



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Volume 18 Number 4, May 2009

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This month's contributors:
Mary Anderson, Ellen
Barton, Kristin Kinnamon.
Thanks to all!



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

Club Website:
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



Here's how we celebrate in Bellingham!

April 30: Team-Up for everybodyBIKE kick-off reception: 5-7pm, Chuckanut Brewery and Kitchen on Holly Street in Old Town. Team captains get your teams together! (see p. 2)

May 1: Holland Days ride 6-8 pm in Lynden; May 1-2: Holland Days Pump-you-up Booth 9am-5pm

May 2: Procession of the (Bike) Species: Butterfly bicycles lead the parade. Dress your bike as an animal and ride with the Species. 3:30 pm, Lottie Street: <http://www.bpots.org/>

May 9: Bicycle Scavenger Hunt: 10am Public Market

May 9: Pedal with your Politician: noon-1:30pm from Farmer's Market. Thank our political leaders for their work to make Whatcom County bike-friendly.

May 13: Ride of Memorial: in the spirit of the *Ride of Silence*, the group departs the Fairhaven Village Green at 6pm and quietly rides to honor the memory of cyclists killed or injured on our roadways.

May 11-15: Grizzlies on Bikes Week: watch for Grizzly Bears cycling throughout town during Grizzly Awareness Week.

May 15: Bike to Work and School Day! See events and map of celebration stations on p. 4-5.

May 16: Adaptive Cycles Expo: 11am-2pm City Hall. Check out an assortment of bike designs that make it fun and easy for anyone to pedal.

continued on p. 2

everybodyBIKE

A month of fun & prizes for everyone on two wheels

WEEKLY AND GROUP RIDES



Tuesday Social Ride: starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. 10am start time in winter, 9am in better weather. To check start time and for other information, contact. Robert Parker at rmp-4724@hotmail.com or 360-671-6910

Tuesday Ramp-Up Ride: Tuesday evenings 5:45 pm through September. Meet @ Whidbey Island Bank, corner of Bakerview/Northwest. Initially 14-15 mph (with slower and faster groups becoming available as more people start riding), 10-15 miles, practice group-riding skills. Contact: ridecoordinator@mtbakerbikeclub.org, 410-6431

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 (has already started for 2009)

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, 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 or 360-671-6910

everybodyBikeCommunity Rides: Check www.everybodyBike.com/calendar.aspx for listings

WhIMPs Mountain Bike Rides: contact the club on their website for schedule: www.whimpsmtb.com



presents:

TEAM UP! for everybodyBIKE

Become a team leader! People try riding bicycles for transportation when someone they know and trust encourages them. Whether you cycle a lot or a little, you're an inspiration for friends and colleagues who haven't cycled lately. Share what you know, share the fun, and share the prizes by becoming an **everybodyBIKE Team Leader**.

TEAM UP is Whatcom Smart Trips' celebration of National Bike Month in May. Current cyclists, such as MBBC Members, are the leaders of this celebration.

Recruit your Team. People of all ages can participate in Team Up. Anyone who lives, works, or goes to school in whatcom County can form a team, ride, and win. Here's how:

1. Recruit three to five people, especially novice cyclists and a company exec, plus yourself.
2. Register your team online before Sunday, May 31 at www.everybodyBIKE.com (follow the links to TeamUp, then to Register your Team). Those without Internet access may register teams by contacting everybodyBIKE at 671-BIKE.

Scoring Points. Team members score one point for each day in May that they walk or take a bicycle for transportation, rather than using a car. People who are new to cycling, as well as one company executive per team, can score extra points. Team members can record their trips at WhatcomSmartTrips.org, or keep score on the card below:

TEAM UP Calendar Card

Check the boxes for all the days you participate and total below.

sun	mon	tue	wed	thu	fri	sat
						1
						2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

See www.everybodyBIKE.com/events-rides.aspx for all the details, rules, and answers!

National Bike Month in Bellingham

continued from p. 1

May 17: Ski to Sea Fun run/walk/bike. 10:30am-1:30 pm Lake Padden to Fairhaven. www.skitosea.com/Assets/s2s_fun_run.pdf

May 23: Bike Cavalcade in the Ski to Sea Parade: noon-2pm-ish, *Create & Imagine* is the parade's 2009 theme. Show off your classy fenders and enjoy an entertaining cruise in the Grand Parade. Registration required: info@everybodyBIKE.com

Saturdays: Pump You Up booth at the Farmers Market - Bike maintenance and flat repair!

