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This month's contributors: Glen "Alex" Alexander, Scott Dorough, Pam Fonda, Hilary Higgins, Rodd Pemble, Doug Schoonover Thanks All!

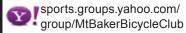
the club online:

mtbakerbikeclub.org chuckanutcentury.org nwtr.org/2015

and our social sites:



facebook.com/ mountbakerbicycleclub





twitter.com/mtbakerbike



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Volume 24 No 3, April 2015

TUESDAY RIDE STARTING UP FOR 2015

Everyone's Favorite: The Tuesday Evening Ride: "Ramp-Up" begins April 7. for its ninth 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. Information: Doug Schoonover 410-6431; call or text.

Watch-the-weather with Scott

IMPROMPTU EARLY-SEASON NORTH CASCADES

The North Cascades Hwy is expected to open by mid-April...depending on how fast the westside road clearing crew completes some repair work in the Canyon Creek area. If the highway opens and we have a nice day of weather, I'm going to call an impromptu weekday one day'er from Colonial Creek up to Washington Pass and back. I did this once before on a midweek day when the highway opened in April, and it was glorious to have the whole highway to myself - blue sky, fluffy clouds and quiet!

continued on p.2

MBBC CLUB RIDES IN 2015

The MBBC ride leaders met last month and began to create this year's club ride schedule. The following is a tentative list; mark your calendars and watch for details each month. As well as more rides being added as the year goes on.

April 18: Skagit Valley Loop starting in downtown Mt. Vernon. We'll meet at the Sehome Starbucks at 8:30am and carpool down to Mount Vernon. Then we'll head out to La Conner and Fir Island along the dyke road. Approx 30 miles with perhaps an option for more. We'll plan to eat and drink afterward in downtown Mount Vernon. Ride coordinator: Eric Stomerson.

May 16: Day trip to Vashon Island, 32 mile loop. Quite hilly. We'll ride our own MBBC route or on the Streets&Beets ride that's on Vashon that day. Meet at Vashon Island ferry, West Seattle. Ride coordinator: Scott Dorough.

July 17-18: North Cascades Highway. Starting in Newhalem, ending either in Mazama or Winthrop. Ride coordinators Hilary and Bunny.

August 9: Bill's Hills - 100 miles and 10,000 ft of climbing within Bellingham.

September 26-28: Lake Wenatchee/Leavenworth weekend. 1 day of road riding and perhaps 1 of MTB. Camping or house rental around Lake Wenatchee.

First weekend in **October**: planning something in Methow valley.

November 26: Thanksgiving Ride: 10am on Thanksgiving Day

Winter Lighted Neighborhoods Ride: either Wednesday December 16 or 23rd.

WEEKLY AND GROUP RIDES the "spring is here" 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

Sundav 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 estimate a 2-ormore-hour ride time leave at 8am. Faster groups leave every 5 minutes thereafter. Info: John

Hauter, johnh@fairhavenbike.com 733-4433.

Tuesday Evening Ride: "Ramp-Up" begins April 7.

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. information: Doug Schoonover 410-6431; call or text.

Tuesday Ferndale Social Ride: starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. Start time either 9am or 10am. To check time and other info: Bob Parker rmp-4724@hotmail.com or 360-671-6910

Wednesday Group Workout Ride: Meet 5:45pm, leave 6pm from parking lot across from Boundary Bay Brewery. Road ride, split into fast (16-18mph) and faster (18+) groups. Socialize at Brewery afterward (7:30 pm) Information: Tim Ryan: t.ryan.2009 at 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

TNR (Thursday Night Ride) Thursday evenings. Meet in front of Fairhaven Bike, mid-March to mid-October, leaving at 5:30pm on a 32 mile road ride out to Sandy Point and back. Fenders are required if we're riding in the rain.14-18 mph pace. caseym@fairhavenbike.com

Saturday Donut Ride: 24 – 45 miles, race pace, departs from Kulshan Cycles, beginning March 1st will be back to the 7am 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



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360.733.5050

www.powertopedal.com

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North Cascades Impromptu Ride

continued from p. 1

I'm keeping an eye on the week of April 6-10 which is when the Bellingham school district is on spring break. If that week doesn't work out, it's going to be "weather looks good, let's go for it" with a day or two notice. This is a very weather-dependent adventure; North Cascades weather can be *Uuuuugly!*

So... keep an eye on the North Cascades Highway website for opening date, and on the MBBC website for new announcements as to plans and details for us to ride it. Note that riding Washington Pass isn't for the faint-of-heart... round trip from Colonial Creek is 60 miles, 85 miles if from Newhalem, and nearly 5000 ft of climbing. www.wsdot.wa.gov/traffic/passes/northcascades (website where they're currently being optimistic about an April 3rd opening!)

