



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Volume 26, No 3, April 2017



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This month's contributors:

Hilary Higgins, Kristin Kinnamon, Bellingham Herald. Thanks All!



the club online:

mtbakerbikeclub.org
chuckanutclassic.org

and our social sites:



TUESDAY RIDE STARTING UP FOR 2017

Everyone's Favorite: The Tuesday Evening Ride: "Ramp-Up" begins April 11, for its eleventh year! Start at WCC northeast parking lot. Meet 5:45pm leave at 6pm. The speed and route of the groups will vary by each group's ride leaders. Initially riders will be group by ability and average speed. (14 to 16 mph, 16-18, 18+-) with more refinement as needed.

Distance 15 to 20 miles. Ride focus on the skills necessary to ride in groups. We will concentrate on safe riding practices, pace-line skills, how to overtake other riders and pass them in a safe manner, and how to deal with traffic.

WEDNESDAY RIDE - BACK TO ROAD ON APRIL 12

One more week on the trails and we'll be back on the road on April 12th.

See more ride details plus contact information for weekly rides on the MBBC website - click on each ride in the event calendar.

EVERSON/NOOKSACK GOING UP THE COUNTY RIDE BACK FOR 2017

The Up-County Ride begins its 5th year on Thursday evening April 13 at 6pm. This is a convenient ride for our growing group of riders up in the county: Everson, Nooksack, Deming, Lynden etc. Even if you don't live Up-County, all are welcome to join this MBBC ride to explore some county roads you may not yet be familiar with. New starting location this year: Everson's Riverside Park

THE LONG SLOG SUNDAY RIDE STARTS APRIL 2

This is a group ride for slower, but serious, riders who want to build strength and endurance. Pace averages 13-15 mph, and distance begins with ~30 miles in April, increasing by 10-15 miles monthly to reach a goal of about 70-80 miles by the end of the summer. First ride April 2. Meet at 9:30 am (in April and May - we'll switch to 9am in June) at the bike racks behind the Boulevard Park Woods Coffee.



**Bellingham loses friend
and cyclist Eric Michael
Weight in bike-traffic
accident.**

see page 7





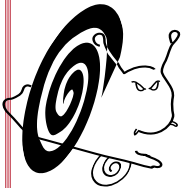
WEEKLY AND GROUP RIDES: *IS IT REALLY SPRING* EDITION

Sunday Edison Social Ride starts from Edison Elementary School parking lot. 30-40 miles, 10-14 mph, route varies. 10 am start time. For additional info: Alfred Arkley arkley@comcast.net or 360-527-8638

Sunday Rabbit Ride: 32mi road ride, south on Chuckanut, back via Colony and Lake Samish. All welcome; come prepared to push yourself. Pace varies by individual. Small similarly-paced groups leave from Fairhaven Bike. Those who ride slower than 16 mph, be ready to ride by 7:30 am (summer start time) Faster groups leave every 5 minutes thereafter, johnh@fairhavenbike.com 733-4433 fairhavenbike.com/about/sunday-rabbit-ride-pg355.htm



Sunday Long-Slog Ride: for the slower, but serious riders who want to build strength and endurance. Pace 13-15 mph, distance begins with 30 miles in April, working up to 70-80 miles by end of summer. Meet 9:30 am (April - May), later at 9am (June-September) at the bike racks behind Boulevard Park Woods Coffee. **Begins: April 2**



Tuesday Ferndale Social Ride: starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. Start time 10am. To check time and other info: Bob Parker rmp-4724@hotmail.com or 360-671-6910

Tuesday Hot Laps: Coming soon!

