



# MBBC

**More Bicycling = Better Community!**

Mount Baker Bicycle Club Newsletter, Volume 18 Number 2, March 2009

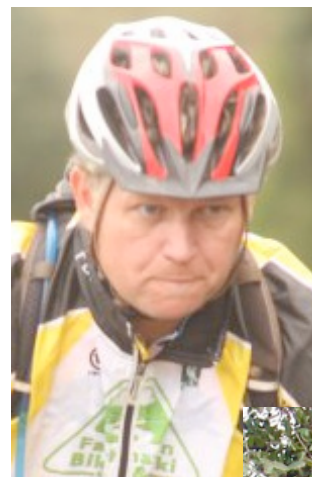
## Local Cyclists Tackle *La Ruta* Ultra-Endurance Race and Return to Tell the Tale

- Scrambling up muddy vertical walls, carrying a mud-laden bike in sweltering heat.
- More climbing than a full summer's worth of riding - in four days' time.
- Crossing over valleys on railroad bridges with missing slats, 200 ft in the air with no safety railings, while carrying a bike and balancing on cleats.

Those experiences and more faced Bellingham's Mark Rhode and Brett Bauer every minute of the famous *La Ruta de los Conquistadores*, one of Costa Rica's three biggest sporting events, and the original ultra-endurance mountain bike race.

The undisputed "most difficult mountain bike race on the planet," *La Ruta* consists of four days, 10-15,000 ft of climbing per day, and between 50-80 miles/day riding (and hike-a-bikeing) in heat, mud, rivers, gravel, paths, and roads. "Each day of the race was itself harder than any competition I've done before. Harder than my three 24-hour championship races, harder than the double Mt. Baker Hill Climb or a double century," said Mark. The first day of the race, in which riders had to wade through miles of knee-deep mud (due to monsoons the night before) is considered "the toughest single day of racing" even by pro racers such as 2005 champion Thomas Frischknecht.

In an event as demanding as *La Ruta*, even the most diligent physical training doesn't prepare the racer for the mental



Mark Rhode, left, and Brett Bauer, below, competed in the *La Ruta* extreme mountain bike race in Costa Rica in November 2008. They will share their stories and pictures on March 12 at Fairhaven Library, 7-9 pm



“Day 1 of *La Ruta* is the toughest single day of racing I have ever done”

- Thomas Frischknecht: pro racer, world marathon champion, and 2005 *La Ruta* champion

challenges he will face. After a severe fall on Day 1, Mark found himself evaluating his own definitions of success and failure, then after achieving an emotional moment of success on Day 2, he began viewing the race as a model for approaching many of the challenges in life.

Despite the trials and the difficulty, Mark's persistent post-race thoughts have been: *La Ruta* was the most demanding, yet most satisfying cycling event ever. *By far.*

Mark and Brett will present their stories, along with a slideshow of their own pictures plus the official pictures from *La Ruta*. March 12 from 7-9 pm at the Fairhaven Library. After the show, Mark and Brett would be happy to discuss plans and training for this kind of an endurance event with anyone who thinks they might want to sign up in the future.

The official website of *La Ruta*: [www.AdventureRace.com](http://www.AdventureRace.com)  
Brett's account: [www.fanatikbike.com](http://www.fanatikbike.com)  
(select *blog*, then *November 2008*)

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This month's contributors:  
Ellen Barton, Brett Bauer,  
Lea Kelley, Kae Moe, Tim  
Reinholtz, Mark Rhode,  
Doug Schoonover.



MBBC listserv--  
[sports.groups.yahoo.com/  
group/MtBakerBicycleClub/](http://sports.groups.yahoo.com/group/MtBakerBicycleClub/)

Club Website:  
[www.mtbakerbikeclub.org](http://www.mtbakerbikeclub.org)

Newsletter archive online:  
[www.mtbakerbikeclub.org/  
Newsletters/newsletters.htm](http://www.mtbakerbikeclub.org/Newsletters/newsletters.htm)

Follow the club on Twitter:  
[twitter.com/mtbakerbike](http://twitter.com/mtbakerbike)

