



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Volume 19 Number 4, May 2010

There's something for everyone!

BIKE MONTH CALENDAR IS FULL OF EVENTS

Bike rides, parades, rodeos, food, Ski to Sea, and Bike to Work and School Day highlight Bike Month in Whatcom County. Details below, on p. 4-5 of this newsletter, and on our website: mtbakerbike.org

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This month's contributors:
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Ginny Sullivan, Melanie
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Thanks to All!



the club online:

www.mtbakerbikeclub.org

and our social sites:



April 30: Team-Up for everybodyBIKE kickoff reception:

5-7pm, Copper Hog restaurant
on North State Street. Team
captains get your teams
together! (see p. 4)

May 1: Bike Rodeo and Safety Fest: 12-4pm Bellis Fair Mall.

Whatcom Traffic Safety Team shows
off fire trucks and police cars while
kids learn bike safety skills in a fun
rodeo. Great way for families to start
Bike Month.

May 1: 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: www.bpots.org/

May 15: TBS Bike Swap at the
Bellingham Sportsplex. Sell your
oldequipment or buy new used
bikes and accessories. The swap is
a fundraiser to provide bikes and

TBS' 1st ANNUAL BELLINGHAM BIKE SWAP



MAY 15 @ the B-Ham Sportsplex
1225 Civic Field Way

education for low-income children.
www.thebikeshop1.org/SWAP.html

**May 15: 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 15: Adaptive Cycles Expo:
11am-2pm City Hall. Check out an
assortment of bike designs that make
it fun and easy for anyone to pedal.

May 19: 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 21: Bike to Work
and School Day!**
See events on p. 5.

**May 29: Bike
Cavalcade in the Ski to Sea
Parade:** noon-2pm-ish, Show-off your
Cruiser and enjoy a bicycle drill team
performance (being organized by Kim
Brown) in the Grand Parade.

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 in the improving weather. Rain cancels. Information: Kathy Foster, 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 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, 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

Do you want to promote a weekly ride?

If you or your organization is heading up a ride this season, let us know so we can publicize it here!



NOTES FOR MAY:

The Cookie Ride! Skagit Spring Classic - May 8

skagitspringclassic.org

Pick your distance and ride through northern Skagit and southern Whatcom Counties enjoying splendid rural forest and marine views. You have a choice of various routes, a century (100 miles), a metric century (100 km, 62 miles), 45 miles, or 25 miles. There is even a Family Trail Ride of 10 to 12 miles. This ride is famous for its homemade cookies at the rest stops! Yum!

Camano Climb - Saturday, May 1

stanwoodvelosport.com

44 miles of scenic bicycling around the perimeter of Camano Island with an escape route of about 28 miles for those who wish a shorter ride. You will see spectacular views of Cascade and Olympic Mountains, Skagit Bay, Port Susan, Saratoga Passage and Whidbey Island.

Rhody Bike Tour - Sunday, May 2

http://www.ptbikes.org

There are three route choices: 32, 45 and 62 miles. This ride out of Port Townsend follows the varied terrain of east Jefferson County's rural roads. The few hills on the Half Metric Century make for a pleasantly challenging ride for those getting a late start in their season or for the new long distance rider. The full Metric Century is a great ride for those training for STP or other long distance rides. It is a fast rolling ride with a few good hills.



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

Bike Month - May 1-31

Team Up Kickoff Reception - April 30, 5-7pm at the Copper Hog. Get your team together: detailed instructions at: www.everybodybike.com/events-rides.aspx

Bike to Work and School Day - May 21

- Celebration stations open starting at 6:30am
- Pancake Breakfast at The Hub starts at 7am
- Tricycle Race: City Hall, 12 noon
- Kids' Celebration after 3pm - Mallard's Ice Cream
- Afternoon/Evening at Boundary Bay Brewery
- See p. 5 of this newsletter for details!

Final Bike To Work & School Day planning meeting -

May 5; 6:30-8:30 pm 314 E Champion St.

