



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Volume 23, Number 6, July 2014

FOURTH OF JULY

Ride ► Lunch ► Ride ► BBQ party.

July 4th, 2014; Ride first, BBQ party afterward

Meet at 8:30 am at the WFC Feedstore (at Fairhaven Parkway and I-5), then at 8:45 am at Fairhaven Park. We'll ride down Chuckanut Drive to lunch in beautiful downtown La Conner, then back. 60 mile round trip.

Everyone rides at his/her own pace, meeting up in La Conner for lunch together at a restaurant to be announced at the start.

Following the ride, Hilary has offered her yard for a good ol' July 4th BBQ. Hilary's house is walking distance from the WFC, so you can leave vehicles there and walk over. BYOB and something to grill or a dish to share. Firepit and s'mores and maybe even some music, who knows! Spouses, kids welcome. More details from Hilary: 933-4310 or bikebeh@gmail.com

Celebrate Independence Day and our great summer weather with an MBBC ride and BBQ.



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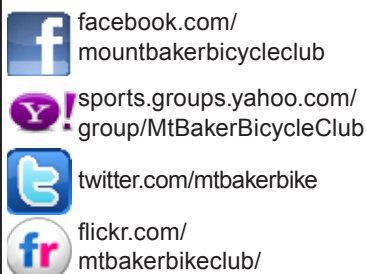
This month's contributors:
Heather Andersen, Mary Anderson, Emma Crowley, Hilary Higgins, Louise McGrody. Thanks All!



the club online:

www.mtbakerbikeclub.org
www.chuckanutcentury.org

and our social sites:



Book Reading and Slideshow, REI, July 28
I Never Intended to be Brave



One Woman's Bicycle Journey: Forging a path through lands and life

It's not often that a woman unexpectedly finds herself bicycling solo through southern Africa and forging her own path through foreign lands--and life, but this is exactly what happened to Heather Andersen. Heather will share her story about following her dream despite society and nearly everyone she loved questioning her safety--and sanity. By trusting her intuition and the kindness of strangers, she was able to see southern Africa

up close and personal, much more intimately than on any safari. Heather's memoir *I Never Intended to Be Brave: A Woman's Bicycle Journey Through Southern Africa* has won four book awards.

Heather will present a reading and a slideshow of photos from her southern Africa travels at the Bellingham REI on July 28, 6:00-7:15pm. The presentation is free, but space is limited so sign up early. Books will be available for sale (\$15) and signing.

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WEEKLY AND GROUP RIDES



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. Helmets are required on MBBC Club Rides.

Sunday Long-Slog Ride: Group ride for slower, but serious, riders who want to build strength and endurance. Pace averages 11-14 mph, and distance ~50 miles in July, increasing to reach 70+ miles in September. Meet 8:50am, leave 9:00am from Boulevard Park, near the bike racks behind Woods Coffee. Check MBBC website for weekly ride details. info: mbbcnewsletter@mtbakerbikeclub.org, 360-961-6684. (note: due to ride leader vacations, no Slog Ride on July 6 or 13).

Tuesday Evening Summer Ride: start at WCC northeast parking lot north of Kellogg and Eliza. Meet 5:45pm leave at 6pm. Distance 15-20 miles; faster group 18-20+ mph, moderate group 16-18 mph and 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: Doug Schoonover 410-6431 or chuckanutcentury@mtbakerbikeclub.org.

Wednesday Group Workout Ride: Moderate to fast pace 16-18 mph, 30 mile distance, meet at 5:30 pm, leave at 5:45 pm from Boundary Bay Brewery at Railroad Avenue. (another - faster - group leaves at 6pm and is not affiliated with the MBBC.) From late-September through March this is a night trail ride with lights. Re-group at brewery afterward (7:30 pm). Contact: Tim Ryan, t.ryan.2009@gmail.com.

Thursday "Going Up the County" Ride 14 -17 mph pace, 20 miles, April - September. 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: Joka001@Luthersem.edu or 360-393-2435

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. Those who estimate a 2-or-more-hour ride time leave at 8am. Faster groups leave every 5 minutes thereafter. Info: John Hauter, johnh@fairhavenbike.com 733-4433.

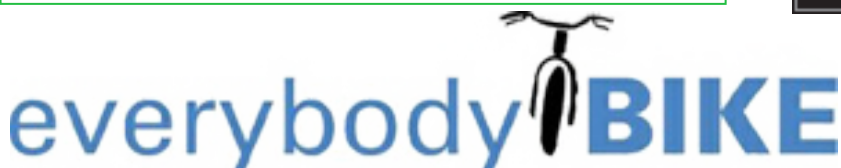
Tuesday Ferndale Social Ride: starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. Start time either 9am or 10am. To check time and other info: Bob Parker rmp-4724@hotmail.com or 360-671-6910

Tuesday Hot Laps 30-40 miles, race pace. Training ride departs from Kulshan Cycles at 6pm to a practice road race course. Summer months only.

