

MOUNT
BAKER



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Vol 19 No 8, September 2010

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This month's contributors:
Phil Jones, Ryan Rickerts,
Robin Robertson, Doug
Schoonover. Thanks All!



the club online:

www.mtbakerbikeclub.org
www.chuckanutcentury.org

and our social sites:



The 2010 Chuckanut Century is Sunday, September 19th. This is our club's signature event for the year, with proceeds going to help Whatcom Hospice, as well as support the MBBC's bicycle advocacy programs.

Sign up before September 4th and get the early-signup price of \$45.00, as well as guarantee of a T-shirt.

\$5 discount for MBBC members. Only \$10 for Tandem stokers.

The south route is a loop down Chuckanut and returning by Lake Samish. The north route goes to Birch Bay and Semiahmoo. All routes start and finish downtown at Boundary Bay Brewery on Railroad. Day-of registration starts 7am at Boundary Bay.

Volunteers are needed to help promote and put on this event. Start talking with your friends and invite people from out of town to visit for the weekend and participate in the ride.



On Saturday, September 11th, we need 12 people to help mark roads. During the event, we need volunteers for registration, food stations and SAG vehicles.

Thanks to our 2010 sponsors: SSC, Group Health, North Cascade Cardiology, Adventures NW Magazine, WECU, Lorne Rubis, Boundary Bay Brewery & Bistro, Erin Baker Baked Goods, and RoadID.

Contact Doug Schoonover to volunteer:
chuckanutcentury@mtbakerbikeclub.org
Website is: www.chuckanutcentury.org

Watch out!

ROAD CONSTRUCTION IN SEPTEMBER

There seems to be a lot more road construction in Whatcom County this fall, with many projects affecting some popular cycling roads. Be careful out there and remember: when it's done, we'll have even nicer roads to ride on. Here's a partial list, as well as contact name/phone for more info.

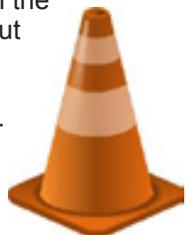
Fairhaven Gauntlet - 12th Street (the main drag) through Fairhaven will get worse before it gets better. More construction on the water main through town will continue through October. Mark Handzlik 360-778-7922.

Northwest Shutdown - Northwest will close south of Slater during September, with traffic routed to Aldridge. The Tuesday night ride has therefore ended for the year, as it will be unsafe for our large group on Aldridge with the extra traffic. Chris Brueske 360-778-7900.

Yew Street Roubaix - Yew Street near Wade King Elementary is a gravel road. Kevin Thompson 360-715-7450 x50690.

Chuckanut Drive Single-Track - Near MM 18, Chuckanut will be reduced to a single lane through October. Riders on the MS 150 as well as the Chuckanut Century south loop will need to wait and be directed through. Jonathan Schilk, 360-778-7000.

Ohio Street Demo - A major rework of Ohio St between State and the I-5 onramp. Jeff Vander Yacht, 360-778-7900.



WEEKLY AND GROUP RIDES

— farewell to 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 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). 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

SOME RIDES ENDING

Tuesday Evening Summer Ride: Due to road construction on Northwest during September, the ride is ending in August this year. Watch for the Tuesday ride again in April 2011.

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 - check with the group to find out when the last 2010 Hot Laps ride will be.

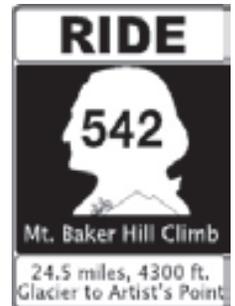
Thursday Fairhaven Ride: Check the Fairhaven Bike Club website or with Allen Shaw: allen.wesmar@gmail.com 360-305-4031 for the schedule for the rest of 2010.



FESTIVAL 542 COMING UP IN SEPTEMBER:

Festival 542, a weekend of activities, is planned on Mount Baker, September 11-12.

The hallmark event is **RIDE 542:** - The Mt. Baker Hill Climb, on Sunday September 12. This is a 24.5 mile cycling challenge for recreation, competitive and first time cyclists of all ages. RIDE 542 follows the Mt. Baker Highway (SR542) from the town of Glacier (e. 955ft) 24.5 miles to its terminus at Artist Point (e. 5140 ft), on the border of North Cascades National Park. This is a state highway and will be closed to cars for the ride! RIDE 542 has several categories to fit your ability and desire for competitiveness...or lack thereof.



