



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Vol 22, Number 7, August 2013

The
best
thing
about
living
here
is
the

SUMMER RIDING!



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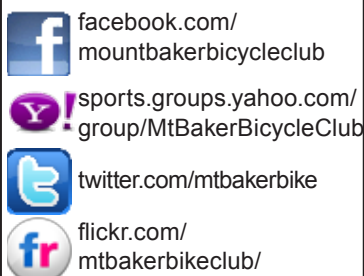
This month's contributors:
Ellen Barton, Eva Giselle,
John Hauter, Megan Lee,
Ken Rasmussen, Robin
Robertson, Kathy Salisbury,
Doug Schoonover, Melanie
Swanson. Thanks All!



the club online:

www.mtbakerbikeclub.org
www.chuckanutcentury.org

and our social sites:



Sunday, September 15, 2013

www.chuckanutcentury.org

Chuckanut Century coming up - early registration closes September 1st!

Planning is moving right along for the Chuckanut Century. Doug has posters ready to distribute and would appreciate folks willing to put them up around town and nearby. 360-410-6431 contact Doug.

Also: early registration closes September 1st, so sign up soon to get a discount and to guarantee a tech-fit shirt. And remember, MBBC members can take an additional \$5 off your registration fee!

WEEKLY AND GROUP RIDES

- SUMMER SCHEDULE



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

Tuesday Evening Summer Ride April-September, begins Whidbey Island Bank, corner of Bakerview & Northwest. Meet 5:45pm leave at 6pm, distance 15-20 miles We divide into 4 or 5 groups according to estimated rider speed. Speed groups of 18+ mph, 16-18, 14-16, and sometimes 12-14 mph if many people show up to ride. 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

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) goes with Doug, John, or Patti leading. Gather at brewery afterward (7:30p). 360-410-6431 info (Doug) - (in the winter, the Wednesday ride is a trail ride with lights.)

Thursday "Going Up the County" Ride 14-17 mph pace, 20 miles. 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 you county folk in Everson, Nooksack, Deming and...There have been requests for a shorter/slower option and that may happen later in the summer. Ride leaders: John Okan and Rick Jacoby. more information: Joka001@Luthersem.edu;360-393-2435

alternate Sundays "The Long Slog" Ride - every other Sunday through September. 12-14 mph pace, 40-50 miles in June, increasing to 70-80 miles by September. Start 9am at Boulevard Park. This is a ride for slower - yet serious - riders who want to build strength and endurance. This may sound like a "social" pace but we'll be pushing ourselves with some hills and sprints. Ride leader: Jennifer Longstaff. information: mbbcnewsletter@mtbakerbikeclub.org; 360-961-6684. Remaining dates: Aug 11 & 25 (on 8/25 we'll do the Woods2Woods Ride); Sept 8 & 22.

More weekly rides in the area:

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 8am (spring/summer start time). Faster riders leave between 8:15-8:30. Leader John Hauter, info: 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 Ride: 30-40 miles, race pace. Training ride departs from Kulshan Cycles at 6pm to a practice road race course. Summer months only. Check at Kulshan for ride details in 2013.

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, 7:30 am Oct thru Feb and 7 am March thru Sept. 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. Sporadic depending on weather. Info: Robert Parker at rmp-4724@hotmail.com or 360-671-6910

Do you do the Sunday Rabbit Ride? Join the Strava Group!

From John Hauter from Fairhaven Bike & Ski: We are creating a Strava group for the Sunday Rabbit Riders.

Strava is an online app that allows you to track your time, mileage, elevation, and many other aspects of your ride. We will be posting the recorded times on the comments section of the club page and all you have to do is enter the information under your name to get it to show on your account.

If you are interested, follow the link below and create an account. If you already have a Strava account, simply search "Fairhaven Bike Club" under "Clubs" to get connected!

app.strava.com/clubs/fairhaven-bike-club

BIKE RIDES AND EVENTS IN 2013

Classes, Training, Gatherings

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

- August 12: Bike Maintenance Basics

Trail Work Parties - led by the Bellingham Parks Dept.
August 7, 8, 14 information: 360-778-7105 or
cob.org/government/public/volunteer/parks/schedule.aspx

Fanatik Women's Rides - Aug 14 & 28, Sept 25. (p. 4)
Women's CX Festival - Aug 11, Kenmore www.wawcx.org

Races

Parks & Recreation Race Series

see www.cob.org/services/recreation/races/

August 10: Bellingham Youth Triathlon
October 13: Klicks Mountain Bike Duathlon
October 13: YMCA Youth Duathlon