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

Check back every month as new rides are added and dates are finalized.

Classes & Training

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

July 13: Hands-On Bicycle Maintenance: Drive Train

Cycle Moles Summer Training - "Moles" Ride the Tour starts July 5th for Tour de France 2014.



Ride the Tour CHALLENGE!

Watch the live Tour while you ride the day's profile all in one hour. We ride every day the Tour is on.

Daily Prizes! Trivia! Teams!

7 - 8am daily - ONLY 6 spots left!
Starts July 5th.
Big Challenge...so much Fun!

**Call now to reserve!
360.733.5050**



800 McKenzie Ave.
Bellingham, WA 98225
360.733.5050
www.cyclemoles.com



Races

July 13: Padden Mountain Pedal

nwmtbseries.com/RaceDetails/Padden

August 3: Bellingham Youth Triathlon

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

Sept 20: Bellingham Traverse

recreationnorthwest.org/bellingham-traverse

Gatherings

I Never Intended to be Brave - book reading, signing, and slideshow: July 28, 6pm, Bellingham REI (see p. 1) pre-registration required

Gigantic Bicycle Festival (Snoqualmie): Aug 22-24
giganticbicyclefestival.org

Trail, Parks, and Track Work Parties

- Bellingham Parks Dept. 360-778-7105 and cob.org/government/public/Volunteer/parks/schedule.aspx
July 1, 15, 19; 6:30 pm; Woodstock Farm
July 2, 16, 30; 10am: Big Rock Garden Park
- Bellingham BMX - course work - bellinghambmx.com
- Washington Trail Association wta.org/volunteer
July 5 - Hannegan Pass
July 12, 13 - Yellow Aster Butte
July 24 - Rock Trail at Larrabee State Park

2014 Rides

July

- 3 - 6** Northwest Tandem Rally 2014 (Pendleton, OR) nwtr2014.com
- 12-13** Seattle to Portland cascade.org/ride/major-rides
- 13** everybodyBike Summer Ride *Chocolate Detectives*
- 16-20** RedSpoke (Redmond to Spokane) redspoke.org
- 18 - 20** Mountain Bike Oregon(part 1) mtbikeoregon.com/
- 20** Prospera Valley Gran Fondo (Ft Langley, BC) valleygranfondo.com
- 26** Tour de Whatcom (Bellingham) tourdewhatcom.com
- 26** Triple Crown for Heart (Vancouver, BC) triplecrownforheart.ca
- 27** everybodyBike Summer Ride *Lights-Cameras-Bicycles*
- 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** Ride Ataxia (Seattle) rideataxia.org/seattle
- 3 - 9** Ride Around Washington (LaConner to Ilwaco) cascade.org
- 3** Ride the Hurricane (Port Angeles) www.portangeles.org
- 8-10** Obliteride (Seattle) obliteride.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
- 13** Ride Around the Sound (Seattle/Tacoma) ridearoundthesound.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

October

- 4** Manastash Metric Century/Half (Ellensburg) drier-ride.org
- 4** Kettle Mettle (Penticton) kettlemettle.ca
- 25** Boneshaker (La Conner) boneshakerbikefest.com



Film Request from Hilary:

Hey Folks,

I'm working on a very basic idea for a film project about bicycles and cycling events and I need video footage of bike events around

Bellingham to make a pitch. If you have any cool footage and are willing to share, please let me know.

360 933 4310 or bikebeh@gmail.com.

2014 BIKE TO WORK AND SCHOOL DAY - WRAP-UP

We counted 9,004 participants for Bike to Work and School Day 2014! Big thanks to all the volunteers and sponsors who help make this day possible. Thanks also to the Mount Baker Bike Club for buying helmets for kids. The kids were really appreciative! The MBBC also donated 20 bike lights to the Everson bike station.

Listed below are the sponsors for Bike Day 2014. Thank them for their support of our cycling community!