2009 CALENDAR

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

SPECIAL EVENTS

May is National Bike Month

Events schedule at www.everybodyBike.com
and on p. 1, 2, 4, and 5 of this newsletter

Bike to Work and School Day - May 15

See events list and map of celebration stations on p. 4-5.

Bike To Work & School Day final planning meeting

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

Gatherings

everybodyBIKE confidence classes: www.everybodyBike.com

May 6, June 3, June 23

information and sign ups: 671-BIKE or info@everybodyBIKE.com

Women's **Bike Maintenance Class** at The Hub, 6-8 pm

May 19, or June 2

The class is free but pre-registration is required and seating is limited. 714-9033 to sign up. Hurry - classes are filling up fast!

Events at **Bellingham REI:** www.rei.com/stores/events/65

May 7 & 26: Bike Maintenance 101

May 16 & 31: Bike Maintenance 201

Mount Baker Club Rides

Formerly the Baker Hiking Club, this group organizes hikes, paddles, and rides for outdoor enthusiasts.

details: www.mountbakerclub.org

Their bike rides in May are:

Skagit County Bicycle Ride – **May 16**, meet 10am Sunnyland 25 miles, moderate with a few hills. Contact Janet Salo @ 734-6602

Bike Lopez Island, **May 16-17** -

Join Ron Peterson for a bicycle and camp around Lopez Island before the summer crowds show up. Call 733-1183.

Races (to watch or to enter)

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

details: www.skitosea.com

WWU Triathlon: May 17 *details:* www.tri@gmail.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.trithecookie.com

Mountains to Sound Relay: June 21

www.mountaintosound.com

special events calendar continued on page 7

2009 RIDES EVENTS

May

2 RACC: Ride Around Clark County (Vancouver WA)

www.vancouverbicycleclub.com/RACC.html

2 Camano Climb www.stanwoodvelosport.com

9 Skagit Spring Classic www.skagitbicycleclub.org

17 Ski to Sea Fun Run/Ride

www.skitosea.com/Assets/s2s_fun_run.pdf

25 Seven Hills of Kirkland www.7hillskirkland.org

June

6 Cruise in June (Bellingham) www.everybodyBIKE.com

6 Blast from the Past Century (Sedro Woolley)

www.blastfromthepastcentury.org

7 Peninsula Metric Century (Southworth)

www.twbc.org/events/peninsula

13 Flying Wheels (Redmond, east side)

www.cascade.org/EandR/flying/

20 Chelan Century Challenge (Chelan) www.centuryride.com

20 Tour de Blast (Mount St. Helens) www.tourdeblast.com

21 LiveStrong ride series (Seattle) livestrongChallenge.org

July

11-12 Seattle to Portland/STP www.cascade.org/EandR/stp

15-19 RedSpoke - Redmond to Spokane www.redspoke.org

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

www.redmondcyclingclub.org/S2S/S2S.html

19-25 TourBC (Creston BC loop) www.tourbc.net

25 Seattle Century www.seattlecentury.com

30 RAMROD - Ride Around Mt. Rainier in One Day

www.redmondcyclingclub.org

August

1 Tour de Whatcom (Bellingham) www.tourdewhatcom.com

3-9 RAW - www.cascade.org/EandR/raw

8 Bike to Battle Cancer (Bellingham) -

www.biketobattlecancer.org

14-15 RSVP - www.cascade.org/EandR/rsvp

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

www.rapsodybikeride.com

30 Summits of Bothell www.summits-of-bothell.org

September

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

13 Mt. Baker Hill Climb (Glacier) www.norkarecreation.com

18-21 Trek Tri-Island (San Juan, Lopez, Orcas Islands) alaw.org

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

26 Tour de Whidbey (Oak Harbor) tinyurl.com/5zw9zv

26 DAM2DAM (Wenatchee) www.mikeutley.org

27 Headwaters Century (Enumclaw)

www.twbc.org/events/headwaters

October

4 Kitsap Color Classic www.cascade.org/EandR/kitsap

Wood Stone



GroupHealth *presents:*

BIKE TO WORK AND SCHOOL DAY!

Friday, May 15, 2009

Get on your bike and Ride! ... To work, to school, and to the events scheduled for Friday, May 15 around Bellingham and Whatcom County!