Tuesday Evening Ride "Ramp-Up": Start at WCC northeast parking lot. Meet 5:45pm leave at 6pm. Initially riders will be group by ability and average speed. (14-16 mph, 16-18 mph, 18+). 15-20 miles. Ride focus on the skills necessary to ride in groups. We will concentrate on safe riding practices, pace-line skills, how to overtake other riders and pass them in a safe manner, and how to deal with traffic. **Begins on April 11.**

Wednesday Group Workout Ride: Meet 5:45pm, leave 6pm from parking lot across from Boundary Bay Brewery on Railroad Ave. **Ride switches from trail back to road on April 12.** Split into fast and very-fast groups for 25-30-mile road ride. Info: t.ryan.2009@gmail.com

Thursday South Social Ride starts from Edison Elementary School parking lot. 30-40 miles, 10-14 mph, route varies. 10 am start time

Info: Alfred Arkley: arkley@comcast.net or 360-527-8638

Thursday Going Up The County Ride 16-18 mph pace, 20 miles. New start location: Riverside Park in Everson. A ride for you county folk in Everson, Nooksack, Deming. **Begins April 13.**

Saturday Donut Ride: 24 – 45 miles, race pace, departs from Kulshan Cycles, 7am summer-season start time. 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. Weather-dependent. Robert Parker at rmp-4724@hotmail.com or 360-671-6910

NPSBA EVENTS COMING UP ON 4/30 & 5/13

The McClinchy Mile is coming up on April 30th. \$10 off ride for MBBC members. Use discount code when registering (discount code is on MBBC website in the Member Center). This is the first of the "Triple Crown" rides, which challenge club members to ride three centuries this year during the events organized by clubs in the North Puget Sound Bike Alliance. bikesclub.org/mcclinchy

Ride past the red barn, blue river, green farms and purple mountains on classic and new McClinchy Mile routes out of Arlington WA. At the end of your 28, 33, 44 or 105-mile loop, enjoy a burger and a pint o' beer in a commemorative glass.

Food stops and ride support included on all loops. Register by April 20 to get the post-ride beer glass. Cost: \$45. A commemorative jersey is also available for purchase.

And, just 2 weeks later, get ready for the **Skagit Spring Classic**, the second NPSBA ride of the year! skagitspringclassic.org on **May 13th**. Mail-in registrations due before May 1st.

2 Mount Baker Bicycle Club - April 2017



EVENTS IN 2017

Bike Month

National Bike Everywhere Month - May 1-31

Procession of the Species parade - May 6 bpots.org/

Bike to Work and School Day - May 19

Adaptive Cycles Expo - TBD

watch for more Bike Month events to be announced in May.

Classes & Training

Bellingham REI Cycling maintenance classes: check the monthly calendar at rei.com/stores/bellingham.html.

April 11: Bike Maintenance Basics

April 24: Mountain Bike Bellingham presentation

Races

May 28: Ski to Sea skitosea.com

June 24: Lake Padden Triathlon

cob.org/services/recreation/races/Pages/padden-triathlon.aspx

July 15: Lake Whatcom Triathlon lakewhatcomtriathlon.com

August 6: Bellingham Youth Triathlon - cob.org/services/recreation/races/Pages/bellingham-youth-triathlon.aspx

Sept 16: Bellingham Traverse

recreationnorthwest.org/bellingham-traverse

Gatherings

June 10-11 Evergreen Mountain Bike Festival -9am-5pm

King County's Duthie Hill Park evergreenmtbfestival.com

Bike demos, skills clinics, Kids events, family fun. Free

July 2 Pedaler's Fair (Seattle: Ballard): 1-8pm pedalersfair.com

July 1-10 Free Bike Party -- Ten days of crowdsourced, DIY summer bike fun all around the Central Puget Sound region. freebikeparty.com

Aug 18-20 Gigantic Bicycle Festival giganticbicyclefestival.org

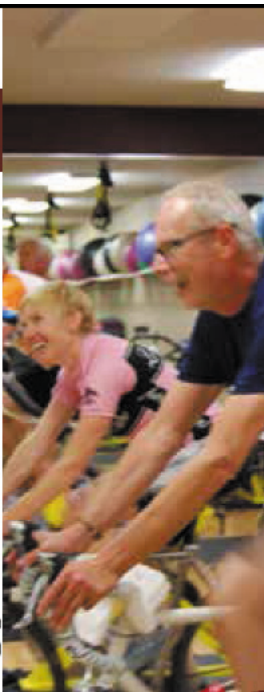
WANTED

Rock Star Cycling Instructors

*Want to share your love of cycling
with others?*

We will train you on our methods;
we are looking to hire for our
drop-in Cycling Classes,
Healthy Knees Cycling, and
Cycle Moles.
(racing experience required for CM)

We are expanding our cycling
programs with a new studio
opening in May!