# WEEKLY AND GROUP RIDES



## - HEADING INTO SPRING EDITION

**Tuesday Social Ride:** starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. 10am in winter. Robert Parker at [rmp-4724@hotmail.com](mailto:rmp-4724@hotmail.com) or 360-671-6910

**Tuesday Ramp-Up Ride:** starts on March 24, Tuesday evenings 5:45 pm through September. Meet @ Whidbey Island Bank, corner of Bakerview/Northwest. Initially 14-15 mph, 10-15 miles, practice group-riding skills. 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 and very fast groups. **From Oct-Mar this is a night trail ride with lights.** Re-group at brewery afterward (7:30 pm). Contact: [ridecoordinator@mtbakerbikeclub.org](mailto:ridecoordinator@mtbakerbikeclub.org), 410-6431

**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](mailto:rmp-4724@hotmail.com) or 360-671-6910

The next monthly social ride will be on Sunday, the 15th of March, in honor of St. Patrick's Day, from 1-3 pm, starting at Maritime Heritage Park near the mouth of Whatcom Creek in Bellingham. The March of the Moles bike ride on the 29th of March, hosted by Fairhaven Fitness, will have a challenging 25 mile loop and, if enough people register at [everybodyBIKE.com](http://everybodyBIKE.com), may also feature a social ride.

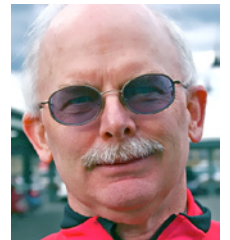
See you on the road! - submitted by Ellen Barton, MBBC President

## Doug says: Tuesday evening's Ramp-Up Ride begins early this year!

It's time to get back on the bike, meet new friends, and acquire some new cycling skills. This year we are able to start on March 24th as it will be light until almost 7:30PM due to the new start of daylight time. The ride will start at Whidbey Island Bank at the corner of Bakerview Rd. and Northwest Ave. We will meet at 5:45pm and leave promptly at 6pm. Distance and speed will be determined by the ability of the group, but initially will average 14 to 15 mph with a distance of 10-15 miles. We will regroup as often as necessary. Depending on the number of participants, we may break into smaller groups as needed.

The focus of this ride is to introduce 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. This is a good place to start if you would like to participate in organized rides like the Skagit Spring Classic, Tour de Whatcom or the Chuckanut Century.

Past participants have been amazed at how their riding has improved by doing this weekly ride. For more information contact Doug Schoonover, MBBC Ride Coordinator: [ridecoordinator@mtbakerbikeclub.org](mailto:ridecoordinator@mtbakerbikeclub.org); 410-6431.



## 2009 Group Health Seattle International Bicycle Expo March 14-15 volunteers still needed for MBBC booth

[www.cascade.org/EandR/expo](http://www.cascade.org/EandR/expo)

The MBBC booth at the Bike Expo will promote the Chuckanut Century, Tour de Whatcom and other cycling opportunities that exist in Whatcom County. The Expo is in Seattle at Magnuson Park, Hangar 30, 9am-6pm. Booth volunteers will receive free admission to the Expo, where you can attend seminars, check out new equipment, and maybe find a bargain or two. There are still some volunteer spots available. Contact [Doug.Schoonover@gmail.com](mailto:Doug.Schoonover@gmail.com), 410-6431 to reserve your spot.

## News from Kae at Kulshan

The Kulshan Cycles **4th Annual Ladies' Night** is Thursday, March 19th from 7-9pm. *Ladies*, come and enjoy wine, cheese, chocolate, and 20% off clothing and accessories all evening. We'll be giving prizes and showing the new womens' specific designed products. You can even learn how to fix a flat. Don't miss this fabulous event!

