



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Vol 22, Number 6, July 2013

SUMMER IS MOVING RIGHT ALONG - LET'S GET OUT AND RIDE!

Fourth of July Ride

July 4th, 2013 (but of course), 9:45 am

Marie will again lead this annual MBBC ride.

Meet at Fairhaven Park at 9:45 am, depart 10:00 am. 60 mile round trip, down Chuckanut Drive and into beautiful downtown La Conner. Everyone can ride at their own pace. The group will meet up in La Conner for lunch together at the Calico Cupboard, 720 S. 1st Street.

calicocupboardcafe.com/la-conner/

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

**4TH
OF JULY
BIKE
RIDE**

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This month's contributors:

Greg Hope, Kristin Kinnamon, Holly Miller, Kathy Salisbury, Doug Schoonover.
Thanks All!



the club online:

www.mtbakerbikeclub.org
www.chuckanutcentury.org



facebook.com/
mtbakerbicycleclub



sports.groups.
yahoo.com/group/
MtBakerBicycleClub



twitter.com/mtbakerbike



flickr.com/
mtbakerbikeclub/



Tour de Whatcom - under new management

July 27, 2013, various start times

The Tour de Whatcom is back for its 8th year, and is now managed by Whatcom Events.. Whatcom Events is a community non-profit organization that also manages the Ski to Sea and the Muds to Suds events. The event is sponsored by Dewey Griffin Subaru this year, and proceeds will benefit the Whatcom Mountain Bike Coalition (WMBC).

Choose your distance: a 105 mile loop through Bellingham, Alger, Deming, Nooksack, Everson, Lynden, Blaine, Birch Bay, and Ferndale, or a 50-mile or 25-mile out and back course. 105-milers begin at 7:30 am from the Fairhaven Village Green.

See all the details at tourdewhatcom.com



everybodyBike Summer Rides

July 14 & 28; Family rides July 20 & 31

The series of Sunday afternoon social rides of approximately 7 miles continues in July and August. In addition, everybodyBike is offering a set of rides appropriate

everybodyBIKE

continued on p. 2

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, peline 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: Jokan001@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. Dates: June 30; July 14, 28; 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

everybodyBike Summer Rides

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for children 10 years old or younger, accompanied by a parent. The "Family Rides" are mostly on trails and cover distances of less than 3 miles and include destinations and activities fun for younger kids.

everybodyBike Summer Rides schedule for July is:

Cows on Bikes: July 14

Begins at 1pm at City Bible Church NS (1986 Main St, Lynden) or for a shorter ride, meet at 1:30 at Berthusen Park (8837 Berthusen Road, Lynden).

History Ride: July 28

Begins at 1pm at the Village Green.

Family Ride: Birch Bay Bike Parade: July 20

Begins at 10:45am at The C Shop in Birch Bay.

Family Summer Ride: Where's Waldo? July 31

Begins at 5:15pm at Depot Market Square.

more details at everybodybike.com/events/

BIKE RIDES AND EVENTS IN 2013

Classes, Training, Gatherings

early-morning live **Tour de France Viewing** at Mount Bakery,
June 29 to July 21.(see p. 7)
mountbakery.com/special-events/tour-de-france

Cycle Moles Summer Training - "Moles" Ride the Tour
starts June 29 for Tour de France 2013. Contact Fairhaven
Fitness: cyclemoles.com or 360-733-5050



**Gain an edge with
focused training rides!**
Ride the Tour | June 29 - July 21
Every day; 7:00 - 8:00am; \$127

Register online!

Bellingham Triathlon Club
Fairhaven Fitness
800 McKenzie Ave.
Bellingham, WA 98225
360.733.5050
www.cyclemoles.com



Bellingham REI Cycling maintenance classes: check the
monthly calendar at rei.com/stores/bellingham.html. REI
Bellingham is offering a series of intensive hands-on bike
maintenance classes in which a very small group of students gets
personal guidance from an REI Certified Bike Technician.

- **July 7:** Hands-On Bike Maintenance: Drive Train
- **July 21:** Hands-On Bike Maintenance: Wheel Truing
- **July 22:** Bike Maintenance Basics

Trail Work Parties - led by the Bellingham Parks Dept.
July 9, 10, 23, 24 information: 360-778-7105 or
cob.org/government/public/volunteer/parks/schedule.aspx

Computrainer sessions at Core Physical Therapy, July 24.with
Spin Scan: a biofeedback program that analyzes pedal stroke and
efficiency. Information: Emily Eggers, emilyaeggers@hotmail.com,
360.752.2673.

Fanatik Women's Rides - July 31, Aug 14 & 28, Sept 25.(p. 4)

Races

Parks & Recreation Race Series

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

July 20: Lake Padden Duathlon

August 10: Bellingham Youth Triathlon

October 13: Klicks Mountain Bike Duathlon

October 13: YMCA Youth Duathlon

July 14: Padden Mountain Pedal paddenmntpedal.com

Sept 21: Bellingham Traverse bellinghamtraverse.com

Check back every month as rides are added and dates are
finalized!