There are a limited number of openings for RIDE 542 and the ride will close when filled. Don't miss your spot - register via the following website:

www.norka.us/content/festival_542/ride_542_info.asp

In addition to the Hill Climb, these activities are planned for Saturday September 11:

Cross 542: kickoff to the Cyclocross season

Run 542: 8.5 mile Trail Run

Eat 542: Riders and runners invited to chow down in Glacier.

For details of all these events, see

www.norka.us/content/festival_542/festival_542.asp



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

Family Rides & Gatherings

Bicycle Farm Tour - September 11, 10am-3pm The annual Sustainable Connections Farm Tour invites families and individuals to enjoy the tour by bicycle. Two loop routes of 27 miles or 54 miles offer the chance to see the countryside on bike-friendly roads while sampling the deliciousness of five or eight local farms. Fresh cider, cheeses, fruits and vegetables supporting local agriculture. Get your map at sustainableconnections.org and start planning - this is a self-paced, self-supported ride. If you'd like to participate in a supported event, please contact everybodyBIKE by Monday the 6th of September. 671-BIKE

Festival 542 Multimedia Presentation at REI: September 8.
details and sign-up at rei.com/stores/events/65

Bike Parade for Breast Cancer Awareness: October 9 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

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

Classes and Training

Cycling Classes and Metabolic Assessments at Fairhaven Fitness - see p. 7
Yoga for Cyclists M/W Sept 20-Oct 27 (free trial class 9/15 & 17)
Cycle Moles overwinter training, M/W November 1-February 23
details: bellingshamtennis.com or 733-5050



everybodyBike safety and confidence classes

September 29, October 19, 20, 24

Bicycle Rodeo for kids ages 5-12: September 11, 10am
details: 671-BIKE or
everybodybike.com/calendar.aspx

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

September 9: Bike maintenance basics

September 4, 11, 25: Bike maintenance 201

details and sign-up at rei.com/stores/events/65

Races

Bellingham Traverse - September 18
bellingshamtraverse.com

Parks & Recreation Race Series trithecookie.com

October 10: Runningshoes.com Duathlon

October 11: YMCA Youth Duathlon

2010 RIDES

September

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

12 Mt. Baker Hill Climb (Glacier) norka.us

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

19 Chuckanut Century (Bellingham) chuckanutcentury.org

19 Cycle The Wave (Issaquah) cyclethewave.com

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

25 Killer Cross Cyclocross (Bellingham) cascadecross.com

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

October

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

CYCLOCROSS 2010!

Embrace the upcoming sloppy weather. Cyclocross is on the way, and 2010 'Cross in Bellingham is shaping up to be more active than ever.

Classes and Training

Womens' Cyclocross Intro Training, September 9 & 23. Join Ryan Rickerts and the Fanatik Bike Club for training in the basics of Cyclocross. Meet at 6pm at the middle Civic Field parking lot - down Puget Street from the Dirt Jump Park. Sign up at least one day ahead with kathy.fanatikbike@gmail.com. See more information on cascadecross.com.

Wednesday Padden Practices. In past years, Jim Clevenger has hosted Wednesday evening cyclocross practice at Padden. Rumor has it that 'cross practice for 2010 will begin in September. Contact Jim to confirm: clev@runningshoes.com

Races

'Cross races are nearly as much fun to watch as they are to race in, so check out the details of the races below and get out there on the course with your cowbell.

September 11: Cross 542 (Mt. Baker - see p. 2, norka.us)

September 25: Killer Cross (Bellingham)

October 16: Thriller Cross (Bellingham)

November 6: Cross Border Clash (Lynden)

November 13: Woolley Cross (Sedro Woolley)

January 8 2011: Chiller Cross
details: cascadecross.com

Cyclocross Web Sites

To occupy every spare weekend with Cyclocross between now and the end of the year, check the schedules and race series at any of these web sites:

Cascade Cross: cascadecross.com (see also notes and discussion from Ryan Rickerts about the upcoming season and plans).

MFG: mfgcyclocross.com

Seattle: seattlecyclocross.com

Star Crossed: starcrossedcx.com (Sept 18: this is a fun race both for riders and spectators... down at Marymoor in Redmond.)

PHIL JONES EMBRACES LONG-DISTANCE RANDONNEURING AS THE BEST EXERCISE FOR TOURING



How does a person go from "I don't ride much, just sometimes on that old bike in the garage" to the wheeled equivalent of ultra-marathons covering

thousands of miles per year? Simple: he is bitten by the cycling bug, a phenomenon with which many of us are familiar.