Would you like to train for an event such as the Lake Padden Triathlon on June 27th? Kulshan Cycles is sponsoring the **USA fit Bellingham Triathlon Program** for the 2nd year. Training starts April 1st. You'll be provided coaching and support to help you reach your goal. For more information and to register come to our meeting March 11th at 7 pm, at Bellingham Athletic Club @ 1616 Cornwall Ave. Beginners are encouraged and welcome. For more information [www.usafitbellinghamtriathlonandcycling.com](http://www.usafitbellinghamtriathlonandcycling.com)

- submitted by Kae Moe

## Presidents' Day Ride 2009: Social Ride Report from MBBC President Ellen

There are some years when June bicycling weather comes in February. More than a dozen of us gathered at Cornwall Park to mark the Presidents' Day Holiday in a patriotic two-wheeled fashion. Three or four were new to Mt. Baker Bicycle Club, checking out the pace and friendliness at this low-key ride. Publicity in the Cascadia Weekly and Activities NorthWest drew new riders to find out more about the club, and in addition to the social group, a group of faster riders staged at Cornwall and split off for a Ferndale loop.



The Social group took a trails and bike-friendly-roads route around Bellingham to Whatcom Falls Park via the Railroad Trail and back along the Whatcom Creek trail, then over to Fairhaven for a snack break. The trail bridge under I-5 near Meador is not yet open, but the plantings and stream restoration work that's been done is fantastic. It is beautiful to see the invasive grasses and brambles replaced by native seedlings, and more beautiful as those trees grow. The pace was in the range of 12 to 14 mph, giving me enough time to slow down and say hello to the puppy dogs out walking their humans. A couple riders realized they have similar training goals and are considering starting a weekly moderate-paced (14-16 mph) ride of about 30 miles to help people train for ride events. Hopefully they will organize a ride and let us know!

# 2009 CALENDAR

Calendar is updated as new events come in - check back each month!

## SPECIAL EVENTS

### BikeMonth

BikeMonth - May 1-31, see events schedule at [everybodyBike.com](http://everybodyBike.com)

### Bike to Work and School Day - May 15

#### Bike To Work & School Day planning meetings

**March 4, April 1, May 6** 6:30-8:30pm Library Meeting Room.

Volunteer to help make this year's *Bike Day* the best ever!

information: Mary Anderson or Ellen Barton 671-BIKE or

[info@everybodyBIKE.com](mailto:info@everybodyBIKE.com)

### Gatherings

#### RideOn! Bicycle Travelogue Series 7-9 pm, information: 778-7000

Bellingham Public Library. \$2 donation suggested.

**March 26:** "Seastacks, Sandcastles and Saints: Bicycling 1500 miles of the Pacific Coast with Kids" by Laural, Noah, and Dana Ringler and Tom Caldwell

**April 23:** "Following in the Footsteps of Cycling Legends: The Cols of the Dolomites" by Marie Kimball and Ken Giffin

#### Special Slide Show: Costa Rica Mountain Bike Race

**March 12,** 7-9 pm Fairhaven Library. "Experience the mountain biking thrills of the world-class *La Ruta* race in Costa Rica from the perspective of Mark Rhode and Brett Bauer, participants from Bellingham." (see story, p. 1)

**everybodyBIKE** events: [www.everybodyBike.com](http://www.everybodyBike.com)

**March 23:** Full Cycle courses: First Gear, REI, 5:30pm

**March 29:** March of the Moles Ride, w/Fairhaven Fitness, 9:30 am

**Ladies Night at Kulshan Cyclery:** March 19, 7-9pm. Enjoy snacks, meet fellow women cyclists from the area and check out vendor displays of women's cycling products for the upcoming season 360-733-6440

Events at **Bellingham REI:** **March 13:** Bike Maint 101; **Mar 21:** Bike Maint 201

[www.rei.com/stores/events/65](http://www.rei.com/stores/events/65)

#### Seattle Bike Expo: March 14-15

[www.cascade.org/EandR/expo/](http://www.cascade.org/EandR/expo/)

### Races (to watch or to enter)

#### WWU North Shore Circuit Race: March 28

[www.wwucycling.com/events\\_northshore.php](http://www.wwucycling.com/events_northshore.php)

Volunteer information: Phil Elsasser (847) 528-9461

or [paelsasser1@gmail.com](mailto:paelsasser1@gmail.com)

The main event: **Ski to Sea 2009: May 24,**

details: [www.skitosea.com](http://www.skitosea.com)

#### Bellingham Parks & Rec Race Series

**June 27:** Lake Padden Triathlon

**July 25:** Lake Padden Duathlon

**August 8:** Youth Triathlon

**October 11:** Runningshoes.com Duathlon and YMCA Youth Du

full schedule, signups information, details at:

[www.trithethecookie.com](http://www.trithethecookie.com)

#### Mountains to Sound Relay: June 21

[www.mountainstosound.com](http://www.mountainstosound.com)

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## 2009 RIDES EVENTS

### March

**15** Pre-St. Patricks Day Fun (Bellingham community ride), 1pm

[www.everybodyBike.com/eventDetail.aspx?id=139](http://www.everybodyBike.com/eventDetail.aspx?id=139)

**21** McClinchy Mile (Arlington)

[www.bikesclub.org/html/mcclinchy/mcclinchy.htm](http://www.bikesclub.org/html/mcclinchy/mcclinchy.htm)

**29** March of the Moles ride (Fairhaven Fitness), 9:30 am

[www.everybodybike.com/eventDetail.aspx?id=137](http://www.everybodybike.com/eventDetail.aspx?id=137)

### April

**4** Tulip Pedal (LaConner)

[www.tulipfestival.org](http://www.tulipfestival.org) (see events)

**19** Daffodil Classic (Puyallup) [www.twbc.org/events/](http://www.twbc.org/events/)

**25** Tour de Lopez (Lopez Island)

[www.lopezisland.com/tourdelopez.htm](http://www.lopezisland.com/tourdelopez.htm)

**26** Rhody Tour (Port Townsend)

[www.ptbikes.org/index.php?page=rhodytour](http://www.ptbikes.org/index.php?page=rhodytour)

### May

**2** RACC: Ride Around Clark County (Vancouver WA)

[www.vancouverbicycleclub.com/RACC.html](http://www.vancouverbicycleclub.com/RACC.html)

**2** Camano Climb [www.stanwoodvelosport.com](http://www.stanwoodvelosport.com)

**9** Skagit Spring Classic [www.skagitbicycleclub.org](http://www.skagitbicycleclub.org)

**25** Seven Hills of Kirkland [www.7hillskirkland.org](http://www.7hillskirkland.org)

### June

**7** Peninsula Metric Century (Southworth)

[www.twbc.org/events/peninsula](http://www.twbc.org/events/peninsula)

**13** Flying Wheels (Redmond, east side)

[www.cascade.org/EandR/flying/](http://www.cascade.org/EandR/flying/)

**20** Chelan Century Challenge (Chelan) [www.centuryride.com](http://www.centuryride.com)

**20** Tour de Blast (Mount St. Helens) [www.tourdeblast.com](http://www.tourdeblast.com)

### July

**11-12** Seattle to Portland/STP [www.cascade.org/EandR/stp](http://www.cascade.org/EandR/stp)

**15-19** RedSpoke - Redmond to Spokane [www.redspoke.org](http://www.redspoke.org)

**18** S2S - Seattle to Spokane (284 miles, one day)

[www.redmondcyclngclub.org/S2S/S2S.html](http://www.redmondcyclngclub.org/S2S/S2S.html)

**19-25** TourBC (Creston BC loop) [www.tourbc.net](http://www.tourbc.net)

**25** Seattle Century [www.seattlecentury.com](http://www.seattlecentury.com)

**30** RAMROD - Ride Around Mt. Rainier in One Day

[www.redmondcyclngclub.org](http://www.redmondcyclngclub.org)

### August

**1** Tour de Whatcom (Bellingham) [www.tourdewhatcom.com](http://www.tourdewhatcom.com)

**3-9** RAW - [www.cascade.org/EandR/raw](http://www.cascade.org/EandR/raw)

**14-15** RSVP - [www.cascade.org/EandR/rsvp](http://www.cascade.org/EandR/rsvp)

**22-23** RAPSody - Ride Around Puget Sound (Tacoma)

[www.rapsodybikeride.com](http://www.rapsodybikeride.com)

