



# MBBC

**More Bicycling = Better Community!**

**Mount Baker Bicycle Club Newsletter, Volume 19 Number 5, June 2010**

***MBBC welcomes ACA director Jim Sayer to Bellingham***

## **CLUB PICNIC AND RIDE JUNE 14**

The MBBC welcomes Jim Sayer, executive director of the Adventure Cycling Association, as he and his family begin a Pacific Coast bicycling trip in Bellingham.

Jim and his family are taking two months to enjoy a self-contained bicycle trip down Adventure Cycling's Pacific Coast route. They plan to leave Bellingham the morning of June 15 and head north, touching Canada with their toes, then head south to Imperial Beach at the southern edge of California. Jim says, *"Every bike trip is special, but this will be even more so for us. Wendy and I, along with our three daughters on their own bikes, will ride for about 1,800 miles. We have many friends and family members along the route – plus we will go through SF, where four of us were born, and Santa Barbara, where Wendy and I met in college. Personally, I am very excited to start in Bellingham, because I have always wanted to visit. To be able to celebrate the start of our adventure with the Mt Baker Bicycle Club is going to be an incredible added treat."*



To welcome Jim to Bellingham and to kick off his trip, we're having a picnic at the Fairhaven Park Pavilion on Monday evening, June 14th. Here are the details:

- We have the Pavilion reserved from 5-9pm on Monday, June 14. Let's plan to arrive and socialize and have some appetizers, then begin dinner at 6pm.
- We're tentatively planning a community ride before dinner, probably meeting at the park at about 4pm. (More details will be forthcoming about the ride on MBBC website.)
- The MBBC is working with local farmers and fishermen to have a salmon barbecue and drinks, to highlight Bellingham's *Buy Local* and *Slow Food* groups.
- The rest of the dinner will be pot-luck. Please bring a side dish, salad, dessert, appetizer, or vegetarian main dish to share.
- Jim Sayer and his daughters (Samantha[13], Lucy[11], and Keilan[11]) will lead an informal presentation about the world of bicycle travel as seen by Adventure Cycling. They'll also talk about their upcoming trip as well as answer questions.
- So that we can prepare with enough salmon, drinks, and plates/utensils, we ask for RSVP before June 10. Please respond with the number of adults and children who will be attending to the following email address: [picnic@mtbakerbikeclub.org](mailto:picnic@mtbakerbikeclub.org)
- Questions may also be emailed to the above address, and you can also call either Doug or Marie with questions about the ride or the dinner (see p. 6 for contact info).

Read more about Jim and Adventure Cycling on the Adventure Cycling Staff Page: [www.adventurecycling.org/whoweare/staff.cfm](http://www.adventurecycling.org/whoweare/staff.cfm). We're looking forward to seeing Jim and local ACA bicycling friends on June 14. Mark your calendar and RSVP soon!

*in this newsletter:*

MBBC Picnic June 14 .....	1
Weekly Rides .....	2
Events Coming in June....	2
2010 Upcoming Events ....	3
2010 Upcoming Rides .....	3
From Around Town .....	4
Local Racing Photos .....	5
Club Administration .....	6
Membership form.....	6
Bike Month Sponsors .....	7
June Calendar .....	8

This month's contributors:  
Marc Ambers, Ellen Barton,  
Bill McCourt, Ron Merlina,  
Mark Peterson, Jim Sayer,  
Melanie Swanson, Matthew  
Velguth. Thanks to All!



*the club online:*

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

*and our social sites:*



## WEEKLY AND GROUP RIDES — Gearing up for Summer



**Monday Women's Social Ride** Whidbey Island Bank, corner of Bakerview & Northwest. Meet 6:00pm leave at 6:15pm. Ladies - thinking about getting back on the bike for spring? Come for an hour or 75-minute ride of your own distance and speed. Bring a friend and ride the country roads. Rain cancels. Information: Kathy Foster, [kafos@aol.com](mailto:kafos@aol.com)

**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 Evening Ride: Ramp-Up** 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

**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



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

## NOTES FOR JUNE:

**MBBC Summer Picnic and Social Ride - June 14**  
See p. 1 for details, RSVP, don't miss this gathering.

**MBBC Members-only ride "Bill's Hills" - June 13**

On Sunday, June 13th we are going to have a club ride open to **MBBC Members Only**. Make no mistake this is going to be a challenging ride with lots of hills in and around Bellingham. Maps will be provided. We are planning on 3 loops, each covering a distance of 30 to 40 miles with 3000 to 4000 feet of elevation gain per loop. Do one, two, or all three loops. If you are not a member, join now to participate in this challenging ride. We will have a drawing for a \$25 gift certificate to Boundary Bay for those who participate in this event.

