



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Vol 18 Number 9, Oct/Nov 2009

Board Elections in December NOMINATIONS FOR MBBC BOARD REQUESTED BY OCT 20

The MBBC's annual member's meeting and reception will occur on Dec 3, 6:30 pm, at the Food Co-Op Connections building on N. Forest. This year, MBBC board of directors elections will take place during the meeting.

In order to include candidates' names on a ballot at the meeting, the board requests that nominations be submitted by Oct 20. Board positions are: President, VP, Secretary, Treasurer, Membership Chair, and several at-large members. Submit nominations to the outgoing president, Ellen Barton, at 734-8540 or raleigh3speed@hotmail.com

Take a Leadership Role in your Club - Run for a Board Position!

Marie Kimball, current VP of the MBBC, shares her thoughts about experiences during her tenure on the board



“ I initially became aware of the Mount Baker Bicycle Club in our community when I became a regular cycle commuter in 2001. The newsletter and monthly meetings made it easy to get to know cyclists who were interested in not only furthering advocacy for cycling infrastructure but also in the great recreation opportunities that our area has to offer.

After my first Bike to Work Day event I decided to get more involved and became a board member. My first position was Membership Chair. Membership was less than 50 at that time.

I have worked to increase the membership as well as recruit board members and volunteers. Under the leadership of Ellen Barton, not only has the club survived—it has grown. Our current membership is nearly 200 strong.

The fall century ride was on uneasy footing but the MBBC board has not only brought this ride back, we have increased its participation by giving the MBBC the brand recognition that we know how to ride here and how to put on a fun, well-supported event. The 2009 Chuckanut Century has just ended and was successful and highly complimented.

In 2005 I worked with Bob Lindquist to create a fresh new MBBC jersey design which has helped identify our club and our area when we do community rides. Current board members have gotten the word out about our rides and our area for the past 7 years.

If you want to see cycling opportunities expand whether it be via infrastructure, advocacy, signage, types of rides, maps, new routes, specific training, socializing, commuting, car-free options, etc. **you will benefit from being in a leadership role as a Mount Baker Bicycle Club Board Member.**

The board meets quarterly for approximately 2.5 hours. Depending on how many special projects you choose, total volunteer time can be under 25 hours per year. This includes work on Bike Expo, Chuckanut Century and the annual members' meeting. ”

in this newsletter:

- Join the MBBC Board..... 1
- Board Nominations 1
- Weekly Rides2
- Winter Ride Changes.....2
- Remaining Events List3
- Walk/Bike to School Day.3
- Jack's Celebrates 40 yrs 4-5
- Club Vision & People6
- Membership form.....6
- Short Subjects.....7
- Oct/Nov 2009 Calendar. 8

This month's contributors:
Mary Anderson, Ellen Barton, Mary Margaret Bowmer, Kent Devries, Marie Kimball, Kristin Kinnamon, Ryan Rickerts, Robin Robertson, Doug Schoonover. Thanks to all!



MBBC listserv--
sports.groups.yahoo.com/group/MtBakerBicycleClub/

Club Website:
www.mtbakerbikeclub.org

Newsletter archive online:
www.mtbakerbikeclub.org/news

Follow the club on Twitter:
twitter.com/mtbakerbike

WEEKLY AND GROUP RIDES — Fall / Winter Edition



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 info: Robert Parker at rmp-4724@hotmail.com or 360-671-6910

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

Wednesday Cyclocross Practice: (Sept-Dec) 6pm Wednesdays at Lake Padden ball field. Practice basic skills, then group up by ability and do short race course. Welcome, newcomers, to 'Cross. David Neubeck: 360-738-2025 or dneubeck@hotmail.com

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

Fairhaven Rides: Sunday mornings at 8am. Meet at Fairhaven Village Green. Contact Fairhaven Bike & Ski for details: 733-4433

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

WoodStone

SMART TRIPS



WEEKLY RIDES UPDATES FOR WINTER

Wednesday Group Workout Ride from Boundary Bay: In October this will be a mountain bike ride on the trails with lights. Cross bikes work well too.

Saturday Donut Ride: A reminder that the start time changes to 7:30am in October.

Cyclocross Wednesday night practices have been happening on Wednesdays since the first of September at Lake Padden ball field. Thanks to sponsors RunningShoes.com and Kulshan Cycles who are once again funding the field and lights rental from the city. For more information: David Neubeck at 360-738-2025 or dneubeck@hotmail.com.

Newsletter Double-Month

This newsletter is a double month (October and November). Look for the next newsletter in early December. Happy Hallowe'en and Thanksgiving!

Car Sharing
Available NOW in Bellingham!

- Save Money
- Simplify Your Life
- Be Environmentally Conscious

Car sharing helps you
live your values today!