**30** Summits of Bothell [www.summits-of-bothell.org](http://www.summits-of-bothell.org)

### September

**12-13** MS 150 Bike Ride (Mt. Vernon)

**13** Mt. Baker Hill Climb (Glacier) [www.norkarecreation.com](http://www.norkarecreation.com)

**18-21** Trek Tri-Island (San Juan, Lopez, Orcas Islands) [alaw.org](http://alaw.org)

**20** Chuckanut Century (Bellingham) MBBC website

**26** Tour de Whidbey (Oak Harbor) [tinyurl.com/5zw9zv](http://tinyurl.com/5zw9zv)

**26** DAM2DAM (Wenatchee) [www.mikeutley.org](http://www.mikeutley.org)

**27** Headwaters Century (Enumclaw)

[www.twbc.org/events/headwaters](http://www.twbc.org/events/headwaters)

### October

**4** Kitsap Color Classic [www.cascade.org/EandR/kitsap](http://www.cascade.org/EandR/kitsap)



# I Have a Special Way That I Wash My Bike

by Tim Reinholtz

**Y**ou first need to think about where you are going to set up to wash your bike. Living in the Northwest, we should be very aware of where our wastewater ends up. If I wash my bike in my driveway it will wash into the stormwater drain in front of my garage and in no time it will end up somewhere that it shouldn't be. While the solvents that I use are biodegradable, the oil and grease from my bike is not, therefore I do two things. First, I have a grease and oil trap that I can put in my stormwater drain (this may not be possible for some or just too geeky). Second, I try to wash my bike on a permeable surface such as my lawn. Over time there are microbes that will break down the oils and grease. Neither way is perfect but both are better than washing it straight to the local salmon stream.



I wash my bike on a bike stand if I can, but I have also washed it laying down in the grass in cases when I am too spent from my ride to get my stand out. Washing your bike immediately after your ride is better for your bike and easier (your bike will be ready to go next time).

Refer to the checklist on the right and assemble the collection of cleaning tools you will need.

Now that you have found a good spot and have your cleaning supplies at the ready, add some soap to your bucket and fill  $\frac{1}{2}$  full with water (I prefer warm water for washing).

I start by getting my bike nice and wet with a soft spray from the hose; this washes away the loose stuff and loosens up the rest.

Next, I clean the drive train; this is the first part I focus on so I don't get the rest of my bike greasy every time I brush up against it with my good sponges and brushes. To do the drivetrain, first I use my small brush to paint on the degreaser, which I've put into the small cup, all the way around the chain and other greasy parts (fast method— spray on the degreaser and work it in by spinning the cranks or use a chain

## Before getting started, assemble your arsenal of cleaning tools



- ☐ **Bucket**  
I have a dedicated 5-gallon bucket. You don't want to mix buckets.
- ☐ **Dish Soap**  
blue Dawn is my favorite.
- ☐ **Parts-cleaning brush**  
for the chain, cogs, chainrings. A cheap one-inch paintbrush works. I use two.
- ☐ **Small bottle-brush**  
for the hard-to-get areas.
- ☐ **Degreaser**  
for the chain, cogs, chainrings. I use *Extreme Simple Green* made for aircraft.
- ☐ **A small cup...**  
...which will now be enslaved to your bike cleaning. I just use a plastic cup.
- ☐ **A wide soft brush**  
for chainrings and spokes. Small soft dustpan brushes work well.
- ☐ **At least two sponges**  
one for the chain and one for the rest of the bike.
- ☐ **Hose and sprayer head**  
you'll be doing a lot of rinsing with a wide spray pattern.

cleaner). Do the chainrings, cogs and derailleurs also. The dirtier they are the more scrubbing they will take. Next rinse the chain, cogs, chainrings, and any other areas that you degreased with water from the hose. You'll get most of the degreaser off via this process.