CYCLE MOLES

Send a letter of interest with your
cycling background to Robin:
robin@bellinghamtennis.com
Bellingham Training & Tennis Club 360-733-5050

2017 RIDES

April 2017

2 Valley River Ride (Renton) cascade.org/rides/major-rides

2 Populaire (Victoria BC) randonneurs.bc.ca/victoria-populaire.html

9 Gran Fondo (Goldendale WA) rideviciouscycle.com/events

9 Daffodil Classic (Tacoma: Orting Valley) twbc.org

15 Tulip Pedal (La Conner) tulipfestival.org/events

23 MEC Spring Century Victoria (Victoria BC)

events.mec.ca/event/162076/mec-victoria-spring-century-ride-2017

29 Tour de Lopez (Lopez Island) lopezisl.com/tourdelopez.htm

29 Major Taylor (Seattle) cascade/rides-major-rides/ride-major-taylor

30 McClinchy Mile (Arlington) bikesclub.org/mcclinchy

30 Lilac Century (Spokane) northdivision.com/lilac.html

May 2017

7 Bike 'n Brews (Seattle) cascade.org/seattle-bike-n-brews

13 Skagit Spring Classic (Burlington) skagitspringclassic.org

21 Tour de Cure (Woodinville) tour.diabetes.org

28 Emerald City Bike Ride: car-free streets (Seattle)

cascade.org/rides-major-rides/emerald-bike-ride

29 7 Hills of Kirkland (Kirkland) 7hillskirkland.com

June 2017

3 Lake to Lake Ride (Bellevue) bellevuewa.gov/lake-to-lake-ride.htm

4 Woodinville Wine Ride (Woodinville) cascade.org/rides/major-rides

10 Flying Wheels (Redmond) cascade.org/flying-wheels

17 Tour de Blast (Mt St Helens) tourdeblast.com

30 - July 3 NW Tandem Rally (Seattle) nwtr.org/2017

July 2017

4 July 4th Ride (Bellingham-LaConner) MBBC ride

7 Seattle Night Ride (Seattle) cascade.org/rides/major-rides

15-16 STP (Seattle to Portland) cascade.org/stp

19-23 RedSpoke (Redmond-Spokane) redspoke.org

27 RAMROD (Mt. Rainier) redmondcyclngclub.org

29 Tour de Whatcom (Bellingham) tourdewhatcom.com

29 CF Cycle for Life (Woodinville) fightcf.cff.org

29-August 5 Ride Around Washington (RAW) cascade.org/raw

August 2017

3-7 Climate Ride Pacific Northwest (Seattle, Victoria, Islands, etc) climateride.org/events/pacific-northwest

5 Tour de Lavender (Sequim) tourdelavender.wordpress.com

6 Ride the Hurricane - portangeles.org/pages/RideTheHurricane

11-13 Obliteride (Seattle) obliteride.org

13 Bill's Hills of Bellingham (MBBC ride) mtbakerbikeclub.org

18-19 RSVP (Seattle-B'ham-Vancouver BC) cascade.org/rsvp

19 Tour de Whidbey whidbeyhealth.org/giving/tour-de-whidbey

26-27 Courage Classic courageclassic.org

27 Chuckanut Classic (Bellingham) chuckanutclassic.org

September 2017

9 Gran Fondo Whistler (Whistler BC) granfondowhistler.com/

9 Passport2Pain (Vashon Island) passport2pain.org

10-11 Bike MS: Deception Pass Classic (Mt Vernon)

bikewas.nationalmssociety.org/site/TR?fr_id=28273

17 Cycle the WAVE (Seattle) thewavefoundation.org/cycle-the-wave

24 Kitsap Color Classic (Kingston) cascade.org/kitsap-color-classic

October 2017

November 2017

24 Black Friday Ride (MBBC Ride - Bellingham)

END OF WINTER, THINKING ABOUT SPRING!

by Hilary Higgins, MBBC President



Hey fellow MBBC members,
Spring is just around the corner and, like you all, I can hardly wait. Before ride season really ramps up, I thought I'd take this opportunity to share with you what I've been up to bikewise this winter.