Adventures Northwest/ John D'Onofrio	Deals Only	Jim's Automotive Experts	Rudy's Pizzeria
American Alpine Institute	Dakota Art	Little Caesar's Pizza	Service Pro Inc.
Aqua Island Technologies	Daylight Properties	Little Cheerful Cafe'	Skylarks Hidden Cafe
The Bagelry	Eclipse Bookstore:	Little Tiger Toys	Subway
Bellingham Athletic Club	Everson Dental Clinic	Master's Blend Coffeehouse	Superfeet
Bellingham Cycle Works	Everson Market	Mod Socks	Sustainable Connections
BikeSport Bellingham	Extremes Sports Grill	Mount Bakery	Terra/Public Market
Birch Bay Waterslides	Fanatik Bike Co.	Mount Baker Bicycle Club	The Table
Brambleberry	Fairhaven Bike and Ski	Nooksack Valley Animal Hospital	The RE Store
Boundary bay Brewery	Fairhaven Runners	Nylatech	The Upfront Theatre
Cafe 544	Friends of Everson Library	Old Town Cafe	Tony's Coffee
Casa Que Pasa	Good to Go Meat Pies	Quicksilver Photo Lab	Valley Coffee Co.
Clif Bar & Company	Great Harvest Bread	Pepper Sisters	Valley Drug
Cliff House	Grocery Outlet	Peoples Bank	Village Books
Colophon Cafe	Henderson Books	Rolfing Works	Westside Pizza
Community Food Co-Op	Jack's Bicycle Center	Roberts Bicycle Repair	WECU



2014 BILL'S HILLS RIDE - WRAP-UP

All hail this year's KOM (King of the Mountain) Magnus Collander for being the first to conquer the final climb on June 15th's 100-mile, 10,000-ft-of-climbing ride. Congrats also to Tim Ryan and Rod Cheney who completed the whole course. Kudos to the other starters: Jeff T, Shawn L, Matt V, Dennis U, Hilary H, Cheryl B, and Marc A.

Thanks again to Bill McCourt for organizing the ride and arranging the rest stops, to Doug for riding SAG with Bill, and to the rest stop servers. Everyone work on those legs for next year!



UPCOMING EVENTS

continued from p. 1

About the book and the author: bicyclingheather.com

Sign up for the event at REI: rei.com/event/58148/session/93710 or find it on the July calendar at rei.com/stores/bellingham.html



Tour de Whatcom - July 26 - from a new starting location

The Tour de Whatcom is back for its ninth year, and again, proceeds will benefit the Whatcom Mountain Bike Coalition (WMBC). The 105-mile loop, the 44-mile out-and-back, and the 22-mile out-and-back rides begin at the downtown Farmers Market this year. tourdewhatcom.com



Inaugural Ride to fight Friedreich's Ataxia (FA) - August 3, Seattle

Five, ten, 22, and 53 mile route options. Fully stocked rest stops, strong SAG support, and delicious post ride food prepared by Outback Steakhouse. Fee: \$45 Regular Priced Cyclist (No Fundraising Minimum) or \$25 Reduced Price Cyclist (With \$200 Fundraising Minimum); increases by \$5 after 7/3/14 and \$10 on day of ride. Includes ride, lunch, and event tshirt. Fundraising benefits the Friedreich's Ataxia Research Alliance (FARA).

Friedreich's ataxia (FA) is a debilitating multi-system disease and the most common type of inherited ataxia. 1 in 100 people are carriers of the FA gene. What begins as difficulty with balance and coordination progresses over a short period of time to a life altering loss of mobility, energy, speech and hearing, robbing children and young adults of the ability to live active lives. FA also presents serious risk of diabetes and life shortening cardiac disease. As of today, there is no treatment or cure. Fundraising to support FA research is strongly encouraged, but not required.

For details including route maps and registration, visit: rideataxia.org/seattle

Messages from WA Bikes (formerly Bicycle Alliance of Washington):

Thank you for participating in your local Bike to Work or Commute Challenge event! Numbers count, and your involvement helps raise the awareness of bicycling in your community.

Numbers count in Olympia as well when it's time to pass better laws and get more funding for bike lanes and trails. That's why we're inviting you to be counted as a member of Washington Bikes. As a Bike to Work participant, you have an opportunity to support a bike-friendly state with our special introductory membership offer of \$20.

Your tax-deductible membership funds legislative advocacy, education and safety programs, and lets us represent the interests of people who bike (that's you!). At around the price of two bike tubes, think of it as the piece of bike gear you need to make everything else work better.

This offer is good through July 31, 2014. When you join you'll be entered in a drawing to win prizes including extra-long reflective mud flaps for your fenders, WA Bikes coffee mugs, and more. Visit our Special Membership Offer form and join people like you who are investing in better bicycling.

wabikes.org/special-offer-bike-challenge-participants/

Coming Soon: Amtrak Roll-On Bike Service

Have you dreamed of traveling to a distant state by train with your bike, but cringed at the thought of having to box your bike for the journey? Dream again. Amtrak roll-on bike service is on its way!

Amtrak announced plans to include bike storage racks on its new long distance equipment. The new baggage cars will be installed on all 15 long distance routes by the end of 2014. That includes the Coast Starlight and Empire Builder routes serving Washington state.