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

Saturdays: Stop by the everybodyBike booth at the Bellingham Farmers Market. Saturdays 10-3, Depot Square: Railroad & Chestnut. bellinghamfarmers.org

May 21: Junior Ski to Sea Parade jrskitosea.com

May 29: Ski to Sea Grand Parade skitosea.com

Classes & Training

everybodyBike Cycling safety and confidence classes: calendar at everybodybike.com/calendar.aspx
May 1 Safety Fair and Bike Rodeo at Bellis Fair Mall

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: bellinghammtennis.com or 733-5050

Bellingham REI Cycling maintenance classes (sign-up required):

May 5 & 18: Bike maintenance basics

May 2 & 15: Bike maintenance 201

details at 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 several times. Call to

continued on page 4

2010 RIDES

May

1 Camano Climb (Camano Island) stanwoodvelosport.com

1 RACC: Ride Around Clark County (Vancouver WA) www.vancouverbicycleclub.com

2 Rhody Tour (Port Townsend) www.ptbikes.org

8 Skagit Spring Classic skagitspringclassic.org

22 TourDeCure (Redmond) diabetes.org/tour

22 Munchenhaus Ride (Leavenworth) munchenhausbikeride.com

31 Seven Hills of Kirkland www.7hillskirkland.org

June

5 Apple Century (Wenatchee) www.applebikeride.com

5 Swan Century (Sedro Woolley) swancentury.org

6 Peninsula Metric Century (Southworth) www.twbc.org/events/peninsula

6 Fort2Fort (Port Townsend) fort2fortride.org

12 Flying Wheels (east side) www.cascade.org/EandR/flying/

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

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

July

10 S2S (Seattle to Spokane; 283 miles in one day of insanity) www.redmondcyclingclub.org/S2S/S2S.html

11-17 TourBC (Creston BC loop) www.tourbc.net

11-31 Big Ride Washington (statewide loop) bigride.org

14-18 RedSpoke - Redmond to Spokane www.redspoke.org

17-18 Seattle to Portland/STP www.cascade.org/EandR/stp

29 RAMROD - Ride Around Mt. Rainier One Day www.redmondcyclingclub.org

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

31 Seattle Century www.seattlecentury.com

August

7 Bike to Battle Cancer (Bellingham) biketobattlecancer.org

28 Retro Ride (LaConner) Ken Rasmussen kayakfit@fidalgo.net

28-29 RAPSody - Ride Around Puget Sound (Tacoma) www.rapsodybikeride.com

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

September

11-12 MS 150 Bike Ride (Mt. Vernon)

12 Mt. Baker Hill Climb (Glacier) norkarecreation.com

11-13 Trek Tri-Island (San Juan, Lopez, Orcas Islands) alaw.org

19 Chuckanut Century (Bellingham) mtbakerbicycleclub.org

19 Cycle The Wave (Issaquah) cyclethewave.com

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

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

October

1-3 Fall Bike Festival (Winthrop) www.mvsta.com

Ride the Tour de France...in Bellingham!



Experience the Tour a whole new way!

Get a great indoor cycling workout when you ride each stage profile while watching the live tour. Starts July 3rd.

6am Mon-Fri; 7am Sat & Sun.
Coached & Only \$75!



Fairhaven Fitness @ Bellingham Tennis Club
Register Online: www.bellinghammtennis.com

TEAM UP FOR EVERYBODY BIKE!

is presented by:



The nice weather makes me look for excuses to be outside. A meeting across town becomes more enticing when getting there features the fresh air of a bike ride. A working lunch with dull colleagues is something to look forward to when it starts and ends with a brisk walk from office to café. May brings even more excuses to be outside with **Team-Up for everybodyBIKE**. Find a couple friends who can walk or bike for three or more trips during May and you can all win cash prizes.

It's easy: register your team of four to six members at everybodyBIKE.com anytime before May 31. During May, encourage your teammates to record at least one walking or bicycling trip per day at WhatcomSmartTrips.org. Top prizes go to teams with members who are new to walking or bicycling for transportation, so tug on the sleeve of that friend or colleague who has been saying she's going to try cycling one of these days: she'll earn double points for each trip.