Perhaps like you, I have not been on my road bike as much as I had planned. And I did have big ride plans for this winter. I set up my spare wheelset for winter riding and planned to do the Rabbit Ride regularly, *weather permitting, but it didn't.*

So I began to enjoy my weekend mornings drinking coffee and reading in bed while watching it snow and rain. So, while I'm excited for our weekly road rides to start, I'm a bit daunted by how out of shape I feel.

Making the best of a bad-weather winter

Winter was not a total washout, though. Bunny and I made it up to Galbraith with our dogs quite frequently, we particularly enjoyed Patti Mullin's traditional Christmas tree decoration ride up on Galbraith in the snow back in December.

This winter, we did things a bit differently. We both switched out the clip-in pedals for flat pedals on our mountain bikes; we felt this gave us much more confidence, and indeed we have fallen less and our skills and confidence have improved immensely. However, I found that I don't get quite the workout that I get on the road bike.

Sometimes indoors actually works

To make up for that lack of workout, I bought an inexpensive bike trainer right around Christmas. And to my surprise, I've really enjoyed spinning solo. I set the trainer up in my hubby's music man cave with outstanding stereo system, I can work out when I want and to the music that drives me. AND I HAVE LOVED IT -mainly

because I've picked out a killer music selection that keeps my legs pumping furiously and leaves me dripping with sweat at the end of each session. I spin to a fairly eclectic mix of Bavarian/Cuban/Gypsy jazz ethnic folk, German rock, country and metal, I've got some Tom Petty and, my favorite, Luka Bloom's Acoustic Motorbike (outstanding for spinning) - and did you know that the popular S. Korean hit song Gangnam Style is perfect for sprints? There's a repeated chorus that just makes you want to kick it.

Many of these music styles might not be to your taste for general listening, but when you crank it up and start spinning and get into that spin zone with the music, you can just lose yourself in the rhythm as you pedal furiously to match your cadence to the beat. Every workout leaves me feeling flooded with happy endorphins.

Volunteers make events happen!

In other overwinter news, we had a great pair of bike repairs workshops, organized by member Carol Spano. These workshops are a great example of how to make things happen in your bike club. Carol inquired about whether the club ever holds bike repair training, and since we haven't had any repair sessions in a few years I asked Carol if she would be willing to organize a gathering. She enthusiastically agreed, and contacted Greg Rehm who hosted the workshops, and Shawn Lucke who taught them. The three set time, date, and place and around 10 club members attended.

The first class covered how to repair a flat tire when out on the road. Shawn and Greg shared with us the standard equipment they carry in their bike bags (important tips: dollar bill for blown tires, cable ties and duct tape). Most attendees brought their bikes, many of which were new and shiny and looked itching to get on the road, and practiced changing tires under supervision. It was a good confidence-building exercise. I especially appreciated learning to fill tubes using air cartridges and I learned how to use my air cartridge applicator.



continued on p. 5

Thinking about Spring!

continued from p. 4

The second workshop focused more on useful tools and general bike maintenance. I got some good ideas on how to shore up my own tool kit. We went over chain cleaning, the different types of brakes, cable and cable housing replacement. Both Shawn and Greg shared tips on post-ride bike maintenance and cleaning. At the end, Shawn showed me how to remove and reinstall rear cassettes, a skill that I've been wanting for a while.



Ride Leaders ready for spring

Club member Dave Dardano is volunteering to serve as the MBBC Ride Leader Coordinator for 2017. To kick off ride season, Dave organized a meeting where MBBC ride leaders discussed group riding skills, safety, and ride leader responsibilities.

Rides will begin in April for the 2017 season:

- Sunday Slog begins April 2.
- Tuesday evening skills development: April 11.
- Wednesday night rides: back to road on April 12.
- Thursday night "Up-County:" April 13.

Mike Melland will be starting up a beginner's level ride from Meridian HS, and the start date will be announced mid-month.

Ride leaders plan to have a followup meeting mid-season, probably in June – to see how things are going and discuss improvements that might be made to each ride.