Community
Car Share
of Bellingham 

"Wheels when you need them"

(360) 389-6551
www.communitycarshare.org



sunshine
brighten your printing

sunshineprinting
207 west holy street
bellingham, wa 98226
phone 360.671.0191

EVENTS REMAINING IN 2009

— More fun still to come

Events/Rides

Fanatik Meet the Women's Team Ride: Oct 3: 9am No-drop ride with bakery stop, if you're thinking of joining the women's team, come for a ride and get to know the group. MaryMargaret Bowmer mmflowernut@gmail.com, shuksanveloclub.com

Moonlight Ramble: Oct 3: 9pm-1am, Festival followed by ride in the full moon (bring lights and reflectors). Start/end at WWU. Supporting the Pickford Cinema. bellinghammoonlightramble.com

Kitsap Color Classic: Oct. 4: the last Cascade Bike Club ride of the year. www.cascade.org/EandR/kitsap

Ride for Denise: Oct 4 12:30 PM - 2:30 PM
Celebrate a lifetime love of bicycling with a bike ride honoring the memory of the tireless Bike to Work and School Day advocate, Denise Guren. 10 mile ride, social pace, from the Birchwood neighborhood to the site of the county's first Green Burial where we will plant a cedar tree in Denise's honor. Departs from the Albertson's near Birchwood at Northwest Avenue. Riders may join our group as we ride out Northwest toward Ferndale. *details and information:* 734-8540 or raleigh3speed@hotmail.com

Skagit Farm Pedal: Oct 4 10 am 20 or 35-mile ride in farm country, with farm stops, food, and SAG to transport your purchases. www.festivaloffamilyfarms.com/farmpedal

Bike Parade for Breast Cancer Awareness: Oct 10 10 am
Wear pink, 10 mile ride/parade Interurban trail. Begin/end at Boundary Bay Brewery 733-6440, kulshancycles@comcast.net
full story, details and registration at: trekbikes.com/women

Annual Members Appreciation Reception: Dec 3 6:30 - 9:00 pm at the Community Co-Op Connections Building on N. Forest. Board elections will also occur at the meeting (see p. 1).

Races (to watch or to enter)

Bellingham Parks & Rec Race Series
October 11: Runningshoes.com Duathlon and YMCA Youth Du
full schedule, details at: www.trithecookie.com

Cyclocross races: local schedule
Oct 24: Silly Cross
Nov 21: Hilly Cross
Jan 11, 2010: Chilly Cross
details at www.cascadecross.com/races, or contact Ryan Rickerts: ryan@cascadecross.com

Classes

everybodyBIKE confidence classes: www.everybodyBIKE.com
Oct 13 - First Gear **Oct 15** - Fixin to Ride
Oct 17 - On the Road **Nov. 10** - Confidence & Comfort
information and sign ups: 671-BIKE or info@everybodyBIKE.com

REI Bike Maintenance Classes (Bellingham REI):
Oct 22: Bike Maintenance 101
Oct 24: Bike Maint 201
details: www.rei.com/stores/events/65



Whatcom County schools to celebrate International Walk (and Bike) to School Day on October 14, 2009

Students in Whatcom County will be joining schools from around the world to celebrate International Walk to School Day on October 14, 2009. This is the third annual celebration in Whatcom County.

Approximately 3,000 students from schools across the county will be walking and bicycling to school on October 14th, along with parents and teachers. Participating schools will set up Celebration Stations to greet the students who walk or bike.

In the U.S., International Walk to School Day is expected to include 5,000 schools from all 50 states. Walkers and bicyclists from the U.S. will join children and adults in 40 countries around the world.

Walk to School events work to create safer routes for walking and bicycling and emphasize the importance of issues such as increasing physical activity among children, pedestrian safety, traffic congestion, concern for the environment and building connections between families, schools and the broader community.

The event is being organized by everybodyBIKE, the bicycling program of Whatcom Smart Trips.

For additional local information or to sign up your school, please contact Mary Anderson at 360-676-6974. You can learn more at the following websites:

International Walk to School in the USA www.walktoschool.org
Natl Center for Safe Routes to School saferoutesinfo.org
International Walk to School www.iwalktoschool.org
everybodyBIKE www.everybodyBIKE.com



GroupHealth®

everybodyBIKE

Jack's Bicycle Center is the City's Original Family Bike Shop



Jack Devries
founded the shop
in 1969 and is
still involved in its
operation.