The ride will start at Marine Park in Fairhaven and we will depart by 7:00am. For more information contact Bill McCourt at 380-3262 or email [ridecoordinator@mtbakerbikeclub.org](mailto:ridecoordinator@mtbakerbikeclub.org).

**Velopalooza begins  
June 4**

[velopalooza.ca](http://velopalooza.ca)

Check out the ten-day bicycle festival up in neighboring Vancouver BC. Calendar of events include a Superhero ride, 80's ride, Bike Rave, and Solar Bike Tree.



**Cruise in June**

**Community Ride: June 5**

[everybodyBike.com/caledar.aspx](http://everybodyBike.com/caledar.aspx)

Join the everybodyBike team for a celebration of summer with a self-guided Greenway bike tour on trails around Bellingham. Ride as part of a group or use Greenways map to ride at your own schedule. Departs from the Bellingham Farmers Market at noon on Saturday June 5.

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

## Gatherings

### MBBC Summer Picnic and Social Ride with ACA - June 14

See p. 1 for details, RSVP, don't miss this gathering.

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

## Classes & Training

### everybodyBike Cycling safety and confidence

classes: calendar at [everybodybike.com/calendar.aspx](http://everybodybike.com/calendar.aspx)

**June 22:** *First Gear*

**June 23:** *Fixing to Ride*

**June 26:** *On the Road*

### 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:** Outdoor rides to get you ready for the hills; July 29-Sept 9, Thursdays 6-7:30am

details: [bellingshamtennis.com](http://bellingshamtennis.com) or 733-5050

### Bellingham REI Bike maintenance classes (sign-up required):

**June 10:** Bike maintenance basics

**June 6 & 26:** Bike maintenance 201

details and sign-up at [www.rei.com/stores/events/65](http://www.rei.com/stores/events/65)

### Womens' Bike Maintenance Classes at The Hub

Melanie Swanson, bike mechanic at The Hub Community Co-Op, is offering bike maintenance classes for women. Learn how your bike operates and some basic maintenance skills in a supportive and fun setting. The class will cover basic bicycle anatomy, how to care for the bike chain, flat tire repair, and troubleshooting. The class will be held two final times in June.

Call to reserve your spot. Remaining dates: **June 1 & 15.**

Location: The Hub: 903 1/2 State St, behind Washington Divers  
Cost: Free, donations accepted.

Pre-registration required: 746-2854 or sign up at The Hub.

### Trek Dirt Series comes to Bellingham August 28-29

Hosted by Kulshan Cycles. [dirtseries.com](http://dirtseries.com)

## Races

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

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

**June 26:** Lake Padden Triathlon

**July 24:** Lake Padden Duathlon

**August 14:** Bellingham Youth Triathlon

**October 10:** Runningshoes.com Duathlon

**October 11:** YMCA Youth Duathlon

### Indie series will be in Bellingham July 18

see full schedule at: [www.indieseries.com](http://www.indieseries.com)

*continued on page 4*

## 2010 RIDES

### June

**5** Apple Century (Wenatchee) [www.applebikeride.com](http://www.applebikeride.com)

**5** Swan Century (Sedro Woolley) [swancentury.org](http://swancentury.org)

**5** Cruise in June (Bellingham) [everybodybike.com](http://everybodybike.com)

**6** Peninsula Metric Century (Southworth)

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

**6** Fort2Fort (Port Townsend) [fort2fortride.org](http://fort2fortride.org)

**12** Flying Wheels (east side) [www.cascade.org/EandR/flying/](http://www.cascade.org/EandR/flying/)

**13** Bill's Hills: MBBC Members Ride - see p. 2 for details

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

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

### July

**10** S2S (Seattle to Spokane; 283 miles in one day of insanity)

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

**11-17** TourBC (Creston BC loop) [www.tourbc.net](http://www.tourbc.net)

**11-31** Big Ride Washington (statewide loop) [bigride.org](http://bigride.org)

**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.redmondcyclingclub.org](http://www.redmondcyclingclub.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)