Thanks to new volunteers

Don't forget that the MBBC is your club and if you want something to happen, make it happen! Club members and the board of directors are here to help, and you can take on projects that interest you, from small to large. Just ask me for advice on how to get started, then go for it. It's not hard at all! Hopefully the new website with member message forums and online calendar will make it easier as people get used to using those resources. In the end, not only will you have the satisfaction of organizing the ride or event you want, but you will find others who share your enthusiasm and will jump on your wheel!

Note that we are still looking for a coordinator for the MBBC's Bike to Work Day Celebration

Station!

Many thanks to our volunteers and ride leaders:

- Shawn Lucke and Greg Rehm for putting on the bike maintenance workshops
- Carol Spano who is also stepping up as Volunteer Coordinator
- Dave Dardano who in addition to Ride Leader Coordinator is organizing a big club trip to Canada for the Whistler Gran Fondo in September
- Trent Vigor is new marketing organizer for the Chuckanut Classic
- Dina Soda is the club's new treasurer as of late 2016
- Ride leaders: Katie Collins, Steve Crogan, Scott Dorrough, Bunny Finch, Rick Jacoby, Mike Melland, Phred Morin, John Okan, Greg Rehm, Tim Ryan, Doug



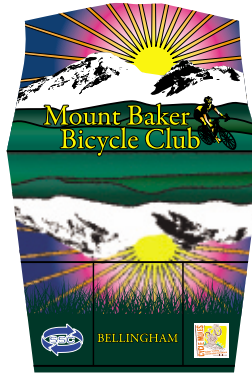
MBBC ADMINISTRATION

Mount Baker Bicycle Club Board of Directors and Officers:

Hilary Higgins - President
John Okan - Vice President
Jennifer Longstaff - Secretary/Membership
Dina Soda -Treasurer
Bill McCourt, Greg Rehm, Tim Ryan - at large

Project leaders:

Chuckanut Classic: John Okan and committee
New Year's Day Ride: Mark Wheatley
Volunteer Coordinator: Carol Spano
Ride Leader Coordinator: Dave Dardano
Newsletter-Bagel Procurer: Cathie Gerlicher
Graphic Design: Tim Ryan
Website: Michael Richard
Bike to Work Day Stations: Mary Cole (Everson)



Club Bike Jerseys

The official MBBC bike jersey is available in two styles: a colorful (1) short-sleeved 3/4 zip, available in men's and women's club cut sizes (2) long-sleeved full zip thermal in men's and women's race cut. Jerseys may be ordered directly from Voler.com. voler.com/browse/collections/details/li/MtBakerBicycleClub. MBBC members: check your email for discount code.

Contacts:

Information-- bikebeh@gmail.com
Chuckanut Classic -- chuckanut@mtbakerbikeclub.org
Newsletter -- news@mtbakerbikeclub.org

Contribute to the MBBC newsletter submission guidelines:

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 (news@mtbakerbikeclub.org) 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, HTML, MS Word, PDF. Please use JPG, PNG, or TIFF format for photos, and ensure they are at least 250 ppi. 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.

Classified ads are a MBBC member privilege and are printed as space is available.

individual and corporate membership forms may be downloaded at: mtbakerbikeclub.org/membership

MBBC Membership Form for 2017

☐ 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 is any person living at the same address as the individual member)

I would like to receive my newsletter via (choose one): ☐ on-line or ☐ printed & mailed

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:

- | | | |
|--|--|-------------------------------------|
| <input type="checkbox"/> Board Member | <input type="checkbox"/> Ride Leader | <input type="checkbox"/> Newsletter |
| <input type="checkbox"/> Chuckanut Classic | <input type="checkbox"/> Bike to Work and School Day | |
| <input type="checkbox"/> Special Events | <input type="checkbox"/> Website Calendar | <input type="checkbox"/> Education |

MBBC memberships are valid January-December of each year. Renewals due every January.