Bellingham native Jack Devries was an early pioneer for bicycle advocacy. Since 1950, Jack worked in Bellingham and commuted by bicycle. He worked in bike stores, rode and worked on different kinds of bikes, and after leaving the GP plant in 1969, opened Bellingham's first full service bicycle store: **Jack's Bicycle Center**. Bellingham's first bike store was its first family bike store in more ways than one: the store serves the needs of all the cyclists in the family (from kid's bikes up through youth sizes, adults, and older adults), and as a family store it has been run by the Devries family for its entire 40 years of operation. Kent and Rhonda, the two youngest of the founder's five children, continue running the store now.

In 40 years of business, of course there are 40 years' worth of stories. According to Kent, "dad and his friends used to race unicycles down Chuckanut, ride high-wheelers in parades, and race road bikes." In the early years of the shop, when all five of the Devries children were living at home, at some point everyone in the family worked in the store. In the early 1970's, the store received a huge boost due to a "double-whammy" of: (a) the gasoline shortage, and (b) Longshoremen's strike. The gas shortage created an unprecedented demand for bicycles, yet many stores had none due to bike shipping being slowed by the strike.

Jack worked to arrange bicycle inventory so he had bikes when most others in the state didn't. Kent remembers people coming to Bellingham from as far away as Eastern Washington and filling the shop; each customer standing next to a bike with a hand possessively holding onto the handlebars, waiting for the next available salesperson to sell them the bike so no one else could grab it. This period of high bike-demand gave Jack the financial boost he needed to make a career out of the bicycle business, expanding the store and going after different niches.

“ Nearly everything on wheels, we've sold it at Jack's.”

- Kent Devries, reflecting on the history of Jack's Bicycle Center, Bellingham's oldest cyclery

The early 1980's saw the advent of mountain bikes, which gave a huge "shot in the arm" to the American bicycling industry. Demand for offroad bicycles for recreation drove innovation for better components to withstand the demands of rough riding. This innovation led to improvements in road bicycles as well, and the world of bicycling saw a big resurgence. Mountain biking turned cycling into a less seasonal business, allowing people to ride during the winter in conditions in which road bikes and skinny tires aren't practical.



Rows and rows of inventory fill the 5000-sq ft store, including mountain bikes, road bikes, hybrids, cruisers, unicycles, and a large assortment of kid's bikes.

Kent notes that the MBBC Wednesday night ride continues all winter, on trails with lights. Kent and his friends ride the trails after work on Thursday nights all year round. Kent says that while the bicycle business may not be seasonal as much

anymore, Jack's does see a change in business depending on the amount of snowfall on Mt. Baker. "The bicycle season lasts longer if the snow is late," Kent says.

The store has evolved through the years as the bicycle industry has changed, and as the Devries family considered the different markets they wanted to serve. Jack has always liked variety and wanted a shop for "the generalist." At different times, the shop has stocked go-karts, mopeds, and skateboards in

continued on p. 5

Celebrating 40 Years in Bellingham

as told to the MBBC by Kent Devries

continued from p.4

addition to bicycles. "Nearly everything on wheels, we've sold it at Jack's," says Kent. At this time, the shop supplies the full line of bicycles from its three main vendors: Haro, Giant, and Kona. Many think of Jack's as a mountain bike store, but Kent thinks of it as a *Family Store*, with a large assortment of kids' bikes, road bikes, cruisers, hybrids, and more.

Jack's two youngest kids, Kent and Rhonda, teamed up with their dad in 1986 and have been running the store since his retirement.

The store owns an extensive collection of antique bikes, and the new building design included an Antiques Showroom area so the old equipment could be displayed. Eventually that space was needed for inventory, as the bicycle industry expanded into trailers, racks, and touring equipment, and Jack's began stocking those accessories. But many antiques can still be seen decorating the walls and ceiling of the store, and more are tucked away in the storage rooms!



This November will see the store's 40th anniversary, as well as founder Jack's 75th birthday. Happy Birthday and Happy Anniversary!

Jack's is a Bellingham institution for many, and customers tell Kent and Rhonda that their cycling lives began at Jack's. People tell stories of coming to Jack's years ago when they were children, when their parents bought them their very first bicycle. Now they're returning to continue the tradition by buying the first bike for their own children.

Congratulations to Jack's Bicycle Center and may you continue success in Bellingham for another 40 years!

The first Jack's Bicycle Center was a shop on James Street. After outgrowing that space, the current 5000-sq. ft building was custom designed and built on Iowa Street. The shop moved into its current location in 1994.



Congratulations to Jack's Bicycle Center for 40 years in Bellingham!
Visit the shop online at jacksbicyclecenter.net, or in town at 1907 Iowa Street.

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 250 ppi. 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 Board Member
 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

SHORT SUBJECTS... a little of this and that...

Fairhaven Fitness and Personal Training has your winter bicycle training plan!

MBBC Member Robin Robertson, owner of Fairhaven Fitness at 800 McKenzie Ave. is announcing another winter schedule of fitness events guaranteed to keep you in shape and ready for spring cycling.