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# NEWS FROM OUT ON THE TRAILS AND AROUND TOWN

## New Stewardship Agreement in place for Galbraith

The WMBC (WhIMPs Mountain Bike Coalition) and Polygon 05 have reached agreement for the continued management of the trail system on Galbraith Mountain. The new stewardship agreement is similar to the previous versions and the WMBC will be in charge of all trail maintenance and construction on Galbraith Mountain.

We are extremely pleased we were able to reach agreement with the new land owners. We are fortunate that we have such an incredible place to recreate. Huge thanks goes out to Polygon 05 who is willing to allow for continued public use of private land.

Special thanks goes out to our legal council, Mark Lee of Brownlie Evans Wolf & Lee LLP, who was invaluable in the process of reaching an agreement that was in the best interest of all parties involved.

- posted by Mark Peterson on [wmbctrails.blogspot.com](http://wmbctrails.blogspot.com)

## Be a Trails Watchdog - Report Concerns!

Clayton Snider, the Natural Resources Specialist for the city, has been very helpful in doing trail improvements and repairs that I've brought to his attention (you may have noticed some improvements over the last month). Clayton says he appreciates all the eyes he can get on the trails and that public input is a very valuable asset since there are only 4 staff working in his program.

Be a trail watchdog! Have a concern? Please contact Clayton: [CSnider@cob.org](mailto:CSnider@cob.org) phone 676-6679 or via Parks Operations 778-7100.

- submitted by Ron Merlina

## Update from The Bike Shop

Thanks to everyone who helped make the First Annual TBS Bike Swap such a success. By popular demand we are now planning the "Second Semi-Annual TBS Bike Swap" for sometime in August/September. Meanwhile, Tour De

Whatcom is sponsoring The Bike Shop and has added Pledge Sheets to the ways in which you can help support the children and youth who use the Shop. [www.tourdewhatcom.com/pdfs/2010pledge-sheet.pdf](http://www.tourdewhatcom.com/pdfs/2010pledge-sheet.pdf) If you do this ride annually or have been thinking about it, make this the year that your miles benefit the area's newest and youngest riding club: The Bike Shop! Our participants will start their schedule of weekend rides this month and begin getting those bikes they've worked on out of the neighborhood under their own power!

- submitted by Matthew Velguth

## Thousands Celebrate 2010 Bike to Work & School Day

"SSC Presents Bike to Work and School Day" on May 21 was the 13th annual celebration for Bellingham. The festivities extended throughout the day with a pancake breakfast, live music, Tricycle Relay Races, an evening beer garden, and lots of prizes.

Volunteers cheered and rang cowbells for more than 8,000 people who walked or cycled past one of 60 Celebration Stations around Whatcom County on their morning commute to work or school. More than 100 businesses donated fruit, snacks, beverages, gifts, and prizes to make the day fun for everyone.

100% of the Bellingham public schools hosted Celebration Stations, for the second straight year. Public and private schools in Ferndale, Lynden, Blaine, and Burlington-Edison also hosted stations.

- submitted by Ellen Barton

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## 2010 Events - continued from page 3

### Trail Building

Take some time this spring to get outside, volunteer, and improve the city trails and mountain bike trails that we all enjoy. There are trail-work parties being organized by the Whatcom Independent Mountain Pedalers (WhIMPs), the Bellingham REI and by the Parks Department.

### REI and WTA (Washington Trails Association) National Trails Day - Baker River work party

June 5: 8:30 am, details at

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

### Trail maintenance dates from WhIMPs:

check the blog for updates!

[wmbctrails.blogspot.com](http://wmbctrails.blogspot.com)

### 4 Mt Baker Bicycle Club - June 2010

### Trail work dates from Bellingham Parks Dept.

June 12: Squalicum Creek

June 19: TBA

June 26: TBA

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

### Mount Baker Club Rides

This outdoor activities club sponsors hikes and bike rides (and more), and has announced bike rides coming up this summer.

