



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, May 2018

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This month's contributors:
Marian Yunghans, Dave
Dardano and Jennifer
Longstaff. Thanks!



the club online:

mtbakerbikeclub.org
chuckanutclassic.org

and our social sites:



HUB Annual Pancake Breakfast is May 18

7am until the syrup runs
out! There will be some
goofy games and small-
bike races as well, so ride
your bike over and join!
903 1/2 N State St, behind
the dive shop.



May is *Bike Everywhere* Month!

Bike Everywhere Month is the time to
support, encourage, and celebrate all things
bicycling. Let's prove that no one celebrates
pedal power like Washington.

The best way to celebrate Bike Everywhere
Month is simply to get on a bike: ride to work,
ride to the grocery store or just ride for the
sheer joy of being outside soaking up the
spring weather!

MBBC Celebration Stations

The MBBC is hosting our Sunnyland
station for Bike to Work & School Day
and we would love some helpers to staff
the station on May 18th:

This involves arriving early to set up the
table and tent, ringing cowbell to cheer
riders, setting out treats for riders, and
taking down the station at the end of the
morning. You can help for all or for part
of the morning.

The MBBC Sunnyland Station is near
the I-5 bike path bridge by Sunnyland
School: King Street and Illinois.

To help or to donate treats, Contact
Bellingham coordinator Ian McCurdy:
ian.p.mccurdy@gmail.com or
503-201-7327.

Tricycle Races

May 18, Noon in front of City Hall.

AND at 5:30pm at the Bike Party on Bay
Street. Get your team of four together, get
in costume, bring a tricycle, and show off
your skill in the treacherous (well, not really)
tricycling relay. Come to ride or to watch, and
celebrate Bike to Work Day with your cycling
friends in downtown Bellingham.

Bike Registration

The City of Bellingham is celebrating
National Bike Month with a local theft
prevention campaign. Stop by the Bike
Registration table at the May 18 Bike
Party for tips on how to properly lock
a bike using a U-Lock. You can also
get help registering your bike. If a bike
is stolen it's much more likely to be
recovered if it has been registered.
Registration is free!



Weekly Rides

MBBC Club Rides - participants are asked to sign a waiver and try out the ride -- then join the club after deciding if you'll be attending regularly. Helmets are required on MBBC Rides.

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. Contact: [Doug Schoonover](mailto:Doug.Schoonover)



2017 Long Slog Gets Ready to Depart Boulevard Park

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



A Group Rides in Northern Whatcom County

Thursday Going Up The County Ride: 16-18 mph, 20 miles, Meet at 6pm at the Park in Everson. This is a convenient ride for anyone in Everson, Nooksack, Deming... Contact: Rick Jacoby (rickjacoby7@gmail.com)

Other Weekly Rides



Riders at the Lummi Island Ferry Dock

Sunday Fairhaven "Rabbit Ride" Start time 8:30 am, Sundays. Riders who ride slower than 16 mph should be ready to ride at 8:15 am. Starts at Fairhaven Bike & Ski. 32 mile route down Chuckanut and back via Lake Samish. contact John: (jmhauter@comcast.net)

Sunday Edison Social Ride starts from Edison Elementary School parking lot. 30-40 miles, 10-14 mph, route varies. 10 am start time, weather may cancel. Contact Alfred: (arkley@comcast.net) or 360-527-8638.

Tuesday North-Side Social Ride starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. 10am start time fall through winter, may be altered by weather in winter. The route is chosen based on where the riders want to regroup for lunch. Contact Robert: (rmp-4724@hotmail.com) or 360-671-6910

Thursday South-Side Social Ride starts from Edison Elementary School parking lot. 30-40 miles, 10-14 mph, route varies. 10 am start time. Contact Alfred: (arkley@comcast.net) or 360-527-8638.

Saturday Donut Ride 25 to 50 miles, race pace, departs from Kulshan Cycles, 7:30 am October through February. Goes to Ferndale and return, or if you wish continue to Birch Bay and return.

Saturday Recumbent Ride All bikes! Second Saturday of the month at 10 am. 14 miles. Start at Kulshan Cycles. This is a very relaxed social ride (avg 10 mph) with a lunch stop. May cancel depending on weather. Contact Robert: (rmp-4724@hotmail.com) or 360-671-6910

May 2018 Events

Cycle Moles Indoor Training



CHECK OUT OUR **BRAND NEW**

Cycle Studio

Your first drop in cycle class is **FREE!**

8 week spring cycle camps **2/26-4/22**



800 McKenzie Ave, Bellingham
360.733.5050
www.betrainingtennis.com

Spring "Moles" sessions will get you ready for Ski to Sea! Contact Fairhaven Fitness: cyclemoles.com or 360-733-5050 Drop-In sessions also available!

