



# MBBC

**More Bicycling = Better Community!**

**Mount Baker Bicycle Club Newsletter, Volume 19 Number 6, July 2010**

*Whatcom Road Touring, Padden Mountain Racing, Tour de France Viewing...*

## JULY IS JUST PACKED!

*in this newsletter:*

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This month's contributors:  
 Marie Kimball, Kristin  
 Kinnamon, Mark Peterson,  
 Doug Schoonover, Matthew  
 Velguth, Kathy Whitmer,  
 Todd Williams. Thanks All!



*the club online:*

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

*and our social sites:*



[facebook.com/pages/  
Mount-Baker-Bicycle-  
Club/321683447138](https://www.facebook.com/pages/Mount-Baker-Bicycle-Club/321683447138)



[sports.groups.  
yahoo.com/group/  
MtBakerBicycleClub](https://groups.yahoo.com/group/MtBakerBicycleClub)



[twitter.com/mtbakerbike](https://twitter.com/mtbakerbike)



[flickr.com/  
mtbakerbikeclub/](https://www.flickr.com/photos/mtbakerbikeclub/)



[digg.com/users/  
MtBakerBicycle](https://www.digg.com/users/MtBakerBicycle)

### 5th Annual Tour de Whatcom

The Tour de Whatcom is **Saturday, July 31**, moved a week earlier this year to attract more Canadian riders. The tour's ridership goal is 1,000 riders spread out evenly amongst all three distances: 25, 50, and 105-mile routes. Start times are staggered so everyone returns to Fairhaven at about the same time to celebrate the ride together.

The three routes are awesome. You get to see everything: Mt Baker, Lake Whatcom, valleys, rivers, lush farmland, beaches and ocean all in one fairly level ride. Free rider photos too. Robert's Bicycle Repair and Fairhaven Bike Club will be available for free safety checks and *quick* repairs (parts are at your expense). Motorcycles will be cruising the routes to make sure all are safe. Trucks are on call to pick up anyone needing a lift. \$10 surcharge for day-of registrations so please register early.

Pledges in addition to the ride's entry fee are optional and go direct to charity of your choice. Please consider using the Tour de Whatcom to raise a few bucks for whatever charity is important to you. There is a pledge sheet on the Web site. There is also a Facebook page this year with more information.

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

[www.facebook.com/TourdeWhatcom](https://www.facebook.com/TourdeWhatcom)

— submitted by Todd Williams



### 18th Annual Padden Mtn Pedal

The Indie Series finals are on **Sunday, July 18**. It's crazy. For 18 years we've been hosting this race right here in the backyard of Bellingham at Lake Padden Recreation Area. We're lucky to have such a great park and one where mountain bikes are welcome to come and play and race.

This year we'll host the finals of the Indie Series and expect the racing to be extra spicy.

Padden is known to be one of the best spectator courses — riders doing multiple laps make for great viewing and raucous cheers. So it's a great place to come cheer on your friends, family and fellow racers. Bring your cowbells.

Age and ability classes guarantee there is a course for everyone to get in on the fun. Youth cycling is strongly supported and the free Shimano Kids Race (12 and under) is always a huge hit. Racing begins at 10am and continues into the afternoon. See full schedule at [indieseries.org/padden.html](http://indieseries.org/padden.html)

We're looking for some race day volunteers. If you're interested in helping please let me know!

— submitted by Mark Peterson  
[markomtb13@comcast.net](mailto:markomtb13@comcast.net)

*July is Just Packed: continued on page 2*

## WEEKLY AND GROUP RIDES — Make the most of summer



**Tuesday AM Social Ride:** starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. 9am and 10am start times. To check start time and other info: Bob Parker [rmp-4724@hotmail.com](mailto:rmp-4724@hotmail.com) or 360-671-6910

**Tuesday Summer Evening Ride:** Whidbey Island Bank, corner of Bakerview & Northwest. Meet 5:45pm leave at 6pm. Distance and speed will be determined by the ability of the group, but initially will average 14 to 15 mph, distance 15-20 miles. Ride focus on the skills necessary to ride in groups. We will concentrate on safe riding practices, paceline skills, how to overtake other riders and pass them in a safe manner, and how to deal with traffic. info: Doug Schoonover 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.