Contributed by Scott Dorough





EVENTS IN 2015

Bike Month

National Bike Month - May 1-31 Procession of the Species parade - May 2 bpots.org/

Bike to Work and School Day - May 15

The MBBC will sponsor and host our own Bike to Work Day Celebration Station from 6:30-10:00 am on May 15. See details on page 4 and join our station team!

Classes & Training

Bellingham REI Cycling & bike maintenance classes: April 5 - Hands-on Bike Maintenance Basics April 20, May 7, May 23 - Bike Maintenance Basics April 26 & May 10 - Hands-on Bike Drivetrain check the monthly calendar at rei.com/stores/bellingham.html. Train Or Tri Spin Classes - W & F, 6-8pm at BikeSport. trainortri.com/triathlonrentals.htm

Races

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

May 24: Ski to Sea skitosea.com June 27: Lake Padden Triathlon

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

June 28: Bellingham Kids' Traverse

recreationnorthwest.org/bellingham-kids-traverse

TBD: (June) 5th Annual All-Girl AlleyCat (Seattle) menstrual-monday.com

TBD (likely July 11-12): Padden Mountain Pedal facebook.com/PaddenMtnPedal

July 25: Kulshan Quest Adventure Race

recreationnorthwest.org/quest-adventure-races/kulshan-quest

August 2: Bellingham Youth Triathlon - cob.org/services/ recreation/races/bellingham-youth-triathlon.aspx

Sept 19: Bellingham Traverse

recreationnorthwest.org/bellingham-traverse

Gatherings

May 2: Pedaler's Fair (Seattle): pedalersfair.com May 14: Travelogue of Glen's cross-country ride.

Fairhaven Library, 7-8 pm, Glen Alexander (see p. 4)

continued on p. 7



2015 RIDES

Check back every month as new rides are added and dates are finalized.

April 2015

- 18 Skagit Valley Loop (MBBC ride see p. 1)
- 18 Tulip Pedal (La Conner) tulipfestival.org/calendar/event/522
- 19 Daffodil Classic (Tacoma) twbc.org
- 23-26 Northwest Crank (Wenatchee) northwestcrank.com
- 25 Tour de Lopez (Lopez Island) lopezisland.com/tourdelopez.htm
- 26 Lilac Century (Spokane) northdivision.com

May 2015

- 2 Camano Climb (Camano Island) arlingtonvelosport.com
- 3 Seattle Bike n Brews (Seattle) cascade.org/seattle-bike-n-brews
- 3 MEC Century Victoria (Victoria BC) events.mec.ca/node/39401
- **9** Skagit Spring Classic (Burlington) skagitspringclassic.org
- 9 Living the Dream Ride (Snohomish) livingthedreamride.org
- 16 Vashon (MBBC ride, see p. 1), or Streets & Beets seattlebikeblog.com/event/streetsbeets-2015/
- 16 Haul Ash Tour de Brew (Woodinville) redhook.com/calendar
- 25 7 Hills of Kirkland (Kirkland) 7hillskirkland.com
- 30 Flying Wheels (Redmond) cascade.org/flying-wheels
- 31 Seattle Tour de Cure (Seattle) main.diabetes.org

June 2015

- 1 High Tide Ride (Anacortes) northislands.younglife.org
- 20 Chelan Century Challenge (Lake Chelan) centuryride.com
- 27 Red-Bell 100 (Redmond-Bellingham) cascade.org/redbell

July 2015

- 2-6 Northwest Tandem Rally (Bellingham) nwtr.org/2015
- 11-12 STP (Seattle to Portland) cascade.org/stp
- **15-19** RedSpoke (Redmond-Spokane) redspoke.org
- 17-18 North Cascades weekend (MBBC ride)
- 18 Tour de Whatcom (Bellingham) tourdewhatcom.com
- 25-26 ALS Doubleday Ride (Snohomish)
- 30 RAMROD (Mt. Rainier) redmondcyclingclub.org

August 2015

- **1-2** Tour de Lavender (Sequim) tourdelavender.wordpress.com
- 2 Ride the Hurricane portangeles.org/pages/RideTheHurricane
- 7-9 Obliteride (Seattle) obliteride.org
- 9 Bill's Hills of Bellingham (MBBC ride) mtbakerbikeclub.org
- 14-15 RSVP 1 (Seattle-B'ham) cascade.org/ride-major-rides/rsvp
- 15-16 RSVP 2 (Seattle-B'ham) cascade.org/ride-major-rides/rsvp
- 30 Woods Coffee (Bellingham) mtbakerbikeclub.org/woodsrides.html

September 2015

- 12-13 MS 150 (Mt Vernon) bikewas.nationalmssociety.org/
- 13 Mt Baker Hill Climb (Glacier) norka.us
- 19 Ride Around the Sound (
- 19 Tour de Whidbey (Whidbey Island) facebook.com/tourdewhidbey
- 20 Chuckanut Century (Bellingham) chuckanutcentury.org
- 27 Kitsap Color Classic (Kingston) cascade.org/kitsap-color-classic
- 26-28 Lake Wenatchee weekend (MBBC ride)

October 2015

31 Boneshaker Bike Festival (La Conner) boneshakerfikefest.com

November 2015

26 Thanksgiving Ride (MBBC Ride - Bellingham)

MBBC and Bike to Work/School Day

HELP MAKE THE MBBC CELEBRATION STATION VERY CELEBRATORY



This year, Bike to Work and School Day is still being coordinated by everybodyBike, but each individual celebration station is being organized, staffed, and sponsored by a different group per station.