Sept 21: Bellingham Traverse bellinghamtraverse.com

More Rides in August - further away

- 3** Eight Lakes Leg Aches (Spokane) lcsnw.org/8lakesride
- 4** Mt. Shasta Century (Mt Shasta CA) shastasummitcentury.com/
- 16-18** Mountain Bike Oregon(part 2) mtbikeoregon.com/
- 18** Portland Century (Oregon) portlandcentury.com/
- 24-25** Ride Around Puget Sound (Tacoma) rapsodybikeride.com/
- 25** Bainbridge Challenge (Winslow WA) summerchallengeride.org


2013 Rides

August

- 3-4** Tour de Lavender (Sequim WA) tourdelavender.com
- 3-10** Ride Around Washington (Republic WA) cascade.org
- 4** Ride the Hurricane (Port Angeles) portangeles.org/ride-the-hurricane.html
- 9-11** Ride for Cancer Research (Seattle/Tacoma) obliteride.com
- 10** O'Donnell's Tour de Poker (Everett) bicyclepokerrun.com/odonnells
- 11** Roasters & Red Tails Ride (Ferndale) everybodyBike.com
- 16-17** RSVP 1 (Seattle to Vancouver BC) cascade.org * sold out
- 17-18** RSVP 2 (Seattle to Vancouver BC) cascade.org
- 18** Retro Ride & Concours d'Elegance (La Conner) kayakfit@fidalgo.net
- 24-25** Ride Around Puget Sound (Tacoma) rapsodybikeride.com
- 25** Woods to Woods x 14 Coffee Classic Summer Ride Finale (Bellingham, Lynden, Ferndale) everybodyBike.com

September

- 2** Perimeter Ride of Seattle (PROS) cyclistsofgreaterseattle.org
- 7-8** MS 150 Bike Ride (Mt Vernon) bikemsnorthwest.org
- 8** Mt Baker Hill Climb (Glacier) norka.us
- 14** Sustainable Connections Whatcom Farm Tour - do it on bike!
- 14** Passport to Pain (P2P) (Vashon Island) vashoncrew.com/p2p/
- 14** Ride Around the Sound (West Seattle) ridearoundthesound.org
- 15** Chuckanut Century (Bellingham) chuckanutcentury.org
- 21** Tour de Whidbey (Oak Harbor) whidbeygen.org/wgh-foundation/tour-de-whidbey
- 22** Tour de Victoria (Victoria BC) tourdevictoria.com
- 29** Kitsap Color Classic (Kingston) cascade.org



Indoor Training for Outdoor Adventure!



August Cycle Moles
Level 1 - 60min; Mon & Wed 7:00am
Level 2 - 90min; Race & Climb; Tue 6:45pm

Fall Cycle Moles *NEW!* | 9/8 - 10/31 (2 mos)
Level 1 - 60min; Mon & Wed 7:00am

Cycle & Sculpt 1/2 cycling (on bike)
1/2 strength (off bike)
Level 1 - 60min; Tue & Thu 7:00am
Level 2 - 90min; Mon & Wed 6:45pm

Winter Cycle Moles | 11/4 - 2/28 (4 mos)
Level 1 - 60min; Mon & Wed 7:00am
Level 2 - 90min; Tue & Thu 6:45pm

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








sunshine
brighten your printing!

sunshineprinting
207 west holly street
bellingham, wa 98225
phone 360.671.0198
fax 360.667.4065



NEWS AND EVENTS AND MORE NEWS AND THINGS FOR AUGUST!

SEEKING PRESENTERS FOR WINTER BIKE SERIES

It's hard to believe we're thinking of winter already, but Ellen Barton and everybodyBIKE are already planning the winter bike travel series, and are looking for presenters.

Sign up to share your stories of where your bike took you and how you made your pedaling dreams come true. Here are some of the shows planned so far, to be scheduled from January to April 2014:

- Cycling Southern France
- Cycling through Burma
- Bellingham to Boston
- Women Bicycle to Baja

Call or e-mail: only four slots left!
671-BIKE or info@everybodyBIKE.com

*submitted by Ellen Barton
Bicycle and Mobility Program Manager*

Mountain Bike Shoes - free to a good home

Rick Nolan has two pairs of mountain bike shoes, and he's offering them to an MBBC member who will use them.

The first is a pair of Sett'e mountain bike shoes (without pedal cleats). Size 45 mens with two removable blunt metal spikes in the front of each shoe. I got them with some pedals; I think the owner said he wore them once.

The other is a pair of ladies Lake mountain bike shoes; new in box. Size 40.5, but I think they run small.

If you will use the shoes (not just let them sit around), contact Rick at ranger.rick@comcast.net or (360)961-7039 to see if they're still available.