Phil Jones is one of those people. Prior to 1999, he was never really interested in cycling other than an occasional jaunt on his mountain bike. Then he committed to a Canada-to-Mexico self-supported ride, followed by a cross-country ride with his son. The next year, in 2000, he and his son rode cross-country again. He became addicted not only to the experiences and freedom of bicycle touring, but to the fitness level needed to sustain long distance rides.

Looking for a way to keep fit for upcoming tours as well as for the other rewards of a great fitness level, Phil discovered Randonneuring in 2001. He linked up with a club in BC, then later with the Seattle Randonneurs. Clubs such as these put on multiple length randonnées, or brevets, of traditional distances 200K, 300K, 400K, and 600K (riders who complete these 4 distances in a calendar year have accomplished a *Super Randonneur*). Distances of 1000K and 1200K are also staged. We're talking a single bike ride of up to 750 miles, folks! Randonnées are not races, but must be completed within a set time period. When the ride starts, the running clock starts,

for example 75 hours for 1000K. This works out to a pace of less than 10 mph, which may sound slow but consider that riders have to fit in all stops (food, bike repair, bathroom breaks, and oh yeah how about a little sleep now and then) within that time. Riders must stop and check in at *controls* along the route and must reach them before specific cut-off times.

People like to tell Phil and his fellow randonneurs that they're crazy for willingly submitting to these long distances, including night riding issues in all kinds of weather, sleep deprivation, and the physical toll that comes from hours of body-pounding. But the worldwide body of crazy people randonneurs is larger than you might think. Every four years, the Paris-Brest-Paris (PBP), the pinnacle of randonneuring, is held with riders from around the world clamoring for the 5000 entry spots. The PBP is a 1200K ride that began in 1891, predating the Tour de France.

Phil rode the PBP in August 2003, after completing the Super Randonneur circuit 3 years in a row. He has a lifelong memory of the beginning of the 90-hour ride: "It started at 10pm, with 5000 riders together as the evening grew dark, rolling through the hills of Normandy, a sea of taillights snaking along out front,



continued on p. 5



Focus on a Club Member

continued from p. 4

and all surrounded by sounds of different languages, even riding songs being sung in all the languages.” The next PBP is in August 2011 and Phil hopes to be out on the roads of France in it again.

With a number of randonnées and American cross-country bike trips under his pedals, Phil and a growing group of touring companions began putting together their own bike tours overseas. Starting in Western Europe in 2002, and having since expanded to 5 continents, Phil feels more connected to the world from the saddle of a bike than he would via other means of travel. “Encountering people on a bicycle, you’re more welcomed than you would be from behind a windshield. A bicycle lets you cover more ground than walking or hiking would, yet you’re still traveling slowly enough to experience the cultures you’re passing through.”

Phil sets his goal at 6000 miles per year on his bike, and some years he has achieved far more than 7000. Later this year he is organizing a cycling trip through India, where he will be “tour guide” for a group of four friends. With a growing list of travel books and routes, and more randonnées to ride, it seems unlikely that we’ll be seeing much of Phil here in his home of Bellingham. But you may occasionally see him on the Tuesday night ride, or on Saturday morning with other distance riders, and if you do, give him a wave and tell him he’s crazy! That’s what we all like to hear as we accomplish more than we once thought we could.



above: Phil Jones, bike and randonneuring jersey at the ready. **left:** years of brevet medals commemorating multi-length randonnées and full *Super Randonneur* achievements. **below:** visualization of just a few of the destinations that Phil has toured on his bike.





Welcome new members!

- Mairzee Almas
- David Bover
- Jochen Dwersteg
- John Lofthouse
- Martha McCauley
- Bruce Montegani
- Jane Montegani
- Jim Nichols
- Frankie Snyder

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



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

- 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

CLUB ADMINISTRATION

Newsletter schedule for remainder of 2010:

This current September newsletter will be followed by two double-month issues: -- October/November 2010, available before October 1; and December 2010/January 2011, before December 1.

If you wish to place any calendar items or announcements in upcoming newsletters, please get your items to the newsletter editor before September 23 for inclusion in the October/November issue and before November 19 for inclusion in December/January.

Regular monthly newsletters will begin again in February 2011, featuring the "mark your calendar" list of dates for 2011 rides.