The MBBC is hosting our very own Bike to Work and School Day Celebration Station at the corner of James Street and Illinois on Friday, May 15 from 6:30 - 10:00 a.m. We are expecting around 135 people to stop by and partake of food, drinks, and pro-cycling giveaways. Our club members step up to help with bike day every year, and there are many ways you can help out this year! We will need three volunteers to staff the station,

and more volunteers to bake treats like cookies and banana bread. Food donations of energy bars and fruit are needed as well. We're also hoping for donations to use as prizes: tire levers, patch kits, and small items to be handed out at the station, and a few bigger items, like a helmet or a bike light, to be awarded in a raffle drawing. If anyone has food or other items they would like to donate, please contact our station leader: Pam Fonda at pamfonda@yahoo.com.

Be sure to ride your bike to work on May 15, and stop by and say hello. Our table will be set up near Sunnyland School. Hope for sun and more cow bell! With your help we can make sure our Bike Club celebration station is a great example of the celebration of riding our bikes! biketoworkandschoolday.org/

contributed by Pam Fonda







lden goar printing.

sunshine printing.

207 west holy street

belingham, wa 98225 phone 360,671,0191

sunshine

SLIDESHOW BIKE TRIP TRAVELOGUE MAY 14

We've been missing the winter travelogue slideshows we've seen in past years, so this spring Glen "Alex" Alexander is stepping up to show pictures and tell stories about his long bike ride last fall. Alex went 2700 miles from Bellingham to Racine



Wiscconsin, and will present the show of his trip on May 14th from 7 to 8pm in the Fireplace Room at the Fairhaven Library.

Here are some example photos showing the different extremes and terrain you'll face on a cross-country adventure!
Please join us on

May 14th.





Ode to Spring Riding

PHOTOS OF OUR CRAZY (TYPICAL) MARCH AND WINTER-TO-SPINGTIME





clockwise starting above:

- McClinchy Mile to the Oso slide zone in a torrential all-day downpour on March 15. Note it was a beautiful sunny day on both the days before and after the ride! That's Springtime Riding in the Northwest for you!
- Riding through the Skagit Valley tulip fields 10 days later in 70-degree weather.
- Tulips are in full color early this year don't miss them!
- Doug and Hilary staffing the MBBC and NWTR booth at the Seattle Bike Show.
- Ken Wagner talks up the MBBC in our booth at the Vancouver Bike Expo.







MBBC ADMINISTRATION

Mount Baker Bicycle Club Board of Directors and Officers:

Hilary Higgins - President
Scott Dorough - Vice President
Jennifer Longstaff - Secretary/Membership
Brian Christensen - Treasurer
Eric Stromerson - Rides Coordinator
Bill McCourt, Tim Ryan, Riley Jones -- at large

Committees:

Chuckanut Century: Doug Schoonover Media; Bellingham Marathon Escorts: Greg Rehm Media; New Year's Day Ride: Mark Wheatley Media; NW Tandem Rally 2015: Jennifer Longstaff

Bus-to-Bike Shelters project: Rodd Pemble Newsletter-Bagel Procurer: Cathie Gerlicher

Graphic Design: Tim Ryan

Certified MBBC Ride Leaders: a long list



Club Bike Jerseys

The official MBBC bike jersey is a colorful short-sleeved full-zip jersey, available in men's and womens' sizes, race cut and club cut. We keep a small number of jerseys on hand, and if we have requests for more we'll put in a new order. Jerseys are \$60 (including tax) to MBBC members.

To inquire about availability of MBBC jerseys and to try on, pick up, or order a new one, contact bikebeham@gmail.com.

Contacts:

Information-- bikebeham@gmail.com
Chuckanut Century -- (360 410-6431)
chuckanutcentury@mtbakerbikeclub.org
Newsletter -- mbbcnewsletter@mtbakerbikeclub.org
NW Tandem Rally 2015 - info2015@nwtr.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 (mbbcnewsletter@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, etc. 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.