Enjoy the Annual Pancake Breakfast at The Hub

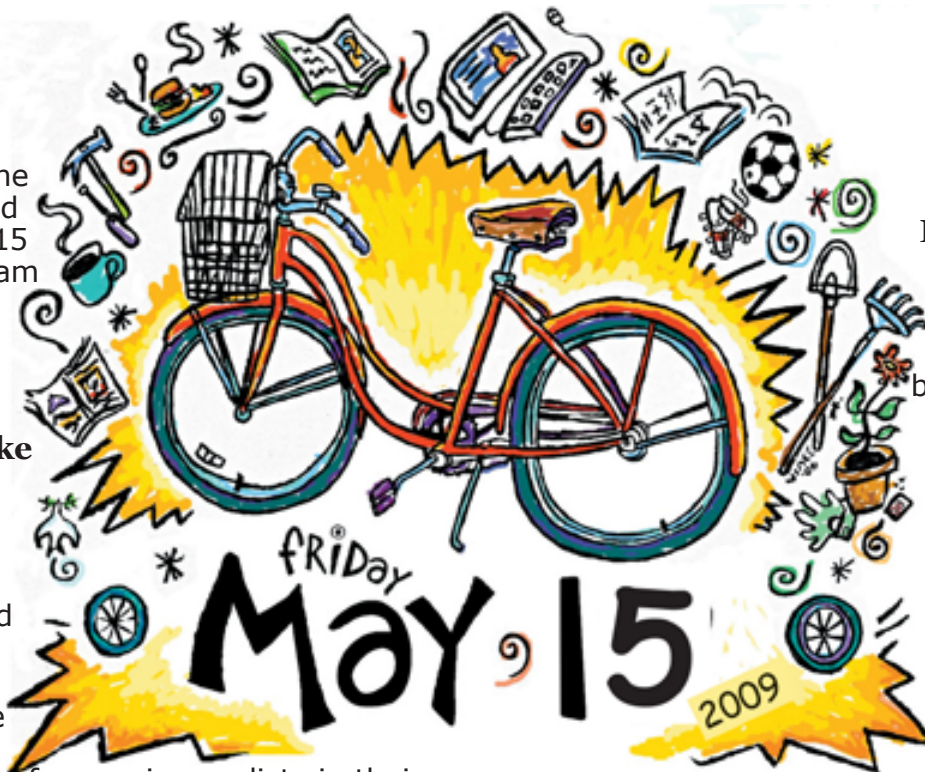
Beginning at 7am, friends and members of **The Hub** Community Bike Shop will be flipping pancakes for passing cyclists in their annual celebration! Stop by as you ride past on the South Bay Trail.

Receive Cheers at a Celebration Station

Pick a route to work that passes one of the many Celebration Stations in town and the county. Stop for treats, cheers, and to fill out raffle entries for prizes. See map on p. 5, and check the county map at www.everybodyBIKE.com. Stations open at 6:30 am and remain open until 9 am. Some stations will stay open until 10 am if the volunteers are being entertained by lots of cyclists, so be sure to stop by!

Test Your Skill (or watch others testing theirs) at the City Hall Tricycle Race

Noon at the Bellingham City Hall. Round up your team and enter the annual hilarious contest of humor and tricycling skill at this event sponsored by the City of Bellingham.



Grab an Ice Cream at the Kids' Celebration at Mallard's

Kids! After 3:00 pm, ride your bike to Mallard's Ice Cream on Railroad Ave. Show your "I Biked" sticker and get a dollar off an ice cream cone. There will be more events at Mallard's after the Junior Ski to Sea Parade.

Wrap Up the Day's Celebration at Boundary Bay

From 5-7 pm, join the rest of the day's bicycle commuters at Boundary Bay Brewery and Bistro on Railroad Ave. Show your "I Biked" sticker and get free entry to music, food, fun, and prize drawings on Whatcom County's favorite bike day.



