 sizes: S (women 6-8 or men 4.5-6.5 or euro 36-39.5), M (women 8.5-10.5 or men 7-9 or euro 40-42.5) and L (women 11-13 or men 9.5-12 or euro 43-46). We only have a few of the smaller sizes left. Socks will be available for sale on December 14th at dinner (after the Lighted Neighborhoods Ride, see p. 1) as well as at the annual reception on January 17. If you'd like to buy some socks to give as holiday gifts but you won't be at the December 14th post-ride dinner, drop an email to Hilary (bikebeham@gmail.com) and we'll make arrangements to get socks to you!



# MBBC ADMINISTRATION

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

Hilary Higgins - President  
Scott Dorough - Vice President  
Jennifer Longstaff - Secretary/Membership  
Brian Christensen - 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  
Ciclovía Bellingham: Joe Wiederhold  
Newsletter-Bagel Procurer: Cathie Gerlicher  
Graphic Design: Tim Ryan  
Certified MBBC Ride Leaders: a long list



## 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 have a small number of jerseys on hand, and if we have requests for more we'll put in a new order. Jerseys are \$50 (including tax) to MBBC members.

To inquire about availability of MBBC jerseys and to try on, pick up, or order a new one, contact [bikebeham@gmail.com](mailto:bikebeham@gmail.com).

## Contacts:

Information-- [bikebeham@gmail.com](mailto:bikebeham@gmail.com)  
Chuckanut Classic -- (360 410-6431)  
[chuckanutcentury@mtbakerbikeclub.org](mailto:chuckanutcentury@mtbakerbikeclub.org)  
Newsletter -- [news@mtbakerbikeclub.org](mailto: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](mailto: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

see member benefits and download membership form  
at: [mtbakerbikeclub.org/membership](http://mtbakerbikeclub.org/membership)

☐ 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 Century    ☐ Bike to Work and School Day  
☐ Special Events    ☐ Membership    ☐ Education  
☐ I can provide discounts on \_\_\_\_\_

### Membership type:

Individual: \$15 \_\_\_\_\_  
Family/Associate: \$25 \_\_\_\_\_  
Additional Donation: \_\_\_\_\_  
(donations support community bicycling programs)  
**Total enclosed:** \$ \_\_\_\_\_

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

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

# EVERGREEN TANDEM CLUB LOCAL CHAPTER TO BEGIN IN 2016

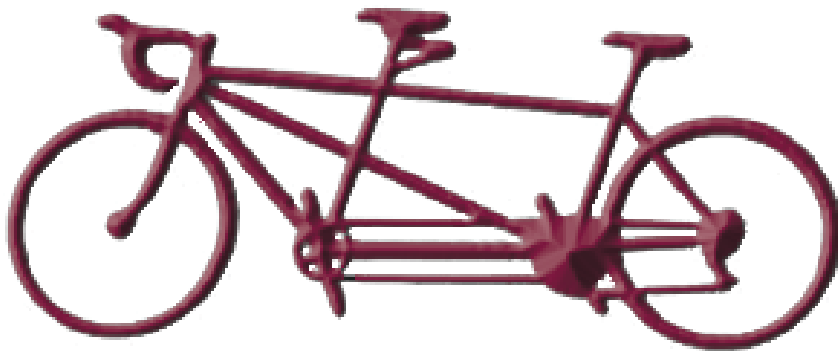
When the MBBC presented the Northwest Tandem Rally in July 2015, we were surprised at how many tandem riders live right here in Bellingham! This inspired local tandemist **Kim Moskowitz** to provide an opportunity for more organized tandem rides in our area.

*Kim has a message for all local Tandem Enthusiasts:*

**There is a new and exciting membership option** for tandem riders in our area who would like the opportunity to participate in more regularly scheduled organized rides throughout the year. Kim is an avid tandem and solo cyclist and has recently become a board member for the **Evergreen Tandem Club** based out of Seattle ([evergreentandemclub.org](http://evergreentandemclub.org)) and will serve as the Bellingham chapter coordinator beginning January 1, 2016. Kim will be actively recruiting new members for a mere \$25/year connecting tandem riders up here to each other and to this larger group of vibrant member-driven tandem teams. ETC members plan, post, host and gather for diverse rides on a regular basis throughout Washington and the greater northwest, providing opportunities to make new friends and become part of a dynamic group of couples who enjoy active outdoor adventures from the seat of their bicycles built for two!