**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). [ridecoordinator@mtbakerbikeclub.org](mailto:ridecoordinator@mtbakerbikeclub.org), 410-6431

**Thursday Fairhaven Ride:** Join the Fairhaven Bike Club on Thursday nights throughout the summer. Meet at 5:45 pm at the Fairhaven Village Green (10th and Mill), depart at 6pm. Approximately 25 mile route which may split into 2 groups depending on group size and ability levels. Info: Allen Shaw: [allen.wesmar@gmail.com](mailto:allen.wesmar@gmail.com) 360-305-4031.

**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



*continued from page 1*

## More NOTES FOR JULY:

### Live Tour de France Coverage again at Mount Bakery this year

The 2010 Tour starts on **Saturday, July 3rd**. In 2009, we welcomed over 1100 guests during the Tour's three week extravaganza. Come watch the Tour on the big screen, in high definition at Mount Bakery. Have a cup of tea, some amazing coffee, or the most delicious treats in Bellingham.

The Tour showings run through Sunday July 25th. We'll open with the start of the broadcast each day – usually 5:30 am – and follow until the coverage ends at 8 to 8:30 or so.

Full breakfast menu starts at 7am. Before 7 there will be quiche, pastries, espresso, and other goodies available.

Come early and watch the day's stage with other road-racing lovers, at 309 W. Champion. Donations appreciated.



Tour image from [www.letour.fr/indexus.html](http://www.letour.fr/indexus.html)

everybody  BIKE





# 2010 EVENTS PAGE - check each month as new events are added

## Gatherings

**Tour de France viewing parties at Mount Bakery**  
July 3-25: (see p. 2)

**Saturdays:** Stop by the everybodyBike booth at the Bellingham Farmers Market. Saturdays 10-3, Depot Square: Railroad & Chestnut. [bellingshamfarmers.org](http://bellingshamfarmers.org)

**The Bike Shop's second bike swap: August 21**  
[thebikeshop1.org/SWAP.html](http://thebikeshop1.org/SWAP.html)

## Classes and Training

### Fairhaven Fitness Cycling classes

**Ride the Tour de France:** Fun 90-minute indoor rides following the course of every stage: July 3-25, 6am M-F; 7am wkends  
**Mt. Baker Hill Climb Camp:** 7-weeks of outdoor hill training sessions, starting July 27  
details: [bellingshamtennis.com](http://bellingshamtennis.com) OR 733-5050



### Ride 542: Mt. Baker Hillclimb Training Camp

*Climb with confidence!*

Join this 7-week outdoor training camp to build power and endurance while practicing hill climbing techniques, riding position, pedal stroke, and pace lines. Meets at a variety of locations with big hills, great challenges, and super satisfaction!

**Start date is July 27 & 29**

Price: \$149 includes Recreational Division Hillclimb Entry  
Choose: Tues eve. 6 - 7:30pm OR Thurs morn. 6 - 7:30am



**Fairhaven Fitness @ Bellingham Tennis Club**  
Register Online: [www.bellingshamtennis.com](http://www.bellingshamtennis.com)

**Bellingham REI** Bike maintenance classes (sign-up required):  
July 6 & 26: Bike maintenance basics  
July 10 & 24: Bike maintenance 201  
details and sign-up at [www.rei.com/stores/events/65](http://www.rei.com/stores/events/65)

**Trek Dirt Series** comes to Bellingham August 28-29  
Hosted by Kulshan Cycles. [dirtseries.com](http://dirtseries.com)