Races

May-October **BMX racing**, Fridays & Saturdays; practice track open Tuesday and Thursdays. bellinghambmx.com

SKI TO SEA

May 27 Ski to Sea
skitosea.com

Classes

Bellingham REI Cycling maintenance classes: rei.com

Rides

Skagit Spring Classic** May 12, 7AM, Bayview Elementary School, Burlington. skagitspringclassic.org
A North Puget Sound Bike Alliance Ride. See "Member Offers", pg. 4, for a member discount.

May Rides 2018

5 Tour de Cure (Woodinville) tour.diabetes.org
6 Bike 'n Brews (Seattle) cascade.org/seattle-bike-n-brews
12 Skagit Spring Classic** (Burlington) skagitspringclassic.org
12 Inland Empire Century (Tri-Cities) inlandempirecentury.org
19 Reach the Beach (Oregon Coast) reachthebeach.org
20 CrimeStoppers Canyon for a Day, (Yakima River Canyon), crimestoppersyakco.org
20 Lilac Century (Spokane) northdivision.com/lilac.html
20 Gran Fondo (Leavenworth WA) rideviciouscycle.com/events
28 7 Hills of Kirkland (Kirkland) 7hillskirkland.com



BELLINGHAM Procession of the Species

Gatherings

Procession of the Species Parade May 5th, Starts at the Bellingham Library, Celebrate community, creativity, and the natural world while riding a bicycle in a costume you make for the parade. bpots.org

May 18 Bike to Work & School Day in Bellingham

Check for locations of "Celebration Stations" online: biketoworkandschoolday.org. **MBBC Volunteers needed at the MBBC Nooksack Valley Middle School Station and our Bellingham Station near the Bike Path Illinois Street Bridge/Sunnyland School.** volunteers@mtbakerbikeclub.org

May 13 CycloFemme Bellingham 2018! 1 PM, Cafe

Velo, 120 Prospect St, Suite 2, Bellingham, RSVP on our Facebook Page: CycloFemme Bellingham 2018! A leisurely pace, about 10 miles in length, on interurban trails. All you need is a bike, a helmet, and a smile.

May 19 Adaptive Cycles Expo 9 a.m. to 3 p.m., Civic

Field Track. A small fleet of adaptive cycles that enable people of all abilities to enjoy cycling are available to try. All are invited to have a go on the bikes, which include hand-cycles for riders with limited or no leg movement, three and four-wheel cycles for people who need more stability; and tandem cycles for people who want or need a guide while cycling. There will be cycles for both kids and adults. **MBBC Volunteers needed to commit to entire event to lead demonstrations. Training included.** volunteers@mtbakerbikeclub.org





**Welcome new members
We're glad to have you in the MBBC!**

Bea M Acland
Tiffany Allen
Mike Brock
Frank D Marcinkowski
Gregory Munson
Emily Thacker
Steve Walker



Ride Leader Getting Group Ready to Ride

MBBC Member Offers

MBBC active/current members are entitled to various online offers. These offers may start and expire at different times; here is the current list.

Discount registration codes for North Puget Sound Bike Alliance (NPSBA) rides for 2018

MBBC Jerseys at member discounted price.

Members can sign up for the **MBBC Ride With GPS club account.**

Members are eligible for **\$20 discount on the RBC GranFondo Silicon Valley: June 23. and the RBC GranFondo Whistler: September 8th.**

Volunteer Opportunities

Contact Carol Spano at volunteers@mtbakerbikeclub.org if you'd like to help with any of the following.

Become a Ride Leader

Special Rides Committee

Chuckanut Classic Support



Bike to Work & School Day Stations

MBBC Booth Events Staffing

MBBC Administration

Bicycle Triathlon

Adaptive Cycles Expo



Tricycle Races Bike to School & Work Day

Marian Yunghans on Volunteering

Editor's Note: Marian received the AARP Andrus Award for Community Service in Washington State in 2008.

We live in a complex and difficult world. There have never been more opportunities of a more exciting time to be a volunteer for a good cause. Every year millions of Americans volunteer at more than one million nonprofit organizations throughout the United States. From its early pioneering days, America built its strong foundation upon volunteer support. This is true from the "barn raising" days of the pioneers to the "fund raising" era of today.

Volunteering will make a difference in your life and in the many lives you will touch because of your giving. Like a pebble thrown into the pond whose ripples flow to the shore, every act of kindness creates a chain of positive good into lives of thousands of people you will never meet and continues into the future generations.