Cycle Moles returns! This four month winter indoor cycling training camp runs from November through February and features a well thought-out training protocol to make you a stronger rider for the spring. Last year our participants averaged a 17% increase in power! Classes are held Mondays and Wednesdays at 6:45pm for 60-90 minutes depending on the class content. You can sign up to ride one of our LeMond stationary bikes or use your own bike on our trainers. We'll be adding in some video fun while we ride too. Cat 1 cyclist Phil Elsasser has joined the club and will be one of the Cycle Moles instructors this year!

Sweat 24 will be held on November 13-14, 6pm to 6pm. This is our 3rd year for the fundraiser for the hungry and homeless in our community with the donations going to benefit the Bellingham Food Bank and Lighthouse Mission. Entry is \$25/hour or \$600 for a team that participates throughout the 24 hours. This year we will have several instructors teaching classes interspersed with movies to watch while you ride and, of course, our hourly challenges on the bikes!

Information: www.bellinghamtennis.com

Contact Robin: 360-733-5050 or robin@bellinghamtennis.com

Chuckanut Century



If you rode the **Chuckanut Century** on September 20, be sure to check for your photo at Burke Hovde productions: www.hovdephoto.com

This year's Chuckanut Century was again staged on a beautiful day with approximately 400 riders and nearly 100 volunteers helping to make it a great **Ride for Hospice**.

Bicycle Alliance Seeks Executive Director

Are you passionate about bicycling? Are you an executive leader who wants to lend your skills to an organization that advocates for bicyclists and a bike-friendly Washington?

Bicycle Alliance of Washington (BAW) seeks an Executive Director to lead the nonprofit organization which is comprised of more than 2,000 members engaged in the goal of making Washington more bike-friendly. The Executive Director is the Chief Executive Officer of the Bicycle Alliance of Washington. The Executive Director reports to the Board of Directors, and is responsible for the organization's consistent achievement of its mission, annual work plans and financial objectives. The Executive Director will supervise four full-time staff, a half-time contract Development Director and a contract lobbyist.

Responsibilities include:

- Program Development and Administration
- Board and Organizational Development and Support
- Communications and Outreach
- Budget and Finance

Staff Relations

Desired Job Qualifications:

- Bachelor's degree or equivalent work experience
- 4-6 years experience (2 in a leadership role)
- 3-5 years direct fundraising experience
- Experience working for or on a non-profit board of directors
- Knowledge of bicycle design and education principles

The search is being managed by a board-search committee, with support from Alford Group Executive Search. To apply, all candidates should submit their cover letter and resume and complete the online application at <http://ag-es.kintera.org/applicant>. All other inquiries should be directed to donnag@bicyclealliance.org.

Application review begins in early October, so hurry if you wish to apply.



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				October 1	2	3 Donut Ride Fanatik Women's Team Meet Ride Moonlight Ramble
4 Kitsap Color Clas'c Ride for Denise Skagit Farm Pedal	5	6 Tues Social Ride	7 Wed Group Ride Cyclocross Practice	8	9	10 Donut Ride Recumbent Ride Bike Parade 4 Cancer
11 Runningshoes.com and YMCA duathlons	12 <i>Columbus Day</i>	13 Tues Social Ride evrybdyBike 1st Gear	14 Wed Group Ride Cyclocross Practice Bike/Walk to School	15 evrybdyBike Fixin to Ride class	16	17 Donut Ride evrybdyBike On The Road class
18	19	20 Tues Social Ride Nominations due for MBBC Board	21 Wed Group Ride Cyclocross Practice	22 REI Bike Maint 101	23	24 Donut Ride Silly Cross Race REI Bike Maint 201
25	26	27 Tues Social Ride	28 Wed Group Ride Cyclocross Practice	29	30	31 Donut Ride <i>Hallowe'en</i>
November 1 <i>Daylight time ends</i>	2 Cycle Moles begins: M/W thru 2/2010	3 Tues Social Ride <i>Election Day</i>	4 Wed Group Ride Cyclocross Practice Cycle Moles thru 2010	5	6	7 Donut Ride
8	9	10 Tues Social Ride evrybdyBike C&C	11 Wed Group Ride Cyclocross Practice	12	13 Sweat 24 Fundraiser	14 Donut Ride Recumbent Ride
15	16	17 Tues Social Ride	18 Wed Group Ride Cyclocross Practice	19	20	21 Donut Ride Hilly Cross Race
22/29	23/30	24 Tues Social Ride	25 Wed Group Ride Cyclocross Practice?	26 <i>Thanksgiving</i>	27	28 Donut Ride



Mt. Baker Bicycle Club

Post Office Box 2702
Bellingham, Washington 98227



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 if they wish.