**Fanatik Bike Co Women's MTB Group Ride Series**  
July 8, August 3: Galbraith Beginner Ride 6pm  
July 29: Galbraith Intermediate/Advanced 6pm

sign up at least a day ahead: [kathy.fanatikbike@gmail.com](mailto:kathy.fanatikbike@gmail.com)  
**Bike to Beer Cruiser: August 11**

Fanatik's womens' ride & end-of-summer celebration. If you don't have a cruiser, decorate any bike and meet at Bellingham High School at 6pm for a cruise to Boundary Bay Brewery via Boulevard Park. Bring a lock!

details at: [www.fanatikbike.com](http://www.fanatikbike.com) (click "events")

### Womens' Cyclocross Training

It's never too early to start thinking about 'Cross season. 'Cross advocate Ryan Rickerts will again be coaching ladies' cyclocross basics classes. Mark your calendar: **September 9th and 23rd.**

## 2010 RIDES

### July

**10** S2S (Seattle to Spokane; 283 miles in one day of insanity)  
[www.redmondcyclclub.org/S2S/S2S.html](http://www.redmondcyclclub.org/S2S/S2S.html)  
**11-17** TourBC (Creston BC loop) [www.tourbc.net](http://www.tourbc.net)  
**14-18** RedSpoke - Redmond to Spokane [www.redspoke.org](http://www.redspoke.org)  
**17-18** Seattle to Portland/STP [www.cascade.org/EandR/stp](http://www.cascade.org/EandR/stp)  
**29** RAMROD - Ride Around Mt. Rainier One Day  
[www.redmondcyclclub.org](http://www.redmondcyclclub.org)  
**31** Tour de Whatcom (Bellingham) [www.tourdewhatcom.com](http://www.tourdewhatcom.com)  
**31** Seattle Century [www.seattlecentury.com](http://www.seattlecentury.com)

### August

**7** Bike to Battle Cancer (Bellingham) [biketobattlecancer.org](http://biketobattlecancer.org)  
**28** Retro Ride (LaConner) Ken Rasmussen [kayakfit@fidalgo.net](mailto:kayakfit@fidalgo.net)  
**28-29** RAPSody - Ride Around Puget Sound (Tacoma)  
[www.rapsodybikeride.com](http://www.rapsodybikeride.com)  
**29** Summits of Bothell [www.summits-of-bothell.org](http://www.summits-of-bothell.org)

### September

**11-12** MS 150 Bike Ride (Mt. Vernon)  
**12** Mt. Baker Hill Climb (Glacier) [norkarecreation.com](http://norkarecreation.com)  
**11-13** Trek Tri-Island (San Juan, Lopez, Orcas Islands) [alaw.org](http://alaw.org)  
**19** Chuckanut Century (Bellingham) [mtbakerbikeclub.org](http://mtbakerbikeclub.org)  
**19** Cycle The Wave (Issaquah) [cyclethewave.com](http://cyclethewave.com)  
**25** Tour de Whidbey (Oak Harbor) [tinyurl.com/5zw9zv](http://tinyurl.com/5zw9zv)  
**26** Kitsap Color Classic [www.cascade.org/EandR/kitsap](http://www.cascade.org/EandR/kitsap)

### October

**1-3** Fall Bike Festival (Winthrop) [www.mvsta.com](http://www.mvsta.com)

## Races

**Indie series finals in Bellingham July 18** (see p. 1)  
see full schedule at: [www.indieseries.com/padden.html](http://www.indieseries.com/padden.html)

**Sept 18:** Bellingham Traverse [bellingshamtraverse.com](http://bellingshamtraverse.com)

**Parks & Recreation Race Series** [www.trithecookie.com](http://www.trithecookie.com)

**July 24:** Lake Padden Duathlon

**August 14:** Bellingham Youth Triathlon

**October 10:** Runningshoes.com Duathlon

**October 11:** YMCA Youth Duathlon

**Lake Samish Triathlon August 7**

[lakesamishtriathlon.com](http://lakesamishtriathlon.com)



## Trail Building

Take some time to get outside, volunteer, and improve the city trails that we all enjoy.