Sterling Drive Church to sponsor Sterling Bike Works

Program to be similar to *The Bike Shop* which was previously at the same location, seeks bikes & equipment

The Bike Shop, a community project in Bellingham for the past 3 years, closed this year due to sudden health issues with its owner. In an effort to continue the presence of a supportive kids' bike presence in the neighborhood, Sterling Drive Church is sponsoring Sterling Bike Works in the same location.

Melanie Swanson, known by many as the bike mechanic who gives classes at The Hub, is stepping up to work on the project. She is in need of kids' bikes so she can begin distributing them to children in the neighborhood. Melanie says, "I will support kids who don't have and are unable to get bicycles. I will do this by establishing an *earn-a-bike* program. I am looking for donations of bicycles: 12 through 24 inch wheels, and small 26 inchers. I am also looking for training wheels, training wheel parts, and general bike parts for repairs. I will take bikes in any condition."



People with bikes to donate can contact Melanie to discuss pick-up and drop-off. Through the end of August folks can drop off bikes at the church at 558 Sterling Drive on Monday from 3:30-6 and Wednesday and Thursday from 9-11:30 am. Those are the current hours of the new project.

Contact Melanie at 360 303 6262 or mswanson26@gmail.com.



FANATIK WOMEN'S RIDES CONTINUE!

August 14 - Road, Wine, & A Good Cause. 6pm The Fork at Agate Bay Restaurant. 21 and over only. Admission: \$10 Donation to Boys and Girls Clubs. Whatcom County ride followed by wine tasting at The Fork.

Sign up at least 24 hours before any ride you plan to attend. For information contact Kathy Salisbury: kathy@graniteprecast.com or on the Facebook Page: *Fanatik Women's Rides*

August 28 - Bike to Beer Cruiser. 6pm Fanatik Bike Parking Lot.. Decorate your bike, and join parade through downtown, end at Chuckanut Brewery.

September 25 - Night Ride and Magic Shine Demo. 7:30pm Whatcom Falls Park Tennis Courts. Jim Fricker from Light & Motion will have bike lights available to demo. Groups will be divided by abilities, no experience necessary. Have fun with night riding on trails.

continued on p. 5

AUGUST!

continued from p. 4



PICKFORD OUTDOOR CINEMA 5TH ANNUAL BIKE-IN: AUGUST 16TH

Come to the 5th year of this fun downtown event co-sponsored by Pickford Film Center, Mount Bakery, everybodyBIKE and the SPARK Museum celebrating the bicycle and our community! This year will feature local bike clubs and shops, SPARK beer garden with Boundary Bay ales, the Bike Show 'n Shine (sort of like a car show for bikes), music by Hot Damn Scandal, the short film Notbad, and the feature movie, Young Frankenstein.

Ride in the "Young Frankenstein" Bike Parade to kick off Pickford Bike-In Movie night! Add some streamers to your handlebars, ring your bell and join the parade - even better, dress up and bike as a "Young Frankenstein" character! Gather at 6:15 in front of the Pickford Film Center on Bay Street. The easy kid-friendly parade will wind through neighborhood streets and return to Bay Street in time for Bike-In entertainment starting at 7.

If you're coming from a distance, contact everybodyBIKE for directions to a free, secure parking area where you can unload your bikes and bike to Bay Street.

The events are free to the public, but donations are gladly accepted.

Friday, Aug. 16th, 7pm (6:15 for the Bike Parade)

1318 Bay St, Bellingham, WA

Schedule of events:

6:15 Bike Parade begins

7:00 pm - Beer garden opens, live music starts playing, Bike Show 'n Shine registration begins

7:30 pm - Bike Show 'n Shine registration closes, judging commences

8:00 pm - Show 'n Shine winners announced, prizes awarded

8:30 pm - Notbad begins

9:00 pm - Young Frankenstein begins

11:00 pm - Closing electrical display!

News from Cycle Moles

(1) Check out the Cycle Moles website: cyclemoles.com.

Robin has just put 3 free videos up:

7 Tips to Maximize Comfort on your Bike

6 Tips to improve your indoor and outdoor cycling pedal power

Seated to Standing Cycling tips

You just need to enter your email to get access to the videos.

(2) Cycle Moles will be featured on September 7th at the Bellingham Tennis/Fairhaven Fitness Club's 40th birthday celebration and we have free things all day - including a Cycle Moles 101 class for anyone who wants to try out our Cycle Moles techniques.