Prizes are nice, but the real reward is the fun and fresh air. Share the enjoyment of National Bike Month this year by Teaming Up for everybodyBIKE.

- Ellen Barton

Team-Up for everybodyBIKE Kick-off Reception: Friday, April 30th, Copper Hog Restaurant, Bellingham. Register your Team and get special prizes at the Team-Up Kick-off Reception. Bike or walk for transportation on three or more days during May and you and your team can win cash prizes. Come and find out more or call 671-BIKE.

2010 Events - continued from page 3

reserve your spot. Last year all the dates filled up quickly!
Dates: **May 4 & 18; 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

Races

May 22: Junior Ski to Sea www.jrskitosea.com
May 30: Ski to Sea www.skitosea.com
Sept 18: Bellingham Traverse bellinghamtraverse.com
Parks & Recreation Race Series www.trithetcookie.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

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

4 Mt Baker Bicycle Club - May 2010

Mountain Pedalers (WhIMPs), the Bellingham REI and by the Parks Department.

Trail maintenance dates from WhIMPs:

May 2 & 9 - June TBD. also, the April 17th date is being rescheduled, check the blog for updates!

wmbctrails.blogspot.com

Meeting times all at 10am. Tools supplied. Wear appropriate clothing for the weather conditions. Check website for exact location. www.whimpsmtb.com/trailbuilding.html

Trail work dates from Bellingham Parks Dept.

May 1: Old Village Trail, 10am-noon
May 15: Boulevard Park, 10am-noon
May 15: Whatcom Trail behind City Hall, 9am-noon
May 22: Memorial Park, 10am-noon
May 22: Racine Street Trail, 1-3pm

information: Bellingham Parks & Recreation, 360-778-7105
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.

May 22: (Hilly) Bike Ride Anacortes. Jan: 734-6602

May 23: Bike Bellingham. Sharon: 647-8606

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
or call the people at the numbers listed above for each ride.



SSC Presents

BIKE TO WORK & SCHOOL DAY 2010



Get on your bike and Ride! ... To work, to school, and to the events scheduled for Friday, May 21 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 at mtbakerbikeclub.org. 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!

Get Discounts at The Blend

Bike to The Blend coffeeshop on N State Street and Magnolia and get half off your drink.

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 and get a dollar off an ice cream cone. **note: this year you must ride your bike to Mallard's as well as show your "I Biked" sticker to get the discount.* 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.



Convenient SSC document shredding, F+, and recycling collection, at home or at work, leave you more free time to hop on your bike and enjoy Whatcom County!

AWARD-WINNING
FOOD *plus!*
RECYCLING
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**CONFIDENTIAL
DATA SHREDDING**
Mobile • Secure • Recycled

SSC is proud to present Bike to Work & School Day 2010!

MBBC ADMINISTRATION



Welcome new members!

Richard Bruno

Andy Day

Ray Dellecker

Kathy Foster

Glenn Gervais

Hilary Higgins

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

everybody  BIKE

SMART
TRIPS

MBBC Membership Form

also available at: 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

Enjoy bike month and think about how nice it would be to have bike routes nationwide!

UPDATE ON THE US BICYCLE ROUTE SYSTEM PLAN

Plan Unveiled: The US Bicycle Route System

A year ago, the American Association of State Highway and Transportation Officials (AASHTO) approved a national corridor plan for an official U.S. Bicycle Route System. The plan is a blueprint for an urban/suburban/rural network of bicycle routes connecting all parts of the U.S.—potentially the largest cycling network in the world.

Now, some states are starting to turn the plan into reality by defining new U.S. routes and levying support from all levels of transportation and government. Adventure Cycling Association, which provides staff support for the project, helps coordinate information between state and local agencies, cycling interests and the national AASHTO Task Force on U.S. Bicycle Routes. Adventure Cycling is already working with the Bicycle Alliance of Washington.