Membership type:

Individual: \$20 _____
Family/Associate: \$30 _____
Additional Donation: _____
(donations support community bicycling programs)
Total enclosed: \$ _____

Please enclose a check payable to:
Mt. Baker Bicycle Club

Mail to: Mount.Baker Bicycle Club
attention: membership
Post Office Box 2702
Bellingham, Washington 98227



Eric Michael Weight

LOSS TO BELLINGHAM CYCLING COMMUNITY

published in the Bellingham Herald, March 25, 2017

Bellingham has lost a beloved member of its cycling community. Eric Michael Weight, age 51, passed away on Wednesday, March 22, 2017, in Bellingham, from injuries sustained in a bicycle accident that morning.

The Bellingham Herald reports that Eric was riding westbound in the bike lane on Old Fairhaven Parkway when he entered the 30th Street intersection as the traffic light turned yellow.

Police say Eric and a Ford Ranger pickup that was turning left collided.

Eric was born on July 8, 1965 and graduated from TC William High School in Alexandria, Virginia in 1983, and from St. Lawrence University in 1987. After college, Eric traveled extensively throughout Asia. He then graduated from the University of Richmond Law School in 1991. He moved to Washington state in 1995. Eric initially worked in the Whatcom County public defender's office until 2005, when he and his wife Laura opened the law firm of Weight Law Offices. Eric was a Daddy Extraordinaire, Baby Whisperer, cyclist and skier, friend and attorney.

In the 2000s he served on Bellingham's Bicycle & Pedestrian Advisory Committee, where he advocated for bicyclist safety. RIP Eric, our community will miss you.



Welcome

Welcome new members

Melissa Alves
Gabriele Fajardo
Jeff Holmwood
Mark Jennings
Carl Kamenzind

We're glad to have you in the MBBC!

MBBC's Signature Ride coming again in 2017!

August 27, 2017

chuckanutclassic.org

Supported road rides
plus a guided family-fun route.
Mark your Calendar!



Newsletter admin announcement for May:

The May 2017 newsletter will be published a week late - on approximately May 7th. Jennifer will be out of town the last 3 weeks of April, so will finish the newsletter on her return the first week of May.

Don't forget: May is National Bike Month, and Bike to Work-and-School Day is May 19th. Other May events include:

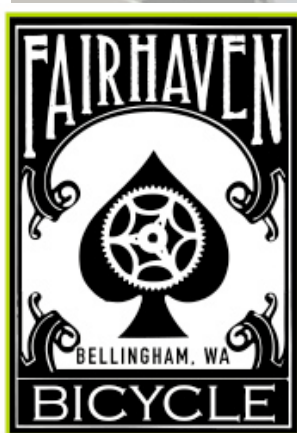
Skagit Spring Classic: May 13th

Procession of the Species Parade: May 6th

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
						April 1 Donut Ride
2 Rabbit Ride Edison social ride Slog Ride	3	4 Ferndale social ride	5 Last Wed Trail Ride	6 Edison social ride	7	8 Donut Ride Recumbent Ride
9 Rabbit Ride Edison social ride Slog Ride Daffodil Classic	10 <i>Passover Begins</i>	11 Tues Ramp-Up Ride Ferndale social ride REI Bike Maint class	12 Wed Workout Ride	13 Up the County Ride Edison social ride	14	15 Donut Ride Tulip Pedal
16 Rabbit Ride <i>Easter</i> Edison social ride Slog Ride	17	18 Tues Ramp-Up Ride Ferndale social ride	19 Wed Workout Ride	20 Up the County Ride Edison social ride	21	22 Donut Ride
23 Rabbit Ride Edison social ride MEC Spring Century Slog Ride	24 REI presentation: Mt Bike B'Ham	25 Tues Ramp-Up Ride Ferndale social ride	26 Wed Workout Ride	27 Up the County Ride Edison social ride	28 MBBC May Newsletter Deadline	29 Donut Ride Tour de Lopez Major Taylor Ride
30 Rabbit Ride Edison social ride Slog Ride McClinchy Mile	May 1	2 Tues Ramp-Up Ride Ferndale social ride	3 Wed Workout Ride	4 Up the County Ride Edison social ride	5	6 Donut Ride Ride Around Clark County (RACC) Procession of Species



Mount 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 news@mtbakerbikeclub.org. Club members are entitled to a printed/mailed version sent to a US address..