

This month's contributors: Hilary Higgins, Scott Dorough, Ken Giffin, Marie Kimball, Patti Mullin, Thanks All!



the club online:

www.mtbakerbikeclub.org www.chuckanutcentury.org

and our social sites:



facebook.com/ mountbakerbicycleclub



sports.groups.yahoo.com/ group/MtBakerBicycleClub



twitter.com/mtbakerbike



# MBBC

# **More Bicycling = Better Community!**

Mount Baker Bicycle Club Newsletter, Vol 23, Number 3, April 2014



he first signs of spring: robins on the lawn, light after 6pm, procrastinating working on our taxes, and the Tuesday Evening Ride returns!

Everyone's favorite, the Tuesday evening "Ramp-Up" ride returns for its eighth year. Begun in 2007 by Kathy Foster and Doug Schoonover, the original ride was for a small group dedicated to learning more group riding skills. It has now grown to become the largest MBBC ride, led by certified MBBC ride leaders who take several groups of different speeds and abilities on a 15-20 mile loop north of Bellingham. Start now and "Ramp Up" your speed and group-riding skills to prepare for a summer of riding.

The Tuesday ride will begin Aprill 8th, meeting at 5:45 pm. See details in the

Weekly Rides list on p. 2, including a map to the new starting location: the WCC parking llot near Eliza and Kellogg - close to the former start point at Bakerview & Northwest.

In addition, the **Thursday evening** "Going Up the County" ride begins April 3rd, for its second year. Join John and Rick as they lead out on the roads near Everson, Nooksack, Deming and routes that the "Up-County" folks know. Convenient for those up north, but all are invited for the 15-17 mph intermediate-paced ride. Details also on p. 2.

The Sunday "Long Slog" 11-14 mph ride will begin May 18th this year, and leaders Jennifer and Phred have new routes and goals in mind. Stay tuned for details in May.

# SPRINGTIME RIDES NEARBY

More signs of spring in our favorite riding places nearby. Springtime rides with tulip viewing, ferry riding, island hopping, and hill-climbing.

April 19 Tulip Pedal (La Conner) lovelaconner.com/events

April 26 Tour de Lopez (Lopez Island) lopezisland.com/tourdelopez.htm

Camano Climb (Camano Island) arlingtonvelosport.com Mav 3

Carpools often form for trips to the out-of-town rides. The carpool meetup is the Sehome Starbucks, with plan to depart an hour before the ride start time. The carpool to the Camano Climb will depart at 7am May 3rd. Check the MBBC Yahoo listsery group (see left column, p. 1) for information or confirmation about carpools to other rides.

## WEEKLY AND GROUP RIDES

the come on, Spring edition



**MBBC Club Rides -** participants are asked to sign a waiver and try out the ride -- then join the club after deciding if this is a ride you'll be attending regularly.

Tuesday Evening Ride: "Ramp-Up" begins
April 8. NEW starting location this year: WCC
northeast parking lot (see map). Meet 5:45pm
leave at 6pm. Distance and speed of the "rampup" group will initially average 15 to 17 mph,
distance 15-20 miles. Ride focus on the skills
necessary to ride in groups. We will concentrate
on safe riding practices, paceline skills, how to
overtake other riders and pass them in a safe
manner, and how to deal with traffic. information
from ride leader: Doug Schoonover 410-6431
or chuckanutcentury@mtbakerbikeclub.org. A
faster, more skilled-at-pacelining group will ride a
different route and average 18+ mph.

Wednesday Group Workout Ride: Race/Training Pace, 30 mile distance, meet at 5:45 pm, leave at 6pm from Boundary Bay Brewery at Railroad Avenue. Ride separates into fast (18+ mph) and very fast (21+ mph) groups. A moderate group (15-17 mph) leaves a bit earlier. Gather at brewery afterward (7:30p). information: Tim via email: t.ryan.2009@gmail.com

Thursday "Going Up the County" Ride 14-17 mph pace, 20 miles, First ride is April 3. Gather at 6pm at Immanuel Lutheran Church parking lot, 1/2 mile N of Mt. Baker Hwy on Hwy 9/Lawrence Road. This is a convenient ride for all you county folk in Everson, Nooksack, Deming... Led by John Okan and Rick Jacoby. more information: Jokan001@Luthersem.edu or 360-393-2435

Sundays "The Long Slog" Ride - will begin May
18 this year. This is a ride for slower - yet serious
- riders who want to build strength, distance,
and endurance. 11-14 mph, starting with 30 mile
distance in May, increasing over the summer.
More details in the May newsletter.