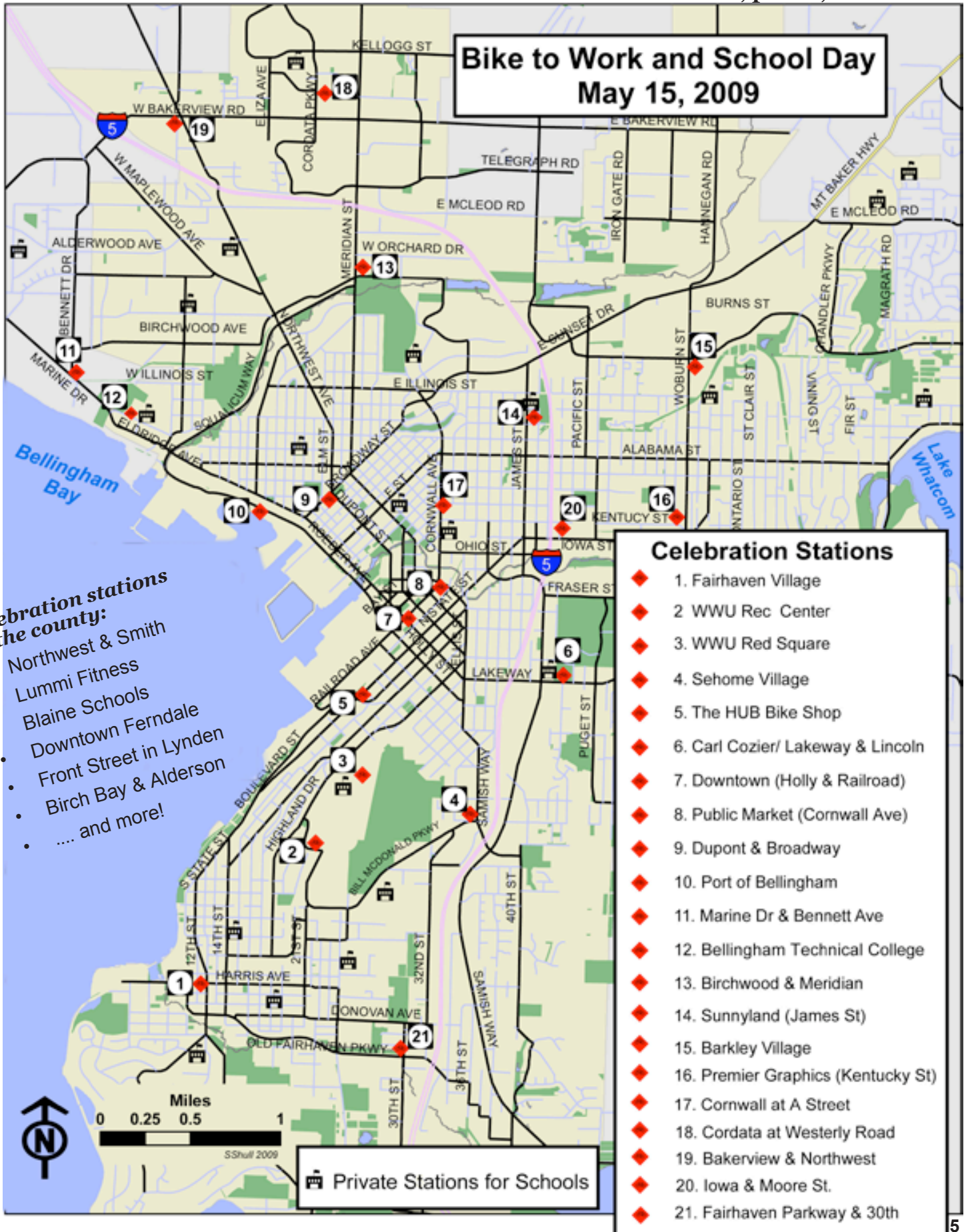
Celebrate!!!

6:30–9 or 10 am

Ride or walk to work/school on Friday, May 15, and stop on your way at one of the *Celebration Stations* in Bellingham and Whatcom County. Station volunteers will be on hand with treats, prizes, and cheers!

Celebration stations in the county:

- Northwest & Smith
- Lummi Fitness
- Blaine Schools
- Downtown Ferndale
- Front Street in Lynden
- Birch Bay & Alderson
- and more!



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: _____

Contact telephone number: _____

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

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 _____

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.)

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

Bicycle Alliance of Washington: update STATUS REPORT FROM OLYMPIA

Every year, literally hundreds of bills are submitted to the Legislature for review and approval. Many are great ideas for great causes, some deserve to die, few make it out for the Governor's signature to become law.

I am proud to say that as of this writing, two bills that we helped create on behalf of cyclists look likely to fall into that last category.

It takes preparation, partnerships and people to get a bill passed in Olympia. With the Bicycle Alliance of Washington, cyclists in our state have all three things working in our favor. The BAW Legislative & Statewide Issues Committee, made up of bicycle advocates from all over the state, first met last spring to plan for the 2009 legislative session. We identified our priorities and researched laws and current practices to build a case for support. Because we've been working in Olympia a long time, we knew what the arguments might be for and against our bills.