**Trail work dates from Bellingham Parks Department:**

**July 1, 5 pm; July 6, 7, 8 6:30 pm** Potts Property Trail Building

**July 14, & August 4, 6:30 pm** Squalicum Creek Park

**July 21, 6:30 pm** Padden Creek Trail at 6th St.

**July 28, 6:30 pm** Boulevard Park

**July 31 & Aug 28, 10am** Big Rock Garden Park Sat. Work Parties

information: Bellingham Parks & Recreation, 360-778-7105  
[cob.org/documents/parks/volunteer/work-schedule.pdf](http://cob.org/documents/parks/volunteer/work-schedule.pdf)

**Mt Baker Bicycle Club - July 2010 3**

# NEWS FROM AROUND TOWN

## Bellingham Cycle Works opens in Fairhaven

The Bellingham Cycle Works has opened at 905 Harris Avenue in Fairhaven. Ryan Joslyn and Kaela Weinbrandt opened the shop, which focuses on repairing any kind of bike, striving for a 24-hour turnaround. Joslyn thought there might be a need for a repair shop on the south side of town to complement Fairhaven Bike & Ski.

Business has been good in the shop's first month, with it taking advantage of the foot traffic during the Ski to Sea weekend. Joslyn has worked at a variety of other shops in the Northwest, and wants the Cycle Works to be a place where people can drop in and feel comfortable asking for advice.

In addition to repairs, the shop will be focused on recycling used parts, including old tires, and using eco-friendly products. It will start offering repair classes this summer, posting a schedule on its Web site.

[bellinghamcycleworks.com](http://bellinghamcycleworks.com) 715-2967

*- information gathered from an article by David Gallagher in the Bellingham Herald*

## New Bike Repair and Consignment Shop opens in Fountain District

Earl's Bike Shop opened in May at 2827 Meridian St. across from Haggen. The shop is Craig Earl's addition to the Fountain District, where he chose the area specifically for the concentration of bicycle commuters along the busy street.

The shop offers full-service bike tune-ups for any type of bicycle and also sells used bikes on consignment. Earl ensures that each bicycle is tuned and in working order before it is sold. A service policy accompanies each sale. "This is a safer place to buy a used bike than off Craigslist" he says.

A certified bike mechanic, Earl has worked for different shops in the region, all of varying sizes. He prefers the feel of a small shop and plans to keep his 700-sq ft business that way. "I've always wanted to open a little neighborhood bike shop and I thought there was a need for a bike shop in the Fountain District." 746-2401

*- information gathered from an article by Isaac Bonnell in the Bellingham Business Journal*

## Update from The Bike Shop

The Bike Shop has been getting busier and now with school out, we expect turnout to really ramp up. Teen participation has exhausted our supply of 20" BMX and freestyle bikes. We are always glad to accept the donation of any bike; but if anyone has a 16" or 20" boys or girls bike that needs a new home, we are in short supply!

Our second 2010 bike swap will take place on August 21st at the Bellingham Sportsplex. Budding TBS mechanics are refurbishing some of the adult sized donations for this next event.

Don't ever worry about our ability to use a donated bike. If it isn't needed for a project participant, our participants may be able to tune it up and retail it at our swap to raise money for the The Bike Shop. [thebikeshop1.org](http://thebikeshop1.org)

*- submitted by Matthew Velguth*



## 3 Bellinghamsters to attempt S2S

According to the S2S Web site ([redmondyclingclub.org/S2S/S2S.html](http://redmondyclingclub.org/S2S/S2S.html)), the Seattle to Spokane ride is a *one-day, ultramarathon endurance ride of 284 miles with total climbing of over 12,000 feet. The course offers some stretches of incredible scenic beauty and others of utter desolation.*

On July 10, three Bellingham cyclists will start the S2S (at 2:00 am) and attempt to finish before dark. Last year only 14 riders started the ride, with just 9 finishing. Our representative riders: Mark Rhode, David Dean, and Andy Rowson, hope to be on the list of finishers. Among the training rides these guys have done are the Cannonball Ride (another Seattle to Spokane ride with less climbing), and little jaunts such as from Newhalem to Mazama and back in an afternoon.