Check out the website for ETC's membership information. Feel free to contact Kim with questions. After the fantastic NWTR 2015 in Bellingham we hope you were as inspired as we were to get out on your tandems, ride with others, stay in good shape and join us on the road to the 2016 rally in Kalamath Falls, and to the Seattle rally in 2017!

Kim Moskowitz, ETC Bellingham chapter coordinator 360-778-1751 [kim@sj.com](mailto:kim@sj.com)



## WINTER SPIN CLASSES

STAY IN SHAPE ALL WINTER LONG.



INDOOR GROUP RIDES.

INTERVAL TRAINING.

INSTRUCTOR LED GROUP SPIN CLASS.

Classes will be held from December 1st to March 20th in the Fairhaven Bicycle Spin Studio (1108 11th Street), in the Fairhaven Historical district. For more information call Fairhaven Bicycle at (360)733-4433 and ask for Sam or Casey.

Bring: bike, trainer or rollers, towel, water bottle. Arrive at 6:15 to get set up.



Thursdays  
6:30-7:45pm  
\$5 per class  
\$25 for 6 classes  
\$50 for a seasons pass



Spin Classes are being held at Fairhaven Bike starting the first Thursday in December, led by Casey Palmer-McGee and Sam Waples.

Interval training, loud music, good company.

Space is limited so please call to reserve a spot: 360-733-4433

You must bring your own bike and a bike trainer or set of rollers. Plus towel & water bottle.

<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> Ferndale Social ride	<b>2</b> Wed Group Ride	<b>3</b> Edison Social Ride	<b>4</b>	<b>5</b> Donut Ride CX: Thanks Given'er
<b>6</b> Rabbit Ride Edison Social Ride <i>Hanukkah....</i>	<b>7</b>	<b>8</b> Ferndale Social ride	<b>9</b> Wed Group Ride	<b>10</b> Edison Social Ride	<b>11</b>	<b>12</b> Donut Ride Recumbent Ride
<b>13</b> Rabbit Ride Edison Social Ride	<b>14</b> Lights Viewing Ride	<b>15</b> Ferndale Social ride	<b>16</b> Wed Group Ride	<b>17</b> Edison Social Ride	<b>18</b>	<b>19</b> Donut Ride
<b>20</b> Rabbit Ride Edison Social Ride	<b>21</b>	<b>22</b> Ferndale ride <i>Winter Solstice</i>	<b>23</b> Wed Group Ride	<b>24</b> Edison Social Ride	<b>25</b> <i>Christmas</i>	<b>26</b> Donut Ride
<b>27</b> Rabbit Ride Edison Social Ride	<b>28</b>	<b>29</b> Ferndale Social ride	<b>30</b> Wed Group Ride	<b>31</b> Edison Social Ride	<b>January 1</b> New Year's Ride	<b>2</b> Donut Ride
<b>3</b> Rabbit Ride Edison Social Ride	<b>4</b>	<b>5</b> Ferndale Social ride	<b>6</b> Wed Group Ride	<b>7</b> Edison Social Ride	<b>8</b>	<b>9</b> Donut Ride Recumbent Ride CX: Bandit Cross
<b>10</b> Rabbit Ride Edison Social Ride	<b>11</b>	<b>12</b> Ferndale Social ride	<b>13</b> Wed Group Ride	<b>14</b> Edison Social Ride	<b>15</b>	<b>16</b> Donut Ride
<b>17</b> Rabbit Ride Edison Social Ride MBBC Annual Party	<b>18</b> <i>Milk Day</i>	<b>19</b> Ferndale Social ride	<b>20</b> Wed Group Ride	<b>21</b> Edison Social Ride	<b>22</b> MBBC February Newsletter Deadline	<b>23</b> Donut Ride Stinky Spoke Ride
<b>24</b> Rabbit Ride Edison Social Ride	<b>25</b>	<b>26</b> Ferndale Social ride	<b>27</b> Wed Group Ride	<b>28</b> Edison Social Ride	<b>29</b>	<b>30</b> Donut Ride
<b>31</b> Rabbit Ride Edison Social Ride	<b>February 1</b>	<b>2</b> Ferndale Social ride	<b>3</b> Wed Group Ride	<b>4</b> Edison Social Ride	<b>5</b>	<b>6</b> Donut Ride



## Mount Baker Bicycle Club

Post Office Box 2702  
Bellingham, Washington 98227

When you have finished with this newsletter, please pass it along to another cyclist. If you wish to read the newsletter online rather than receive a paper/mailed newsletter, please contact [mbbcnewsletter@mtbakerbikeclub.org](mailto:mbbcnewsletter@mtbakerbikeclub.org)