2013 Rides

July

- 13-14** Seattle to Portland cascade.org
- 14** Cows on Bikes Summer Ride (Lynden) everybodyBike.com
- 17-21** RedSpoke (Redmond to Spokane) redspoke.org
- 20** Birch Bay Bike Parade Family Ride (Birch Bay) everybodyBike.com
- 25** Ride Around Mount Rainier in One Day - RAMROD
redmondcyclngclub.org/
- 27** Tour de Whatcom (Bellingham) tourdewhatcom.com
- 27-28** ALS Doubleday Ride (Mount Vernon)
webwa.alsa.org/site/PageNavigator/WA_Bike_homepage.html
- 28** History Ride Summer Ride (Bellingham) everybodyBike.com
- 31** Family Ride "Where's Waldo" (Bellingham) everybodyBike.com

August

- 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) bikewas.nationalmssociety.org
- 8** Mt Baker Hill Climb (Glacier) norka.us
- 14** Passport to Pain (P2P) (Vashon Island) vashoncrew.com/p2p/
- 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



More Rides in July - further away

- 6** S2S (Seattle to Spokane) redmondcyclngclub.org/S2S/S2S.html
- 13-14** Triple Bypass (Evergreen CO) teamevergreen.org/triple
- 19 - 21** Mountain Bike Oregon(part 1) mtbikeoregon.com/
- 20** CHaFE 150 (Sandpoint ID) chafe150.org
- 27** Ride the Gorge (Hood River OR) jacksonsridethegorge.org/

NEWS FROM THE MOUNTAIN BIKE RIDERS



Thing the first:

WMBC is the beneficiary of this year's Tour de Whatcom

Whatcom Events, the organization that manages Ski to Sea, has announced that Whatcom Mountain Bike Coalition (WMBC) will be the beneficiary of proceeds from this year's Tour de Whatcom. We are hugely appreciative to be recognized by this group that puts on such great events in Whatcom County. We look forward to the partnership with Whatcom Events! Help support the WMBC by being a part of this year's Tour de Whatcom, July 27.

The Tour de Whatcom has given us a nice write-up on this year's website:

Every year the WMBC coordinates hundreds of volunteers amounting to thousands of volunteer hours for the trails in Whatcom County. They have a strong youth involvement and work with the Bellingham School District, Lummi Nation Tribal School, Mt Baker School District, Ferndale School District, Boy Scouts of America for Eagle Scout Projects, among others.

tourdewhatcom.com.

Thing the second:

Padden Mountain Pedal Race

The Padden MTN Pedal has been a cornerstone of the Pacific Northwest mountain bike racing calendar. Padden's top-notch park amenities create a scenic and convenient venue and the legendary course lures riders back year after year.



Padden is an awesome spectator course. Riders doing multiple laps make for great viewing and cheering. With the lake to swim in, playground structures for kids, large open grass fields, and a day's worth of bike races, it's a great place to spend the day.

Sunday, July 14

Races 10 am – 3 pm

(free Kids' Race @ 10:45 AM)

After Party 4 pm at Kulshan Brewery

Live Music 7 pm – Devilly Brothers

paddenmtnpedal.com

Thing the third:

WMBC Saturday Group Mountain Bike Rides

Join WMBC on Saturday, July 20th for the third guided group mountain bike ride on Galbraith or the Chuckanuts. WMBC volunteers will lead you on a 2- 2 1/2 hour route and hopefully show you some new trails.

All ages, abilities welcome. Based on your experience, skill level and desired style of ride, the WMBC ride leaders will choose a group for you.

Plan to meet at 9:30am at Galbraith Lane Parking area located off of Lake Samish Way and we will depart around 9:40. Please bring your own water and ride food.

And if you can't make it, come along on our next ride: August 10th.

check back for final details at: whipsmtb.org



July 31 - Mountain Bike Skills. 6pm Whatcom Falls Park Tennis Courts. Emily Smith will teach basics of cornering and body positioning. Small drops and ladders work also.

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.

The MBBC's New Partner

INTRODUCING: THE TREEHOUSE, BENEFICIARY FOR THE 2013 CHUCKANUT CENTURY

*The MBBC is pleased to announce the beneficiary for this year's
Chuckanut Century Charity Ride.*

*At a meeting on
June 6th, the MBBC
Board voted to
partner with*

The TreeHouse,

*a program of
the Kids' Council
NorthWest.*

kcnw.org



a program of Kids' Council NW

Established in 1998, Kids' Council NorthWest (KCNW) is a non-profit 501(c)(3) that provides grief support to children, teens and their families. KCNW created Camp Willie in 1999, a Camp Fire USA resident grief camp for youth. In addition to support of Camp Willie, KCNW provides resources and support to schools and the community, as well as runs The TreeHouse, a peer support group for grieving children, teens, and their families.