Good luck, Mark, David, and Andy! We'll be checking the Web site for your names on the finishers list, and looking forward to hearing the tales.



**Discover Bellingham and Northwest Washington:**

\* Challenging hills of Mt. Baker \* Scenic inland lakes \*  
\* Rolling valleys of farmland \* Spectacular ocean vistas \*  
**Whatcom County has great cycling waiting for you!**

Join us for the **2010 CHUCKANUT CENTURY**  
**SUNDAY SEPTEMBER 19**  
Well-supported routes of 25, 50, 62, 100 & 124 miles,  
with classic views including Birch Bay and  
Chuckanut Drive!  
Ride for Hospice!  
**chuckanutcentury.org**  
Early registration just \$45  
\$50 after September 4th



This is our Chuckanut Century ad in this month's Bicycle Paper. Wherein we tell everyone to discover what we already know about Northwest Washington cycling!



## AUGUST RIDES WILL BE HERE BEFORE WE KNOW IT:

**Bike to Battle Cancer: August 7.** This is the second year of the Bellingham installment of this benefit ride. [biketobattlecancer.org](http://biketobattlecancer.org)

**RAPSody: August 28-29.** We're not talking about a religious experience, though the bike Ride Around Puget Sound can both humbling and heavenly. RAPSody is a 170-mile weekend bicycle event that starts and ends in Tacoma on Aug. 28-29. In between you'll cross Puget Sound on the Tacoma Narrows Bridge, enjoy paved trails, scenic backroads and Northwest water and forest views and ride plenty of hills (9,000 ft worth).

RAPSody is hosted by five local bike clubs in support of the Bicycle Alliance of Washington's statewide advocacy and education. This ride is by cyclists, for cyclists, with great food, souvenir socks, luggage transport, showers and support all included. Free overnight at Shelton High School, with on-site meals supporting the Shelton youth center. Registration closes August 20. Get an early registration discount if you sign up by **July 27**. [www.rapsodybikeride.com](http://www.rapsodybikeride.com)

Organized by: B.I.K.E.S. Club of Snohomish County, Capital Bicycle Club, Cyclists of Greater Seattle, Tacoma Wheelmen's Bicycle Club, and West Sound Cycling Club.  
— submitted by Kristin Kinnamon, RAPSody volunteer, B.I.K.E.S. Club of Snohomish County



**The Intrepid Crew: Bill's Hills Riders (L-R)** Ken Giffin, Bill McCort, Doug Schoonover, Magnus Collander, Marc Ambers, Sharon Collander, Shawn Lucke, Tim Crandall, Dennis Adam, Cheryl Batty, Marie Kimball, Diane Rappaport, and Rod Cheney, are all smiles *before* hitting the hills.

## **BILL'S HILLS RIDE** INCLUDES HILLS, RAIN, AND (RECOVERY) NAPS FOR ALL

The June Club Ride, invented by Bill McCourt and including nearly all the hills he could find in Bellingham, turned into a day of sun, rain, and lots of fitness training for the group shown above. The group was rained out before they could complete all the loops, but will return to ride them another day! (After the memory of all the climbing has faded.)

“When we turn this into a Century Ride we will have to include a set of new brake pads for each rider because if the climbing doesn't get you the descending will. ♥♣ Thanks Bill McCort for bringing support food to the end of the first loop for all of us; that was a nice touch Bill! Since Bill designed this ride, he knew how much that food would be appreciated. ♦♠ If you were not fit at the beginning of the ride you would become so on the way because with grades up to 22% you had no choice! ♣♦ That ride wasted me. I'm ready for a nap!”