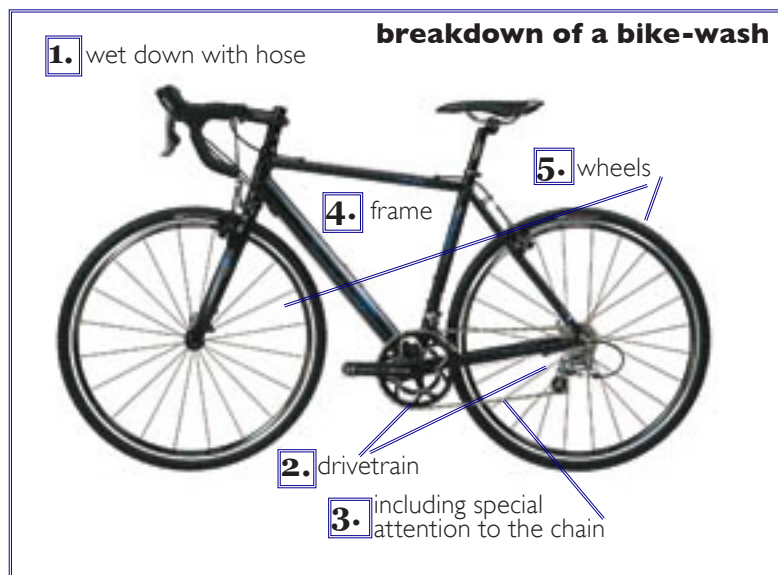
Be liberal when rinsing, and consider this comment from a pro mechanic:

*"Don't worry about the myth about getting water in your bearings. It is just that: a myth. As long as you don't point a high-pressure hose directly at the bearings. I usually rinse off the bike with a wide spray pattern instead of a narrow stream of water. Your bike will get much more contaminated on a rainy ride than in the rinse cycle."*

Next take a sponge that will now and forever, forever being a short time as the sponge will begin to

*continued on page 5*

I have a special way that I wash my bike, some of which comes from the auto-detailing world where I spent a very brief time detailing high-end cars. It may seem silly but I love my bike so here it is.



*continued from page 4*

disintegrate from the rough chain, be your dirty-chain sponge. Using the soapy water, “grab” the chain with the sponge. Spin the crank with the other hand as you use soapy water to get the remaining degreaser off the chain. Now brush the chainrings with the soapy water using the second parts brush (the first one still has grease on it from the initial cleaning). Rinse the drivetrain again. This should leave your drivetrain sparkling clean. Rinse the parts brushes in the soapy water to clean them up and then dump the water.

Make a new bucket of warm soapy water to wash the frame. At this point I like to remove the wheels so I can get into the nooks and crannies. Get your sponge and soft brush and go to work with lots of soapy water, remember the soapy water lifts the dirt away, if you sit and scrub your bike with a dirty sponge all you are doing is sanding your frame with the dirt. Use the brushes to get areas such as under the saddle, inside the brake calipers (when the wheel is off), some areas of the derailleur, in-between the crank and seat tube (below the front derailleur), under the fork crown and any other area that is hard to access with a sponge. Remember: LOTS of soapy water. I wash my handlebar tape every now and then. Just wash the tape gently with soapy water and it seems to clean up nicely. You should be replacing your tape long before you wear it out from washing it.

Now rinse the whole bike with water. Don’t let the soap dry; if it is a sunny day you may need to wash in stages so the soap does not dry. I wash the wheels last because they are usually the dirtiest and I don’t want to wash the rest of my bike with the dirty water (this is true for a car also). I use my sponge and brushes to get in all the small places in the wheel and if the cogs need some extra cleaning now is the time to hit them again with the degreaser.

Rinse off the wheels and you are done. I have a small air compressor that I use to blow off the chain so I don’t get any flash rusting and this also makes lubing easier. In the absence of a compressor, a good drying with a rag and lube will work just fine. Most lubes will displace water so it just takes more to get things fully lubed and will take a few more rags.

If it has been a while since your last wash it will take some time but it is well worth it!

***Now that it’s sparkling clean: Lube it up!!***

**Q**

How often do you recommend people do this thorough of a cleaning? I have been wiping down my bike after every rainy or muddy ride, including wiping off the chain and re-lubing. But I haven’t done a serious cleaning since last summer.

**A**

How often you wash your bike depends on riding conditions and how long it has been since you last washed. As often as you have time for but at least every two months if you put on a lot of miles and more if you really want to save your components. I would wash more in the winter than in the summer due to weather.

A thorough washing also allows for a very close inspection of parts for safety: that’s how I found a crack in a rim!

with  
Tim  
Reinholtz



## MBBC: WE'RE MUCH MORE THAN A CLUB!

**Recreation** – Mt. Baker Bicycle Club hosts weekly, monthly and a variety of annual recreation rides for members and guests throughout the year. Rides are oriented to all levels of ability including beginners, social riders, commuters, touring and high level race training. Check the newsletter for current rides and come along as our guest!