Why should I volunteer and what's in it for me? The answer... a longer, healthier, happier life. Physiological responses from volunteering have been measured and charted in lowered stress levels, heightened immune systems, and better sleep patterns.

Giving of yourself offers opportunities to glimpse life beyond your own perspective and to find greater understanding of the world around you.

We ask, "How can I volunteer when I have so little or no extra time?" Today's world demands that we work, work, work, until a health crisis develops, or to experience failure of a significant relationship, or to suffer financial setback. Only then do we step back to reassess and as a result often pull back from chaotic lifestyles to spend more time giving to families, churches, and communities. But why wait until a life crisis arises?

Many skills can be learned, offering valuable career-related experiences, as well as opportunities to problem solve and to be creative. Why wait? There are many non-profit social service agencies whose goals are to improve lives within Whatcom County.

"It's a rare and high privilege to be in a position to help people understand the difference they can make, not only in their own lives, but in the lives of others by simply giving of themselves." Marian Yunghans.

Originally published as: "Editor's Notes." by M. Yunghans. Pacific Northwest Magazine. April 2004

SQUARE



TIRES

Member Survey Question

**Why did you volunteer to be a MBBC ride leader?
What is your favorite part of volunteering for MBBC?**

"It is important to have someone be a ride leader and insure everyone has a good and safe experience."

"All the people you get to meet and work with." - Dave

"I wished for a certain type of ride - a speed and distance that I would like to ride. When the club didn't have a ride like that, I created my own, stepped up to lead it, and the club publicized it."

"Volunteering to lead the ride forced me to drag myself to ride even on the days that I didn't want to go - which made me stay in reasonable shape since leading a ride makes you DO the ride!" - Jennifer

"Being a ride leader is not glamorous but it brings peace of mind knowing you are contributing to the overall health of the club. Volunteering, like many others before us, has kept the club going strong for 30+ years. I have gathered a lot of experience over the years of riding and thought I should put it to good use."

"I like getting things done. You can't get much done sitting on the bench, you have to get in the game. The other volunteers like getting things done too, so it's simpatico." - Tim

Why did the Bicyclist cross the road?

Green Light! - S. Willhoft

Why could the bike not stand up on its own?

It was two tyre'd. - P. Smyth

Why can't elephants ride bikes?

They don't have thumbs to ring the bell. - R. Rance



MBBC Administration

Mount Baker Bicycle Club Board of Directors and Officers:

Hilary Higgins - President
John Okan - Vice President
Jennifer Longstaff - Secretary
Dina Soda - Treasurer
Dave Dardano - Rides Coordinator
Bill McCourt, Tim Ryan, Carol Spano, Dave Dardano - at large

Project leaders:

Chuckanut Classic: John Okan and committee
New Year's Day Ride: Mark Wheatley
Newsletter: Susan Willhoft
Graphic Design: Tim Ryan
Bike to Work Day Stations: Ian McCurdy



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-- bikebeham@gmail.com
Chuckanut Classic -- chuckanut@mtbakerbikeclub.org
Newsletter -- newsletter@mtbakerbikeclub.org
To Volunteer - volunteers@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 (newsletter@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 2018

☐ 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)

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

<div>2018</div> <div>MAY</div> 	SUN	MON	TUE	WED	THU	FRI	SAT
			1 MAY "Ramp-Up" Ride & Ferndale Social	2 Wednesday Workout Ride	3 Edison Social & Going Up The County	4	5 Donut Ride, Procession of the Species & Tour de Cure (Woodenville)
	6 Rabbit Ride, Bike 'n Brews (Seattle) & Edison Social	7	8 "Ramp-Up" Ride & Ferndale Social	9 Wednesday Workout Ride	10 Edison Social & Going Up The County		12 Donut Ride, Monthly Recumbent Ride & Skagit Spring Classic (Burlington)
	13 Rabbit Ride & Edison Social	14	15 "Ramp-Up" Ride & Ferndale Social	16 Wednesday Workout Ride	17 Edison Social & Going Up The County	18 Bike to Work Day 	19 Donut Ride & Reach the Beach (Oregon Coast)
	20 Rabbit Ride, Canyon for a Day, Gran Fondo (Leavenworth) & Edison Social	21	22 "Ramp-Up" Ride & Ferndale Social	23 Wednesday Workout Ride	24 Edison Social & Going Up The County	25	26 Donut Ride
	27 Rabbit Ride, Ski to Sea & Edison Social	28 7 Hills of Kirkland <i>Memorial Day</i>	29 MAY "Ramp-Up" Ride & Ferndale Social	30 Wednesday Workout Ride	31 Edison Social & Going Up The County		

The Mount Baker Bicycle Club newsletter is issued online only. Feel free to print this and share with everyone!