— commentary by Marie and Doug



# MBBC ADMINISTRATION



## Welcome new members!

Joanne Decker  
Lynda Churchfield  
Stan Lanois  
Areti Moularas  
Kimberly Reeves  
Janet Senour

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



## Mt. Baker Bicycle Club

### Board of Directors and Officers:

Marie Kimball - President; Chris Covert-Bowlds - Vice President; Scott Dorough - Secretary; Tiffany Holmgren - Treasurer; Marc Ambers - Ride Coordinator; Doug Schoonover - Event Coordinator; Cathie Gerlicher, Bill McCourt, Eric Stromerson -- members at large

### Contacts:

Marie Kimball--bikebham@yahoo.com (656-5778)  
Doug Schoonover--ridecoordinator@mtbakerbikeclub.org (410-6431)  
Jennifer Longstaff--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 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

also available at: [www.mtbakerbikeclub.org/files/membershipform.pdf](http://www.mtbakerbikeclub.org/files/membershipform.pdf)

☐ 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





## MBBC SENDS SAYERS FAMILY OFF IN STYLE (AND IN RAIN)

Thanks to all who attended the club picnic and send-off for Adventure Cycling's Jim Sayers and family (Wendy, Samantha, Lucy, and Keilan) who left on a 2-month trip down the Pacific Coast on June 15th. Wearing raingear and with panniers covered in plastic bags, the Sayers headed out of town with an adventure (and hopefully sunny skies) ahead.





<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				<b>July 1</b> Bham Parks Trail Work	<b>2</b>	<b>3</b> Donut Ride Ride The Tour at F'haven Fitness begins
<b>4</b> <i>Independence Day</i>	<b>5</b>	<b>6</b> Hot Laps Tues AM Social Ride Tues SummerEve Ride REI Bike Maint Basics Bham Parks Trail Work	<b>7</b> Wed Group Ride Bham Parks Trail Work	<b>8</b> FBC Fairhaven Ride Fanatik Women's MTB Bham Parks Trail Work	<b>9</b>	<b>10</b> Donut Ride Recumbent Ride REI Bike Maint 201 Bham Parks Trail Work S2S ( <i>Insanity!</i> )
<b>11</b> TourBC begins	<b>12</b>	<b>13</b> Hot Laps Tues AM Social Ride Tues SummerEve Ride	<b>14</b> Wed Group Ride Bham Parks Trail Work RedSpoke begins	<b>15</b> FBC Fairhaven Ride	<b>16</b>	<b>17</b> Donut Ride Bham Parks Trail Maint STP: day 1
<b>18</b> Padden Pedal MTB: Indie Series STP: day 2	<b>19</b>	<b>20</b> Hot Laps Tues AM Social Ride Tues SummerEve Ride	<b>21</b> Wed Group Ride Bham Parks Trail Work	<b>22</b> FBC Fairhaven Ride	<b>23</b> August MBBC Newsletter Deadline	<b>24</b> Donut Ride REI Bike Maint 201 Bham Parks Trail Maint Lake Padden Duathlon
<b>25</b>	<b>26</b> REI Bike Maint Basics	<b>27</b> Hot Laps Tues AM Social Ride Tues SummerEve Ride <i>Hillclimb Camp at F'Haven Fitness begins</i>	<b>28</b> Wed Group Ride Bham Parks Trail Work	<b>29</b> RAMROD FBC Fairhaven Ride Fanatik Women's MTB <i>Hillclimb Camp at F'haven Fitness begins</i>	<b>30</b>	<b>31</b> Donut Ride <b>Tour de Whatcom</b> Seattle Century Bham Parks Trail Work



### Mt. Baker Bicycle Club

Post Office Box 2702  
Bellingham, Washington 98227



Welcome to Bellingham  
Now Get on Your Bike!  
[www.mtbakerbikeclub.org](http://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](mailto:mbbcnewsletter@mtbakerbikeclub.org). Club members are entitled to a printed/mailed version if they wish.