WA Bikes executive director Barb Chamberlain is looking forward to switching to trains for her long distance travels. "Roll-on bike service will make me choose Amtrak over air travel every chance I get. I've been waiting for this to transform my vacation choices. This will open up a huge market for Amtrak since bike travel is growing like crazy."

Bicyclists traveling by train in western Washington and Oregon have been accustomed to roll-on bike service on Amtrak Cascades service sponsored by WSDOT and ODOT. All Amtrak routes in Washington will have roll-on bike service with the expansion to Coast Starlight and Empire Builder routes.

wabikes.org/2014/06/24/coming-soon-amtrak-roll-on-bike-service/



Mt Baker Bicycle Club - July 2014 5



MBBC ADMINISTRATION

Welcome new members

Marc Ambers (welcome back!)

Russell Dunn

Andrea Fenwick

Jerry Fenwick

Lisa Johnson

Jake Koppenberg

Alexis Neuman

Jerry Shiner

Matt Vann

We're glad to have you in the MBBC!

Mount Baker Bicycle Club Board of Directors and Officers:

(position open) - President

Scott Dorough - Vice President

Jennifer Longstaff - Secretary/Membership

Brian Christensen - Treasurer

Eric Stromerson - Rides Coordinator

Hilary Higgins, Bill McCourt, Tim Ryan -- at large

Committees:

Chuckanut Century: Doug Schoonover

Media; Bellingham Marathon Escorts: Greg Rehm

Media; 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:

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.

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 2014

see member benefits and download membership form
at: 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 ☐ Tandem Rally 2015 ☐ 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

12TH ANNUAL TOUR DE FRANCE VIEWING AT THE MOUNT BAKERY

If you're looking for an early morning bike-racing-fix experience you won't forget, come down for the Mount Bakery's complete coverage of the race, camaraderie of other local bicyclists, and fresh croissants right out of the oven. July 5 through July 27 on ride days.

Morning live viewing begins when the day's race begins. Other than rest days, Mount Bakery will be open at 5am at the latest. Caffeine from open onwards, pastries as they're delivered from the Fairhaven Mount Bakery, and full breakfast starting at 7am. Drawings for prizes daily, more Hi-Definition TVs, and even extra viewing capability from the Pickford on those popular Mountain Stages days!

Join Vince and the gang for the twelvth year! We would love to thank our biggest supporter and sponsor this year: Our Yellow Jersey sponsor: - Bikesport Bellingham at 2416 Meridian St.



SUMMER RIDES ARE BACK!



EASY, SOCIAL, BIKE RIDES—EVERY OTHER SUNDAY.

everybodyBIKE presents Summer Rides, easy themed social rides of about 7 miles. The 2014 series runs every other Sunday, June through August. July's rides are:

July 13 1pm, Fairhaven Village Green *Chocolate Detectives*

July 27: 1pm, Lightcatcher Building

everybodyBike.com

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		July 1 Tuesday evening Summer Ride Ferndale social ride COB Parks work	2 Wed Group Ride COB Parks work	3 Up-County Ride Edison Social Ride NW Tandem Rally Pendleton 2014	4 <i>Independence Day</i> July 4th Ride	5 Donut Ride WTA Trail day Tour de France begins
6 Rabbit Ride Edison Social Ride	7	8 Tuesday evening Summer Ride Ferndale social ride	9 Wed Group Ride	10 Up-County Ride Edison Social Ride	11	12 Donut Ride Recumbent Ride WTA Trail day STP day 1
13 Rabbit Ride Edison Social Ride eBike Summer Ride REI Bike maint class WTA Trail day Padden Mtn Pedal	14	15 Tuesday evening Summer Ride Ferndale social ride COB Parks work	16 Wed Group Ride COB Parks work RedSpoke begins	17 Up-County Ride Edison Social Ride	18 MBBC August Newsletter Deadline	19 Donut Ride COB Parks work
20 Rabbit Ride Edison Social Ride Long Slog Ride Prospera Fondo	21 REI class: bike maintenance basics	22 Tuesday evening Summer Ride Ferndale social ride	23 Wed Group Ride	24 Up-County Ride Edison Social Ride WTA Trail day	25	26 Donut Ride Tour de Whatcom TripleCrown for Heart
27 Rabbit Ride Edison Social Ride Long Slog Ride eBike Summer Ride Tour de Kitsap	28 Heather Andersen reading at REI	29 Tuesday evening Summer Ride Ferndale social ride	30 Wed Group Ride COB Parks work	31 Up-County Ride Edison Social Ride RAMROD	August 1	2 Donut Ride Tour de Lavender



Mount Baker Bicycle Club

Post Office Box 2702
Bellingham, Washington 98227

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



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..