**Education** – Bicycling safely is a learned skill. The Club offers courses in partnership with the Bellingham Parks Department. We work with local groups to host bike skills rodeos at annual community fairs. Funds raised by club activities help support training of more teachers, training bicycle skills to kids means a lifetime of safer roads.

Encouraging bicycling is an important part of the Club's education work. Our annual Bike to Work and School Day promotion has helped hundreds of commuters "Be part of the solution" launching careers of folks bicycling to work or cycling their kids to school.

**Trails** – In partnership with Whatcom TrailNet and the Whatcom Independent Mountain Pedalers, the Club helps advocate for development of a complete trail and mountain bike network throughout Whatcom County. The Club works with Bellingham Walks to improve the system of walking paths connecting communities both in cities and rural areas so that our children have safe routes to get to school.

**Race Training** – Weekly club rides offer new and seasoned high-level riders the chance to improve team riding skills. In partnership with the Ken Meyer Memorial Foundation, the Club hosts annual Criterium Bike Race events. Whether training for professional-class races or for endurance events or tours, these weekly training rides give Club members the extra edge to compete and win.

### **Mt. Baker Bicycle Club vision:**

Residents and visitors of all ability levels enjoy frequent and safe cycling throughout the Whatcom County region.

**Our Mission:** Encouraging and assisting everyone to experience safe and healthy cycling for recreation, transportation, or racing on roadways and trails in and around Whatcom County.

### **Mt. Baker Bicycle Club goals:**

1. Increase the number of people bicycling regularly
  - conducting and supporting recreational and educational bicycle events and rides
  - helping all types of people enjoy bicycling
2. Encourage safe and enjoyable bicycling
  - educate the public on safe bicycling skills and sharing the road
  - communicate issues of interest to bicyclists

3. Advise decision makers on facilities and policies that maintain or improve safe bicycling conditions on roadways and trails
4. Promote bikes as environmentally friendly transportation
  - partnering to reduce environmental damage of transportation

### **Mt. Baker Bicycle Club Board of Directors and Officers:**

Ellen Barton - President; Marie Kimball - Vice President;  
Michael McAuley - Secretary; Cathie Gerlicher - Treasurer;  
Doug Schoonover - Ride Coordinator;  
Pamela Robertson, Marc Ambers, Chris Covert-Bowlds

### **Contacts:**

Ellen Barton--raleigh3speed@hotmail.com (734-8540)  
Marie Kimball--bikebham@yahoo.com (752-1236)  
Doug Schoonover--ridecoordinator@mtbakerbikeclub.org (410-6431)  
Jennifer Longstaff--mbbcnewsletter@mtbakerbikeclub.org --jkl



### **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 or TIFF format for photos, and ensure they are at least 300 dpi. Any 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.

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: \_\_\_\_\_

Home telephone: \_\_\_\_\_ Work telephone: \_\_\_\_\_

Associate member: \_\_\_\_\_  
(An associate member can be any person living at the same address as the individual member)

### Membership type:

Individual: \$15 \_\_\_\_\_  
Family/Associate: \$25 \_\_\_\_\_  
Additional Donation: \_\_\_\_\_  
(donations support bike safety education)  
Total enclosed: \$ \_\_\_\_\_

Please enclose a check payable to:  
Mt. Baker Bicycle Club  
(There will be a \$20 fee for all returned checks.)

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    ☐ Mailings or Data  
☐ Bike to Work and School Day    ☐ Chuckanut Century  
☐ Special events    ☐ Website Maintenance    ☐ Education  
☐ I can provide discounts on \_\_\_\_\_

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



# GroupHealth

## COOPERATIVE



**NWEC**  
NORTHWEST EYE CLINIC  
EYE PHYSICIANS AND SURGEONS

**Welcome and thank you to our new 2009 sponsors:**

**GroupHealth Cooperative:** title sponsor of Bike to Work and School Day

**Northwest Eye Clinic:** title sponsor of Bike Month

**Wood Stone:** new bronze-level sponsor

And thank you for the continued contributions of last year's sponsors: **Starbucks, Smart Trips, everybodyBIKE, and Sunshine Printing.**

**Please join us in supporting our sponsors!**

### EVENTS CALENDAR, continued from p. 3

**Indie series will be in Bellingham July 12**  
see full schedule at: [www.indieseries.com/](http://www.indieseries.com/)

**Bellingham Traverse: September 19**  
[bellinghamtraverse.com](http://bellinghamtraverse.com)

### Trail Building

There are trail-work parties being organized by the Whatcom Independent Mountain Pedalers (WhIMPs) and by the Bellingham Parks Department.