(3) Robin is launching the Moles' first series of six 60-minute indoor training videos the first week of September. They will be available as downloads and maybe (haven't figured out distribution yet) DVDs. This series is the "fundamentals" that works on form, pedal stroke, tension, and level of effort.



- submitted by Robin Robertson,
head mole

Retro Ride is on Again!

The Skagit Bicycle Club and the Skagit County Historical Museum present the **seventh annual Retro Ride & Concours d'Elegance - Aug 18, 10am.**



A lighthearted celebration of cycling history and eccentricity. Bring your oldest, most stylish, or most unusual bicycle and costume.

Begins at the Skagit County Historical Museum, 501 4th Street, La Conner.

This will be an easy ride for cyclists with old, special or unusual bicycles. Come in period or fanciful costume. The event will include a bicycle and costume review, the ride (helmet required), a café lunch, and a tour of the museum. The event will be free except for lunch and the museum tour. Ride Leader: Ken Rasmussen, kayakfit@fidalgo.net, 360 766 8720



Welcome new members!

Alex Brede
 Mike Harrold
 Megan McGinty
 Deb Moon
 Stacy Moon
 Kwangil "Kevin" Park
 Steve Vanderstaay
 Bennett Williamson
 Stephanie Williamson

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



MBBC ADMINISTRATION

Mount Baker Bicycle Club

Board of Directors and Officers:

Marie Kimball - President; Patti Mullin - Vice President;
 Scott Dorough - Secretary; Brian Christensen - Treasurer;
 Eric Stromerson - Ride Coordinator;
 Doug Schoonover - Event Coordinator (open)
 Marc Ambers, Ken Giffin, Bill McCourt -- at large

Graphic Designer: Tim Ryan

Newsletter Editor: Jennifer Longstaff

Contacts:

Marie Kimball -- bikebham@yahoo.com (360 927-2332)
 Doug Schoonover -- (360 410-6431)
 ridecoordinator@mtbakerbikeclub.org
 newsletter --mbbcnewsletter@mtbakerbikeclub.org

Contribute to the newsletter: submission guidelines:

Contributions of 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 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, RTF, 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.

Email the newsletter editor:
 mbbcnewsletter@mtbakerbikeclub.org, or drop a note to
 Editor, MBBC Newsletter; PO Box 2702; Bellingham WA 98227

MBBC Membership Form

☐ 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 by (choose one): ☐ printed & mailed, or ☐ on-line

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:

- ☐ Ride Leader ☐ Newsletter ☐ Board Member
☐ Bike to Work and School Day ☐ Chuckanut Century
☐ Special Events ☐ Website Maintenance ☐ Education
☐ I can provide discounts on _____

see member benefits and download membership form
 at: mtbakerbikeclub.org/membership

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

Road construction in August

While summer is a great time for riding the roads, it's also the time for road construction crews to work on those roads. Be aware of road conditions to stay safe and avoid disappointment when you head out.

Check the city and county construction-status web pages at:

www.co.whatcom.wa.us/publicworks/roadclosures/ (county)

www.piersystem.com/go/doc/1264/1868194/ (city)

Be aware of these projects happening in August:

Harris and McKenzie avenues, 4th and 10th streets

Travelers can expect moderate truck traffic on Harris and McKenzie avenues as well as 4th and 10th streets in Fairhaven up to Interstate 5 as construction work continues associated with the Post Point Wastewater Treatment Plant Improvements project. Contact Freeman Anthony, P.E., Project Engineer, at fanthony@cob.org or 778-7924.

Boulevard, North State, and Wharf Street.

Boulevard St. will be closed while Ram Construction continues to build a new roundabout. Traffic will be detoured onto N. State Street over the hill. Motorists can expect delays at each end of the closure.

Flaggers will direct traffic through the detours and lane closures. Wharf Street is closed as well. Contact Sam Shipp, P.E., Project Engineer at 778-7942 sshipp@cob.org.

State and Maple streets

State and Maple streets will be reduced to one lane. Lanes will shift as works moves from west to east along State street. Flaggers will assist vehicles and provide pedestrian access to local businesses. Minergy Inc., under contract with the City of Bellingham is working to improve the pedestrian crossing. Contact Shane Oden, P.E., Project Engineer, at stoden@cob.org or 778-7921.

Highland Drive, Garden to Taylor Streets and W. College Way from Highland Drive to Bill McDonald Parkway

Highland Drive will be closed from Easton to Adams streets with detours in place. Highland Drive from N. Garden to Taylor streets and W. College Way from Highland Drive to Bill McDonald Parkway will be intermittently reduced to one lane as crews prepare various sections for the annual street overlay program and sewer repair. Contact Craig Mueller, P.E., Project Engineer, at camueller@cob.org or 778-7922.