June 20: Cycle to Point White Horn. Sharon: 647-8606

June 27: Western Whatcom Co Bike Cruise. Mel: 392-1015  
for ride details, see [mountbakerclub.org/activities.htm](http://mountbakerclub.org/activities.htm)  
or call the people at the numbers listed above for each ride.

## Photo Essay

# LOCAL COLLEGIATE BICYCLE RACING



The **WWU Cycling Team** sponsored the annual North Shore Circuit Race at Lake Whatcom on March 27, 2010. Collegiate teams representing schools from all over the NWCCC (Northwest Collegiate Cycling Conference) attended.

*Photos by Marc Ambers Photography*





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## MBBC ADMINISTRATION

### 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

# THANK YOU to the Sponsors of Bike to Work & School Day 2010!

**Bike to Work and School Day 2010 is presented by:**



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Bellingham Cycle Works  
The Blend Coffee on State Street  
Bike & Ped Advisory Committee  
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City of Bellingham  
Casa Que Pasa  
Colophon Café  
Community Food Co-op  
Cliff House Restaurant  
C Shop Birch Bay  
Dakota Art  
Daylight Property  
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Horseshoe Café  
The HUB Community Bike Shop  
Jack's Bicycle Center  
Kulshan Cycles  
La Fiamma  
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Lettered Streets Coffeehouse  
Little Cheerful Café  
Mallard Ice Cream  
The Market at Fairhaven  
Mount Bakery  
Mount Baker Bicycle Club  
Mount Baker Theatre  
Norka Recreation  
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Superteet  
Sweet Art  
Terra Organica  
Tony's Coffee and Teas  
Trader Joe's  
Village Books  
Whatcom Transit Authority (WTA)  
Whatcom Educational Credit Union  
Whatcom Health Department  
YMCA

## **Team-Up for everybodyBIKE is presented by:**



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		<b>June 1</b> Hot Laps Tues AM Social Ride Tues Ramp-Up Ride Hub Bike-Maint class	<b>2</b> Wed Group Ride	<b>3</b>	<b>4</b> Velopalooza Begins	<b>5</b> Donut Ride Apple Century Swan Century Trails Day work crew
<b>6</b> REI Bike Maint 201 Peninsula M Century Fort2Fort	<b>7</b> Women's Social Ride	<b>8</b> Hot Laps Tues AM Social Ride Tues Ramp-Up Ride	<b>9</b> Wed Group Ride	<b>10</b> REI Bike Maint Basics	<b>11</b>	<b>12</b> Donut Ride Recumbent Ride Flying Wheels Bham Parks Trail Maint
<b>13</b> MBBC Members' Ride: "Bill's Hills"	<b>14</b> MBBC Picnic and Social Ride	<b>15</b> Hot Laps Tues AM Social Ride Tues Ramp-Up Ride Hub Bike-Maint class	<b>16</b> Wed Group Ride	<b>17</b> July MBBC Newsletter Deadline	<b>18</b>	<b>19</b> Donut Ride Tour de Blast Bham Parks Trail Maint
<b>20</b> <i>Fathers Day</i> Mt. Baker Club Ride	<b>21</b> <i>Summer Begins!!!</i> Women's Social Ride	<b>22</b> Hot Laps Tues AM Social Ride Tues Ramp-Up Ride evrybodyBike 1st gear	<b>23</b> Wed Group Ride everybodyBike Fixin to Ride	<b>24</b>	<b>25</b>	<b>26</b> Donut Ride Bham Parks Trail Maint Chelan Century Challenge REI Bike Maint 201 evrybodyBike OnTheRoad Lake Padden Triathlon
<b>27</b> Mt. Baker Club Ride	<b>28</b> Women's Social Ride	<b>29</b> Hot Laps Tues AM Social Ride Tues Ramp-Up Ride	<b>30</b> Wed Group Ride	<b>July 1</b>	<b>2</b>	<b>3</b> Donut Ride <i>Ride The Tour</i> at F'haven Fitness begins



### 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.