### OTHER LOCAL GROUP RIDES

**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

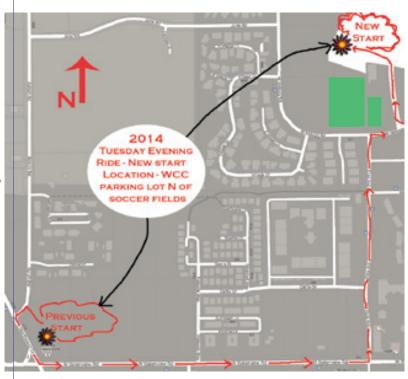
**Sunday Rabbit Ride**: 32mi road ride, South on Chuckanut, back via Colony and Lake Samish. All welcome; come prepared to push yourself. Pace varies by individual. Small similarly-paced groups leave from Fairhaven Bike & Ski beginning at 8:30 am. Faster riders leave between 8:45-9:00. Info: John Hauter, johnh@fairhavenbike.com 733-4433.

**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

**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, beginning March 1st will be back to the 7am start time. 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



# BIKE RIDES AND EVENTS IN 2014

### Bike Month (May - coming soon!)

National Bike Month - May 1-31 National Bike Challenge - May 1 - Sept 30 bikeleague.org/content/national-bike-challenge Procession of the Species parade - May 3 bpots.org/

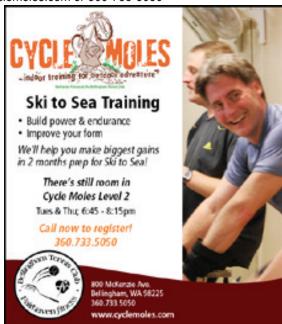
### Bike to Work and School Day - May 16

Volunteer to help make this year's Bike Day the best ever! Info: Mary Anderson 671-BIKE or Mary@everybodyBIKE.com www.biketoworkandschoolday.org/

Adaptive Cycle Expo - May 17, 11am-2pm Civic Fields Track watch for more Bike Month events to be announced in May.

### Classes & Training

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



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

April 5: Hands-On: Wheel Truing April 8: Plan an Overnight Bike Tour April 15: Bike Maintenance Basics April 19: Hands On: Drive Train

April 22: Triathlon Basics

everybodyBike Cycling safety and confidence classes: check the classes list at everybodybike.com/classes/

### Races

May - October BMX racing, Fri/Sat bellinghambmx.com May 25: Ski to Sea skitosea.com June 21: Kulshan Quest

recreationnorthwest.org/quest-adventure-races/kulshan-quest/

As of April 1st, some annual rides don't have their 2014 information updated yet. Check back every month as new rides are added and dates are finalized.

### 2014 Rides

### April

- 13 Daffodil Classic (Orting) twbc.org/
- 13 Gran Fondo (Goldendale) rideviciouscycle.com/events/
- 19 Tulip Pedal (La Conner) lovelaconner.com/events
- 19-20 Wenatchee Sampler (Wenatchee) redmondcyclingclub.org
- 26 Tour de Lopez (Lopez Island) lopezisland.com/tourdelopez.htm

### Mav

- 3 Camano Climb (Camano Island) arlingtonvelosport.com
- **4** Seattle Bike 'n Brews cascade.org/seattle-bike-n-brews
- 4 May Day Metric (Federal Way) maydaymetric.net
- 10 Skagit Spring Classic (Burlington) skagitspringclassic.org/
- 10 Tour de Cure (Redmond) main.diabetes.org/seattletourdecure/
- 10 Living the Dream Ride (Snohomish) livingthedreamride.org/
- **26** Seven Hills of Kirkland (Kirkland WA) 7hillskirkland.com/
- 31 Flying Wheels (Redmond) cascade.org/ride/major-rides

### June (watch for beginning of Summer Rides series)

TBD Fort 2 Fort (Port Townsend) fort2fortride.org/

- 7 High Tide Ride (Anacortes) hightideride.com
- 14 RALS Lake Samish, Bellingham cyclemoles.com
- 15 Bill's Hills of Bellingham MBBC Ride mtbakerbikeclub.org
- 28 Red-Bell 100 (Redmond to BHham) cascade.org/ride/major-rides