Fairhaven Parkway between 18th and 20th streets is still reduced to no bike lanes as Ram Construction works on the Padden Creek project.

Chip seal schedules are updated every week for work in the county. See the County Public Works web page (www.co.whatcom.wa.us/publicworks/roadclosures/). Up to 20 roads per week are being chip sealed over the summer.

Hannegan Road Pavement Rehabilitation Project

Locations: 1000 feet north of the Hannegan-Pole Road (SR542) intersection to Scott Ditch Bridge (1.5 miles south of Lynden city limits), and a section 1000 feet south of the Hannegan-Pole Road (SR542) intersection to 600 feet south of the Hemmi Road. www.co.whatcom.wa.us/publicworks/hannegan_scott ditch_hemmi.jsp

Work began in July and will continue through September - this will require a small detour around this section of Hannegan during the Woods to Woods Coffee Classic on August 25th.

FINAL SUMMER RIDES



everybodyBike's Summer Rides are social rides covering easy, fun routes of around seven miles. The final Summer Rides are coming up in August.

August 11, 1:00 pm Roasters and Red Tails

Hammerhead coffee demonstrates coffee bean roasting to energize this ride around Ferndale. We'll bike to Tenant Lake to learn about local birds from expert Jim Edwards. Begin at Hammerhead Coffee's headquarters (Northwest and Smith) in Ferndale, or at Wild Bird Chalet in Bellingham.

August 25, 1pm Woods to Woods Classic (short ride)

August 25, 9am Woods to Woods Giant Redwood (long ride)

Choose from a self-guided tour of all 14 Woods Coffee Shops or join us on social paced guided tour of 3 locations. Riders enjoy coffee and pastries at each Woods location.



The 14-stop self-guided tour is approximately 60-70 miles, stopping at Woods locations in Bellingham, Blaine, Lynden, and Ferndale. A map of suggested routes will be provided by the MBBC. Official start of the long ride is at 9am at the Boulevard Park Woods Coffee location, however riders are free to start from any Woods location they choose.

Family Summer Rides welcome younger kids (ages ten and under) accompanied by a parent. These rides are mostly on trails, and are shorter. They cover 3 miles or less with destinations and activities fun for younger kids.

August 3, 11am Family Summer Ride: Family Bike Show and Tell

Take a trail ride to the City of Bellingham's Kids Fest, a free family event with lots of activities and free food for everyone to enjoy. At the park find the everybodyBIKE booth which will showcase an amazing display of trailers, child seats and trail-a-bikes. Meet parents who bike regularly with their children and find out their tips and techniques for biking through the ages. 11am at the Barkley Haggen Gazebo.

August 16 1pm Family Ride: Rockhounds and Greyhounds

Meet local rock hounds from the Mount Baker Rock and Gem Club and learn how a stone in the ground becomes a beautiful gem-like bead. We'll bike from Bloedel Donovan Park to Whatcom Falls Park and back. When we return we'll learn about and meet Greyhound Dogs who are retired racers. Ride meets at 1pm at Bloedel Donovan Park Community Building.



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				August 1 Edison Social Ride Up the County Ride	2	3 Donut Ride Family Ride RAW Begins Family Ride
4 Rabbit Ride Edison Social Ride Ride the Hurricane	5	6 Ferndale social ride Tuesday Eve Ride	7 City of BHam Trail Work Party Wed Group Ride	8 City of BHam Trail Work Party Edison Social Ride Up the County Ride	9 Obliteride Day 1	10 Donut Ride Recumbent Ride Youth Triathlon Tour de Poker
11 Rabbit Ride Edison Social Ride eBike Summer Ride Long Slog Ride Womens CX Fest	12 REI Bike Maint Basics	13 Ferndale social ride Tuesday Eve Ride	14 City of BHam Trail Work Party Wed Group Ride	15 Edison Social Ride Up the County Ride	16 Pickford Bike-In RSVP 1 Family Ride	17 Donut Ride RSVP 2
18 Rabbit Ride Edison Social Ride Retro Ride Portland Century	19	20 Ferndale social ride Tuesday Eve Ride	21 Wed Group Ride	22 Edison Social Ride Up the County Ride	23 MBBC September Newsletter Deadline	24 Donut Ride RAPSody day 1
25 Rabbit Ride eBike Smmr Rides (Woods2Woods) Edison Social Ride Long Slog Ride	26	27 Ferndale social ride Tuesday Eve Ride	28 Wed Group Ride Fanatik Women's Ride - Bike to Beer	29 Edison Social Ride Up the County Ride	30	31 Donut Ride



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..