**March 8,** Trail: 911 meet at Padden ball fields

**March 22,** Location TBD (save the date!)

**April 5,** Mirror Pond Trail Construction, meet at Padden ball fields

**April 19,** Mirror Pond Trail Construction and Keystone Cut Bridge meet at Padden ball fields

**May 3,** Mirror Pond Trail Construction

above meeting times all at 10am. Tools supplied. Wear appropriate clothing.

information: [www.whimpsmtb.com/trailbuilding.html](http://www.whimpsmtb.com/trailbuilding.html)

**March 7 - 10am** Boulevard Park

**March 7 - 9am** Lake Padden

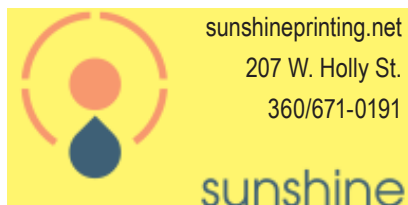
**March 14 - 9am** Franklin Park

**March 21 - 10am** Padden Creek Trail at 6th

**March 28 - 9am** Maritime Heritage Park

**March 28 - 1-3pm** South Bay Trail

information: Bellingham Parks & Recreation, 360-778-7105 and see directions to trailhead meeting places here: [www.cob.org/documents/parks/volunteer/work-schedule.pdf](http://www.cob.org/documents/parks/volunteer/work-schedule.pdf)



everybody  **BIKE**



Thank you to photographer Lea Kelley and the community project:

**FacesOfBellingham.com**

for providing some of the faces in this issue of the MBBC



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**(360) 389-6551**

[www.communitycarshare.org](http://www.communitycarshare.org)

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>MARCH 1</b>	<b>2</b>	<b>3</b> Tues Social Ride	<b>4</b> Wed Group Ride  BikeToWork Day planning Meeting	<b>5</b>	<b>6</b>	<b>7</b> Donut Ride  Bellingham Parks: Trail work day
<b>8</b> <i>Daylight Time begins</i> WhIMPs Trails work day	<b>9</b>	<b>10</b> Tues Social Ride	<b>11</b> Wed Group Ride	<b>12</b> Special Travelogue show: La Ruta	<b>13</b> REI: Bike Maintenance 101	<b>14</b> Donut Ride Recumbent Ride Seattle Bike Expo Bellingham Parks: Trail work day
<b>15</b> Pre St-Pat's Day fun ride  Seattle Bike Expo	<b>16</b>	<b>17</b> <i>St. Patrick's Day</i>  Tues Social Ride	<b>18</b> Wed Group Ride	<b>19</b> Ladies Night at Kulshan Cycles	<b>20</b> <i>first Day of Spring</i>	<b>21</b> Donut Ride McClinchy Mile Bellingham Parks: Trail work day REI: Bike Maint 201
<b>22</b>  WhIMPs Trails work day	<b>23</b> everybodyBIKE: First Gear	<b>24</b> Tues Social Ride <i>Tues ramp-up ride begins!</i>	<b>25</b> Wed Group Ride	<b>26</b>  <i>RideOn!</i> Travelogue show: Pacific Coast	<b>27</b>	<b>28</b> Donut Ride WWU North Shore Circuit Race Bellingham Parks: Trail work day
<b>29</b> Moles Ride	<b>30</b>	<b>31</b> Tues Social Ride Tues ramp-up ride	<b>APRIL 1</b> Wed Group Ride BikeToWork Day planning Meeting	<b>2</b>	<b>3</b>	<b>4</b> Tulip Pedal



### **Mt. Baker Bicycle Club**

Post Office Box 2702  
Bellingham, Washington 98227

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