### July

- **12-13** Seattle to Portland cascade.org/ride/major-rides
- **16-20** RedSpoke (Redmond to Spokane) redspoke.org
- **26** Tour de Whatcom (Bellingham) tourdewhatcom.com
- 27 Tour de Kitsap (Silverdale) westsoundcycling.com
- 31 Ride Around Mount Rainier in One Day RAMROD redmondcyclingclub.org/

### August

- **2 3** Tour de Lavender (Kingston/Sequim) tourdelavender.com
- 3 9 Ride Around Washington (LaConner to Ilwaco) cascade.org
- 3 Ride the Hurricane (Port Angeles) www.portangeles.org
- 9 O'Donnell's Tour de Poker (Everett) bicyclepokerrun.com
- 15-16 RSVP 1 (Seattle to Vancouver BC) cascade.org
- 16-17 RSVP 2 (Seattle to Vancouver BC) cascade.org
- 24 TBD Woods to Woods Coffee Classic
  - (Bellingham, Lynden, Ferndale) everybodyBike.com

### September

- **6 7** MS 150 Bike Ride (Mt Vernon) nationalmssociety.org
- **14** Chuckanut Century (Bellingham) chuckanutcentury.org
- **14** Retro Ride & Concours d'Elegance (La Conner)
- 20 Tour de Whidbey (Oak Harbor) whidbeygen.org/wgh-foundation/
- 21 Kitsap Color Classic (Kingston) cascade.org/ride/major-rides



# FAREWELL, MARIE AND KEN! WE'LL MISS YOU!



Cycling = Joy

with the resulting attention helping to increase membership.

ry to find a photo of Marie Kimball without a smile on her face. If you're looking at photos when she's on her bike, you'll have a tough time finding one where she doesn't look absolutely joyful. That's because she's the poster girl for love of cycling, and she became that way during her 15 years in Bellingham.

When Marie came to Bellingham in 1999, her bicycling experience was as a bike commuter "on a cyclocross bike that was too big for me." After a couple years around town, she met MBBC members including our departed friend Bob Lindquist, as well as Doug Schoonover, Marc Ambers, Bill McCourt, John Whitmer. They showed her the ropes of road cycling and group riding. Marie was reminiscing with Doug last month while riding the McClinchy in Arlington, remembering that as a new group rider, Marie would turn her head to talk to another rider and would also turn her bike handlebars. Doug coached her on how to ride in a straight line! Bob coached her on how to spin, telling her to "get out of the big ring."

At that time, Ellen Barton was president of the MBBC and Marie joined and stepped up to help with organization of Bike to Work



Riding the Tourmalet at the Mount Bakery

and School Day. The club was much smaller, with a higher percentage of racers.

Riding the Tourmalet at the Mount Marie and other new board members, the club began taking on more and different aspects of local cycling. The Chuckanut Century returned to the umbrella of the MBBC a few years later,

The Wednesday ride adopted the wintertime "trail ride with lights" and began going all year. The Tuesday ride began in 2007, with Kathy and Doug leading.

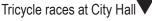
Marie became president of the MBBC in December 2009, and became interested in learning more about what types of bicycling programs were offered by larger clubs, specifically Seattle's Cascade club, the largest in the country. Marie became a ride leader and ride referee with Cascade, and considered what pieces of their programs might work with the MBBC. Marie began working on a ride leader program for the MBBC in 2011, and finally brought it to fruition at the end of 2012, with the first training class producing a crew of ride leaders in time for the 2013 riding season.

On March 25, 2014, Marie's MBBC legacy came to an end, after 4 years as president and nearly 10 years more on the board. She and Ken have moved their possessions, including bikes, skis, and a lot of lycra, into a truck and trailer and have set out to travel (and bicycle) the country for the forseeable future.

The MBBC President position is now open; Marie leaves some big cleats to fill! In the short term, the MBBC board has divided up Marie's tasks and will collaborate on running the club.











continued from p. 4

Marie says "it has been an honor and a pleasure being in the MBBC; I have made friends for life." But the honor and privilege has been ours - the MBBC and cyclists in our community have been lucky for Marie's relentless efforts advancing cycling in Whatcom County.

We wish all the best to Marie and Ken in their new life-of-leisure and hope to see them somewhere out on the road! Since Cycling equals Joy, we expect all future photos taken of Marie and Ken will be shining with those familiar big smiles.