Send newsletter items to: mbbcnewsletter@mtbakerbikeclub.org

SMART TRIPS



START THINKING ABOUT YOUR OVERWINTER TRAINING

Don't lose ground over winter, take advantage of classes at many of our local gyms and clubs. MBBC Sponsor Fairhaven Fitness has several offerings for you to consider:

Yoga for Cyclists

Your heart has been racing and your blood has been pumping. Now you can complement your ride with some wonderful yoga stretches for your neck, shoulders, hips, and hamstrings. Fairhaven Fitness is offering this special camp for all cyclists who need "transition time" from spring and summer riding before ramping it up again to build your base over the winter. This yoga class will focus on the muscles and joints that need to be released from all that cycling as well as building core strength. We'll measure your flexibility at the beginning and end of the camp so that you can see your progress. We'll also send you weekly tips on stretching for cycling. Each class is 45 minutes, and you can try a class free the week of September 13th.

Mon & Wed from Sept 20-Oct 27, 12 classes

Metabolic Assessments

Your metabolism is the key to how efficiently your body works. Metabolic Assessments are great for people who want to (a) Maintain a goal weight: find out how many calories you need each day to reach your goals with an easy to follow exercise plan. Teach your body to burn more fat during exercise and when you sit on the couch; (b) Make the best use of your exercise time: don't waste your exercise time without a plan. Focus each workout around a specific training plan designed for you based on your metabolism and how much time you have available. A plan will target the training zones you need to burn more fat and make you more efficient. Don't train harder, train smarter! (c) Increase performance: have a goal you are working toward? Create the plan that will take you there! Pinpoint your heart rate at your aerobic base (50% fat burning, 50% carbs) and your anaerobic threshold and receive a heart rate training plan that will increase your aerobic capabilities and endurance.

Cycle Moles Winter Training Camp Returns!

This four month winter indoor cycling training camp runs November through February and features a well thought-out training protocol to make you a stronger rider for the spring. Last year's participants averaged a 17% increase in power! Classes are 60-90 minutes and include coaching, training program, pedal stroke and cadence work, riding endurance and more. You can sign up to ride a LeMond stationary bike or use your own bike on a trainer. We'll be adding in some video fun while we ride too. During the first week and last week of class you will schedule a power and heart rate threshold assessment so your "before" and "after" can be measured. This Camp is for all levels - you always work at your own pace and ability. *Sign up before October 1 and get \$50 off, or receive 10% off for MBBC members.*

Mon & Wed from November 1-February 23-2011, 33 classes



Yoga for Cyclists

Release your tight hips, legs, and back; strengthen your core.

TRY FREE CLASSES 9/15 & 9/17

Only Offered 1 Session: 9/20 - 10/27
Mon & Wed; 6:30-7:15pm; **ONLY \$90**



Winter Training Camp

4 months of indoor training with 33 classes, 2 assessments, 1 t-shirt & a whole lot of fun!

Early Bird Registration: Save \$50 before 10/1; \$499 - MBBC Members receive 10% off.

Register online!

800 McKenzie Ave.
Bellingham, WA 98225
360.733.5050

www.bellinghamtennis.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			September 1 Wed Group Ride Padden CX practice?	2 FBC Fairhaven Ride ?	3	4 Donut Ride REI Bike Maint 201
5	6 <i>Labor Day</i>	7 Tues AM Social Ride	8 Wed Group Ride REI: Festival 542 Multimedia show Padden CX practice? <i>Rosh Hashanah Begins</i>	9 Women's Intro to Cyclocross REI Bike Maint basics	10	11 Donut Ride Recumbent Ride Cross 542 MS 150 - day 1 Trek Tri-Island - day 1 Bicycle Farm Tour everybodyBike Rodeo
12 Ride 542: Hill Climb! MS 150 - day 2 Trek Tri-Island - d2	13 Trek Tri-Island -d3	14 Tues AM Social Ride	15 Wed Group Ride Cyclists' Yoga free trial Padden CX practice?	16	17 <i>Yom Kippur Begins</i>	18 Donut Ride Bellingham Traverse StarCrossed
19	20 Cyclists' Yoga begins	21 Tues AM Social Ride	22 Wed Group Ride Padden CX practice?	23 Women's Intro to Cyclocross <i>Autumn Begins</i>	24 MBBC October Newsletter Deadline	25 Donut Ride Tour de Whidbey Killer Cross REI Bike Maint 201
26 Kitsap Color Classic	27	28 Tues AM Social Ride	29 Wed Group Ride everybodyBike 1st Gear Padden CX practice?	30	October 1 Fall bike festival	2 Donut Ride



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 sent to a US address..