So part of our preparation was building partnerships with groups like the Washington State Patrol, which opposed our 3-foot safe passing law last year. We got key cities on board with our traffic signal activation bill. The Obesity Prevention Coalition, formed to encourage more kids walking and biking to school, brought many groups together to support our shared "Safe Routes to School" legislation.

There are many categories of people behind successful legislation. The volunteers on our committee are backed up by professional staff. The Bicycle Alliance has a long-time professional lobbyist in Olympia: Michael Temple. This year Michael was joined for the first time by a staff member from the Cascade Bicycle Club who also worked on behalf of cycling. Michael's knowledge of the process, the politics and the political people in Olympia is unmatched. It's what gets us bill sponsors, hearings and votes. When our signal bill died, he got it a second chance by inserting the language into legislation that was still alive.

Bike Alliance staff and volunteers helped get other people involved in this process. They organized panels of experts to speak to committees, sent out "action alerts" to Alliance members, wrote articles for websites and bike club newsletters. The power of "the people" really does come into play in Olympia, and every one of you who wrote an email, made a call or met with your legislators on behalf of bicycling helped make a difference.

The legislative session has not ended as I write this, but already we are planning for 2010. One thing we learned this session is that many of our politicians don't understand cycling. If we say "bicycle education" they think only of 10-year-olds. If we say "cars should be required to pass at a minimum of 3-feet," they say "bicyclists should ride on the right side of the bike lane or shoulder or cars don't have to pass safely."

Obviously, part of our preparation this year will involve educating politicians. We'll be seeking partners in local bike clubs and people with a passion for cycling to succeed in that effort. We'll also be working to identify our legislative priorities. What bills that died this year should we revive? What new ideas and approaches should we bring forward? What will make the biggest differences for cyclists' safety and comfort and encouragement?

SPECIAL EVENTS CALENDAR

continued from p. 3

Indie series will be in Bellingham July 12
see full schedule at: www.indieseries.com/

Bellingham Traverse: September 19
bellinghamtraverse.com

Trail Building

Trail-work parties are being organized by the Whatcom Independent Mountain Pedalers (WhIMPs) and by the Bellingham Parks Department. Come volunteer, help maintain the trails that we all use and enjoy!

May 3, WhIMPs Mirror Pond Trail Construction, 10am. Tools supplied. Wear appropriate clothing.
information: www.whimpsmtb.com/trailbuilding.html

May 2 - 10am Crooked Path

May 16 - 10am Memorial Park

May 16 - 1pm South Bay Trail

May 30 - 10am Bay to Baker 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



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- Simplify Your Life
- Be Environmentally Conscious

Car sharing helps you
live your values today!



(360) 389-6551

www.communitycarshare.org

Send your ideas and read more about Bicycle Alliance efforts in Olympia at www.bicyclealliance.org.

*- submitted by
Kristin Kinnamon,
the president of the Bicycle
Alliance of Washington and
past president of BIKES Club
of Snohomish County.*



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				April 30 Team Up bike month kickoff reception	May 1 Holland Days Ride	2 Donut Ride Procession Species RACC Camano Climb Bellingham Parks: Trail work day
3 WhIMPs Trails work day	4	5 Tues Social Ride Tues Hot Laps Tues Ramp-Up Ride	6 Wed Group Ride everybodyBIKE: confidence classes BikeDay planning mtg	7 REI: Bike Maint 101	8	9 Donut Ride Recumbent Ride Skagit Spring Classic Bike Scavenger Hunt Pedal w/Politician
10 <i>Mothers Day</i>	11 <i>watch for Grizzlies...</i>	12 Tues Social Ride Tues Hot Laps Tues Ramp-Up Ride	13 Wed Group Ride Ride of Memorial	14	15 <i>Bike to Work & School Day!!</i> events, p. 4-5	16 Donut Ride MtBaker Club Rides Adaptive CyclesExpo Bellingham Parks: Trail work day REI: Bike Maint 201
17 WWU Triathlon SkiToSea Fun Ride	18	19 Tues Social Ride Tues Hot Laps Tues Ramp-Up Ride Women's bike maint class @TheHub	20 Wed Group Ride	21	22	23 Donut Ride Ski to Sea Parade – Bike Cavalcade
24 Ski to Sea	25 <i>Memorial Day</i> 7 Hills of Kirkland	26 Tues Social Ride Tues Hot Laps Tues Ramp-Up Ride REI: Bike Maint 101	27 Wed Group Ride	28	29	30 Donut Ride Bellingham Parks: Trail work day
31 REI: Bike Maint 201						



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