Like a national “interstate” of bicycle routes, the plan identifies corridors connecting America’s urban, rural, and suburban areas in the lower forty-eight states. It has been under development for nearly five years under the auspices of an AASHTO task force on U.S. numbered bicycle routes, with representatives from federal and state transportation agencies and nonprofit organizations. The plan has gone through more than a dozen revisions—with input from hundreds of federal and state officials, cycling advocacy groups, and individuals—as well as review and approval by AASHTO’s committees on traffic engineering, design, and non-motorized transportation.

Where the real effort begins & what you can do

While a set of national corridors has already been identified (www.adventurecycling.org/usbrs, *Corridor Plan Map*), the precise routes have not been specified in most states. Adventure Cycling works with the state department of transportation to determine the best approach to getting the transportation planners, state, regional and local bicycling groups involved in determining the most bicycle-friendly routes along the designated north-south and east-west corridors. Adventure Cycling has numerous cross state routes already mapped across the country so these will provide a first option for connecting destinations including cities, national and state parks, other scenic and historic sites and transportation hubs.



Another consideration will be routes that link into the neighboring states as the applications require states work together on coordination and implementation.

To get involved, the first step is to review the National Corridor Plan on the Adventure Cycling website (www.adventurecycling.org/usbrs). Then, suggestions should be sent to Adventure Cycling Association who is coordinating communication between AASHTO and state DOTs (who is ultimately responsible for nominating routes through AASHTO).

To Stay Informed – visit the web

Overview of the project:

www.adventurecycling.org/usbrs

From there, visit the links on the right-side tool bar:

- Corridor Plan Map – see the national corridor-level plan
- FAQ’s – answers to all your Questions
- Resources – tools for implementation, studies, etc.
- Discussion Forums – see progress corridor-by-corridor

To get involved in discussions, become a member:

wearepublicworks.org/group/usbikeroutesystem

Become a fan of the U.S. Bicycle Route Facebook page and receive bi-weekly blog posts regarding national progress:

www.adventurecycling.org/usbrsfacebook

To view the Application and Instructions, visit AASHTO Special Committee on U.S. Route Numbering:

cms.transportation.org/?siteid=68

-- submitted by Ginny Sullivan,
Adventure Cycling Association.

*contact me for more information
about what is happening across the country:*
gsullivan@adventurecycling.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May is Bike Month!					April 30 Bike Month kickoff party!	May 1 Donut Ride Camano Climb everybodyBike Rodeo Procession of Species Bham Parks Trail Maint
2 Rhody Tour REI Bike Maint 201 WhIMPs Trail Day	3 Women's Social Ride	4 Tues AM Social Ride Hub Bike-Maint class	5 Wed Group Ride REI Bike Maint Basics Bike Day planning mtg	6	7	8 Donut Ride Recumbent Ride Skagit Spring Classic
9 Mothers Day WhIMPs Trail Day	10 Women's Social Ride	11 Tues AM Social Ride Tues Ramp-Up Ride	12 Wed Group Ride	13	14	15 Donut Ride REI Bike Maint 201 Bham Parks Trail Maint TBS Bike Swap Pedal w/ Politician Adaptive Cycle Expo
16	17 Women's Social Ride	18 Tues AM Social Ride Tues Ramp-Up Ride REI Bike Maint Basics Hub Bike-Maint class	19 Wed Group Ride Ride of Memorial	20 June MBBC Newsletter Deadline	21 Bike To Work & School Day	22 Donut Ride Junior Ski to Sea Mt Baker Club Ride - Anacortes Bham Parks Trail Maint
23 Mt Baker Club Ride - Bellingham	24 Women's Social Ride	25 Tues Social Ride Tues Ramp-Up Ride	26 Wed Group Ride	27	28	29 Donut Ride Ski to Sea Parade
30 Ski to Sea	31 Memorial Day Women's Social Ride 7 Hills of Kirkland	June 1 Tues Social Tues Ramp-Up Ride Hub Bike-Maint class	2 Wed Group Ride	3	4	5 Donut Ride Apple Century Swan Century



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



Welcome to Bellingham
Now Get on Your Bike!
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. Club members are entitled to a printed/mailed version if they wish.