Marie's last ride as Ride Leader was the memorial ride for Mike Ratayczak and bike shelter dedication. It was a memorable day for all.



# For Mountain bike or Road riders, these shelters are offered due to the generosity of the following:

Michael Ratayczak Family Carlson Steel o **Hardware Sales** Mt. Baker Bicycle Club O Whatcom Transit Authority Amior Project of Jessie Pemble - Class of 2013 O Dedicated 3/23/14

Dedication plaque put onto the new bike shelters at Bellingham High School Jessie Pemble and Neaven Ratayczak pose in front of the shelters with Marie

MBBC riders at the new shelters at Bellingham High School





### Welcome new members

Alexandria Bowmer

**Anthony Bowmer** 

MaryMargaret Bowmer

Stuart Bowmer

Steve Crogan

**Gary Fralick** 

Susanne Lucke

Mike Murphy

Jen Lois Reinholtz

Tim Reinholtz

David Schneider

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

### Mount Baker Bicycle Club Board of Directors and Officers: (position open) - President

(position open) - President Scott Dorough - Vice President Jennifer Longstaff - Secretary/Membership Brian Christensen -Treasurer Eric Stromerson - Rides Coordinator (position open) - Events Coordinator Hilary Higgins, Bill McCourt, Patti Mullin, Tim Ryan -- at large

### **Committees:**

Chuckanut Century: Doug Schoonover Media; Bellingham Marathon Escorts: Greg Rehm NW Tandem Rally 2015: Jennifer Longstaff Graphic Design: Tim Ryan

#### **Contacts:**

Information-- bikebeham@gmail.com
Chuckanut Century -- (360 410-6431)
chuckanutcentury@mtbakerbikeclub.org
Newsletter -- mbbcnewsletter@mtbakerbikeclub.org
Tandem Rally 2015 - director2015@nwtr.org

# Contribute to the MBBC newsletter submission guidelines:

attention: membership

Bellingham, Washington 98227

Post Office Box 2702

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 (mbbcnewsletter@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.

**ADMINISTRA** 

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 For New Member   |   | ee member benefits and download membership forn<br>at: mtbakerbikeclub.org/membershi |  |  |
|--|---|--|--|--|
| ast name: First  | name:   | Membership type:   |  |  |
| Address:   |   | Wembership type.   |  |  |
| Dity:State:  | Postal Code:  | Individual: \$15   |  |  |
| E-mail:  |   | Family/Associate: \$25   |  |  |
| Contact telephone number:  |   | Additional Donation: (donations support community bicycling programs)                |  |  |
| Associate member:  An associate member is any person living at the same add                                | ress as the individual member)                            |  |  |  |
| would like to receive my newsletter via (choose one): ☐ or Nould you like to help? Volunteers are our most | Please enclose a check payable to: Mt. Baker Bicycle Club |  |  |  |
| Please check any of the boxes that appeal to you Board Member  | and we will be in touch:                                  | Mail to: Mt. Baker Bicycle Club  |  |  |

Mt Baker Bicycle Club - April 2014

I can provide discounts on

Special Events

☐ Chuckanut Century ☐ Bike to Work and School Day

☐ Tandem Rally 2015 ☐ Education



# LET'S GO PLAY IN THE SNOW!

Yes, spring is here and there are lots of bike rides coming up, but there's still some snow up on Mount Baker and there's a "last gasp of winter" outing being organized.

So let's go play in the snow! Bring your gear, whether xcountry skis, snowshoes, downhill skis, snowboard, sleds, boots, toboggans... whatever makes you happy in the snow.

Meet in the old Cost Cutter parking lot (E Sunset Drive and Orleans) at **7am Saturday morning**, **April 12**, to carpool.

Bring snacks and/or money for snacks, but more importantly, après ski beer at either White Salmon or upper lodge (to be determined on the day based on snow conditions

and weather).

in the snow may be hazardous and you join this outing at your own risk and the MBBC will be held harmless! (OK, glad we got that out of the way!)

For more information, contact Hilary: bikebeham@gmail.com.