MBBC Membership Form for 2015

see member benefits and download membership form at: mtbakerbikeclub.org/membership

☐ New Member ☐ Re	newing Member 🏻 🗖 T	This is a change of address				
Last name:	First	name:				
Address:						
		Postal Code:				
E-mail:						
Contact telephone number: _ Associate member:		Iress as the individual member)				
•	, ,	on-line or \square printed & mailed				
Would you like to help? V	olunteers are our most	t valuable resource.				
Please check any of the b	oxes that appeal to you	u and we will be in touch:				
Board Member	☐ Ride Leader	□ Newsletter				
Chuckanut Century	☐ Bike to Work and School Day					
Special Events	☐ Tandem Rally 2015	☐ Education				
☐ I can provide discoun	ts on					

	noorab.org/momborom/
Membership type):
Individual: \$15	
Family/Associate: \$25	
Additional Donation: (donations support comm	nunity bicycling programs)
Total enclosed:	\$
Please enclose a check Mt. Baker Bicyc	

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



Welcome new members

Connie Cogburn

Dave Dardano

Andy Day

Vic Ringkvist

We're glad to have you in the MBBC!

EVENTS

continued from p. 3

Trail Work Parties

 Whatcom Mountain Bike Coalition (WMBC) wmbcmtb.org/trail-days/

April 11th Larrabee

April 25th Mullet on Galbraith

May 2nd Galbraith

May 17th - Evolution on Galbraith

May 30th Galbraith

June 7th Galbraith

June 13th Galbraith

Larrabee Trail Days meet at 10am at the Clayton Beach/

Lost Lake Parking Lot

Galbraith Trail Days meet at 9am at the Galbraith Lane Parking Lot on Samish Way.

 Bellingham Parks Dept.360-778-7105 and cob.org/government/public/Volunteer/parks/schedule.aspx

MBBC Member Classified Ad 1999 Mesa GS - 13" Hardtail for sale

This is one sweet hardtail, from back when Mesas were built right by Schwinn, instead of the big box store models sold after about 2004. Bellingham bike shop owner sold to me for my daughter - that's it, and the bike shows the care. Small triple and GripShift make for easy climbing, while the Judy TT I swapped in up

front provides plenty of travel on curbs and cross-country trails with small riders. Very light, only 28 pounds, mainly due to 7005 aluminum frame and Alex 202 wheel set - this bike is not heavy like most in its original price range. Compare weight and spec against new bikes at 2-3 times the price. Maybe you can get cheap discs and a 9-speed cassette for \$450, but that's not why you're looking to spend under \$200, right?

Description of stock bike online here: bicyclebluebook.com/searchlistingdetail.aspx?id=83483 plus this bike has several nice additions:

- Front Fork Rock Shox Judy TT 80mm (disc ready), much better feel and durability than stock RST fork
- Alfabite Medalist tires, rear like new, front some wear fast in town, decent on trail
- · SKS Shockboard front fender, quick release
- · Apex Design rear fender, quick release.
- · Bell 3-way taillight
- · Platform pedals with reflectors, new
- · Long seat post, new.

I'm asking \$165, which is fair given the bike's excellent condition, and all the extras. Perfect for any rider, age 8-14, or a smaller adult up to 5' tall. Contact: Rodd Pemble, call/text 360-815-1098; email roddpemble@hotmail.com.

















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
are are		principal principal	April 1 Wed Group Ride	2 TNR Edison Social Ride	3 Passover begins	4 Donut Ride
5 Rabbit Ride Edison Social Ride REI Bike Maint class <i>Easter</i>	6	7 Tuesday Evening <i>Ramp-Up Ride</i> begins Ferndale Social ride	8 Wed Group Ride	9 TNR Edison Social Ride	10	Donut Ride Recumbent Ride WMBC Trail Day
12 Rabbit Ride Edison Social Ride Manastash Century GFondo Goldendale	13	14 Tuesday Eve Ride Ferndale Social ride	15 Wed Group Ride	16 TNR Edison Social Ride	17	18 Donut Ride MBBC Skagit ride Tulip Pedal
Rabbit Ride Edison Social Ride Daffodil Classic	20 REI Bike Maint class	21 Tuesday Eve Ride Ferndale social ride REI Mt Bike Basics	22 Wed Group Ride Earth Day	TNR N Edison Social Ride Northwest Crank day-1	24 IBBC May ewsletter Deadline	25 Donut Ride WMBC Trail Day Tour de Lopez
Rabbit Ride Edison Social Ride Lilac Century REI Bike Maint class	27	28 Tuesday Eve Ride Ferndale social ride REI Bike Maint class	29 Wed Group Ride	30 TNR Edison Social Ride	May 1	2 Donut Ride Camano Climb Pedaler's Fair WMBC Trail Day POTS B'Ham parade



Mount Baker Bicycle Club

Post Office Box 2702 Bellingham, Washington 98227



Bellingham, WA

SILVER

Welcome to Bellingham

Now Get on Your Bike!

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..