The TreeHouse was established in 2008, and has just finished its fifth year. The TreeHouse provides a safe environment where children and their families grieving a death can share their experiences. Children and teens who have had a parent, sibling or primary care giver die often feel isolated. They may have difficulty in school or suffer from depression. Providing a safe place for children, teens and their families to come together in mutual nurturing support can help break isolation and offer hope.

In the US, one in nine children will lose a parent before they are 20 years old and one in seven will lose a parent or sibling by the same age.

Research shows that children who are supported in their grief are:

- 5 times less likely to commit suicide.
- 9 times less likely to drop out of high school.
- 10 times less likely to get involved with substance abuse.
- 20 times less likely to develop a behavioral disorder.

The TreeHouse helps to make sure all kids are supported in a healthy grief process. Executive Director Holly Miller points out, "We are the only organization in Whatcom county helping grieving children."

The Chuckanut Century's previous beneficiary, Whatcom Hospice, has contributed to The TreeHouse in the past and the two groups are mutually supportive of each other and often give referrals to each other. With the transition to The TreeHouse, the Chuckanut Century continues to benefit organizations dedicated to emotional support of families in our own Whatcom County.

The MBBC looks forward to our new relationship with The TreeHouse and to working together in sponsorship and presentation of the 2013 Chuckanut Century, coming up on September 15. Registrations are already coming in!

chuckanutcentury.org

kcnw.org



Sunday, September 15, 2013



Welcome new members!

Jacques DuBois
 Jenni Durgin
 Sally Galletly
 Jacqueline Kaye
 Sarah Kaye
 Andy Kerntke
 Yolande LaVerdure
 Richard West

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

11TH ANNUAL TdF LIVE SCREENING AT 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. June 29 through July 21.

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 eleventh year!

mountbakery.com/special-events/tour-de-france



◀ July 27-28
Mount Vernon

July 17-21
Redmond



REMINDER: Early Sign-up deadline for RAPSody Ride is July 15th

The Ride Around Puget Sound (RAPSody) bicycle event Aug. 24-25 offers great food, scenic views and great value to bicyclists seeking a challenge. It's our 10th anniversary year, and the five bike clubs that host this unique ride are adding some new twists while sticking to the formula that has made this route a favorite of Northwest bicyclists.

July 15 is the early registration deadline for the 170-mile ride which attracts cyclists from all over the U.S. Early registrants get a 10th anniversary t-shirt. Registration remains open through Aug. 16. The loop ride starts and ends in Tacoma, with luggage transport and free overnight indoor or outdoor camping at the half-way mark in Shelton.

RAPSody is hosted by bicyclists for bicycling - all proceeds support the Bicycle Alliance of Washington's statewide advocacy and education. Learn more about RAPSody at www.rapsodybikeride.com.

- submitted by Kristin Kinnamon

Two weeks of Bike Love in our neighboring city Vancouver BC. Check it out across the border.



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Tour de France all month! Watch Live at Mount Bakery, Spin at Cycle Moles	July 1	2 Ferndale social ride Tuesday Eve Ride	3 Wed Group Ride	4 <i>Independence Day</i> MBBC LaConner Ride	5	6 Donut Ride S2S
7 Rabbit Ride Edison Social Ride REI Bike Maint STP Day 2	8	9 BHamParks Trail Work Ferndale social ride Tuesday Eve Ride	10 BHamParks Trail Work Wed Group Ride	11 Edison Social Ride Up the County Ride	12	13 Donut Ride Recumbent Ride STP Day 1
14 Rabbit Ride Edison Social Ride Summer Ride Padden Mtn Pedal Long Slog Ride	15	16 Ferndale social ride Tuesday Eve Ride	17 Wed Group Ride RedSpoke Begins	18 Edison Social Ride Up the County Ride	19 MBBC August Newsletter Deadline	20 Donut Ride Family Ride Padden Duathlon WMBC Group Ride
21 Rabbit Ride Edison Social Ride REI Bike Maint	22 REI Bike Maint	23 BHamParks Trail Work Ferndale social ride Tuesday Eve Ride	24 BHamParks Trail Work Wed Group Ride SpinScan session Computrainer	25 RAMROD Edison Social Ride Velopalooza Begins Up the County Ride	26	27 Donut Ride ALS Ride Day 1 Tour de Whatcom
28 Rabbit Ride Summer Ride Edison Social Ride Long Slog Ride ALS Ride Day 2	29	30 Ferndale social ride Tuesday Eve Ride	31 Family Ride Wed Group Ride Fanatik Women's Class - Mt Bike Skills	August 1 Edison Social Ride Up the County Ride	2	3 Donut Ride Family Ride RAW Begins



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..