### **2014 EVENTS**

continued from p. 3

June 28: Lake Padden Triathlon

www.cob.org/services/recreation/races/padden-triathlon.aspx

June 29: Bellingham Kids' Traverse

recreationnorthwest.org/bellingham-kids-traverse

TBD: Padden Mountain Pedal facebook.com/PaddenMtnPedal

August 3: Bellingham Youth Triathlon

www.cob.org/services/recreation/races/bellingham-youth-triathlon.aspx

Sept 20: Bellingham Traverse

recreationnorthwest.org/bellingham-traverse

### **Gatherings**

Pedaler's Fair (Seattle): May 3 pedalersfair.com

### Trail and Track Work Parties

 Whatcom Mountain Bike Coalition (WMBC) wmbcmtb.org/trail-days/

April 4 - Lower Whoopsie Woodle (noon)

April 5 - Grasshopper

April 13 - Larrabee

April 27 - SST (Galbraith)

May 17 - Larrabee

June 7 - National Trail day - Blanchard

- Bellingham Parks Dept.360-778-7105 and cob.org/government/public/Volunteer/parks/schedule.aspx
- Bellingham BMX course work bellinghambmx.com

# **MBBC JERSEYS CLEARANCE SALE!**

The club has several jerseys remaining from its initial order last year, and before taking orders for a new shipment of jerseys, we're looking into liquidating our existing stock.

We have the following "not-so-popular" sizes left. If you would like one, contact Scott Dorough and leave a message on his landline: 360-647-9624, including the size you would like to reserve (first come first served, these will go fast!) and your contact information. Scott will get back with you to arrange pick-up or mailing of the jersey.



Sale price: \$50 if you pick up (arrangements can be made for pick-up at a weekly ride; discuss with Scott) or \$60 if mailed.

Checks made out to Mt Baker Bicycle Club.

## About Scudo Sizing:

**Club Fit:** a relaxed fit with more room in the shoulders and midsection for the more casual rider.

**Race Fit:** is designed to be worn close to the rider's body without inhibition of movement. It is also cut shorter in the length to keep the jersey at the waist.

Scudo size charts:

scudopro.com/amazon/length\_measurement\_for\_men\_jersey.png scudopro.com/amazon/length\_measurement\_for\_women\_jersey. png

| Sunday   | Monday                             | Tuesday  | Wednesday                   | Thursday  | Friday              | Saturday   |
|--|------------------------------------|--|-----------------------------|---|---------------------|--|
| W.   | ***                                | April 1 Ferndale social ride   | <b>2</b><br>Wed Group Ride  | 3<br>Up-County Ride<br>begins for 2014!<br>Edison Social Ride | 4<br>WMBC Trail Day | 5<br>Donut Ride<br>WMBC Trail Day<br>REI WheelTruing class     |
| 6<br>Rabbit Ride<br>Edison Social Ride   | 7                                  | 8 Tues Ramp-Up Ride begins for 2014! Ferndale social ride REI bike trip planning | 9<br>Wed Group Ride         | 10<br>Up-County Ride<br>Edison Social Ride                    | 11                  | Donut Ride Recumbent Ride Snow Day (unofficial)                |
| 13 Rabbit Ride<br>Edison Social Ride<br>Daffodil Classic<br>Fondo Goldendale<br>WMBC Trail Day | 14<br>Passover<br>Begins           | Tues Ramp-Up Ride<br>Ferndale social ride<br>REI basic BikeMaint                 | <b>16</b> Wed Group Ride    | 17<br>Up-County Ride<br>Edison Social Ride                    | 18                  | Donut Ride REI Drive Train class Tulip Pedal Wenatchee Sampler |
| 20 Caster<br>Rabbit Ride<br>Edison Social Ride   | MBBC May<br>Newsletter<br>Deadline | 22 Earth Day Tues Ramp-Up Ride Ferndale social ride REI Triathlon class          | <b>23</b> Wed Group Ride    | 24<br>Up-County Ride<br>Edison Social Ride                    | 25                  | 26<br>Donut Ride<br>Tour de Lopez                              |
| 27Rabbit Ride<br>Edison Social Ride<br>WMBC Trail Day  | 28                                 | 29<br>Tues Ramp-Up Ride<br>Ferndale social ride                                  | <b>30</b><br>Wed Group Ride | May 1<br>Up-County Ride<br>Edison Social Ride                 | 2                   | 3 Donut Ride<br>Camano Climb<br>Pedaler's Fair                 |





Bellingham, Washington 98227

Welcome to Bellingham
Now Get on Your Bike!

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sunshine brighten your printing!







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

