



MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Volume 15: Number 3, April 2006

Special Rides (Pg 6-7)

April 8: Tulip Ride
April 23: Daffodil Classic
April 29: Tour de Lopez
May 7: Rhody Tour
May 7: May Day Metric
June 10: Coast Millen. Ride
June 10: Human Race Ride

Events

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Weekly Rides (pg 2)

Tillicum Series (pg2,8)
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Tuesday Training
Wednesday Social
Saturday Donut Ride
Saturday Recumbent Ride
Saturday Whimp Ride
The Nooner Ride (Sunday)

Please notify us of upcoming events for inclusion

pagoff@yahoo.com
or mail to:

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

MBBC listserv--<http://sports.groups.yahoo.com/group/MtBakerBicycleClub/>

Website: www.mtbakerbike-club.org

Mt. Baker Bicycle Club Tillicum Series

Tillicum means Friend in the Chinook jargon and the Tillicum rides are Friendly: a social pace (10 – 12 mph) and no one gets left behind. The Tillicum series will be weekly, every Sunday departing mid-day and the routes will vary, distances will be about 30 or 40 miles. The ride leader will provide a route map for each ride and will review basic bicycle riding and group riding safety before departure. Non-members are welcome but will be required to sign a waiver for each ride – members need sign only one waiver per year. The Tillicum series will begin on Sunday, the 9th of April and will continue through early October with a variety of routes. Ride routes and details for April and early May are listed below, (but call ahead to make sure there haven't been any changes):
(Continued page 8)

Rides for Women

Thank you for coming to, "Ladies' Night", what an amazing time. It was exciting to be with so many creative, athletic and beautiful women. The product representatives were very impressed with the number of women that attended. Many of you expressed interest in training together, or connecting with others at the same pace--here are a few plans.

Beginner-intermediate road rides:

Saturday- 4/8/06- Tulip Pedal- 20&40 mile routes www.skagititems.com or email billc@skagititems.com

Saturday- 4/29/06- Tour of Lopez- non-competitive road tour with 10, 17 & 31 mile routes-www.lopezisland.com for details and registration.

Beginner-intermediate and a bit longer:

Saturday- 5/13/06- Skagit Classic
www.skagitbicycleclub.org/articles/420 for details and registration

Starting the 25th of March- Meet at Kulshan Cycles @ 8:00 a.m. for a beginner- intermediate road ride- distance will vary.

Continuing on- Meet at Kulshan Cycles@7:00 a.m. for the intermediate-advanced (legendary) Doughnut ride to Birch Bay and back.

Starting the 25th of March- Meet at tennis courts @ Whatcom Falls park- at 9:00 a.m. for an intermediate- ride on Galbraith Mountain.

*Let's go for a ride,
Kae Moe*

EverybodyBike! A Month of Fun and Prizes for Biking!

Get ready, get set: EverybodyBike! Win prizes for bike commuting as many days as possible from the first to the thirty-first of May. Then join hundreds of revelers on Saturday, the 10th of June, to celebrate the Human Race and award the grand prizes to winners in these and more EverybodyBike categories:

- Most days participated (women, men, new, experienced, & team categories)
- Most miles bike commuted (cumulative, by team) through month
- Most days bike commuted by a work-site team
- Most points for biking to EverybodyBike events (see separate list)

Make as many bike trips daily as you can, but only one trip a day counts toward the contest. It could be your commute to work or school, but also includes trips you take at lunch, on the weekend, and after work (if you would have normally driven a car instead). If you're new to bike commuting, you have even more chances to win: new bike commuters score double points for each bike trip.

EverybodyBike is a month of fun and prizes for everyone cycling: individuals, teams, kids, seniors - anyone can win!

Teams: If you'd like to form a team, round up six colleagues at your work place (or neighborhood or social group) and register your colorful team name by Friday, 21 April at EverybodyBike.com (or fax to 738-6232 or call 676-6974). Team captains get a free t-shirt and a complimentary beverage at the EverybodyBike kick-off reception on Friday evening, the 28th of April (tentatively: State Street Depot). Start scoring points for bike transportation trips through the month of Mayor
(Continued page 5)



Social Meetings Monthly get together meetings at Boundry Bay on the fourth wednesday of the month--after the wednesday ride.

Please note--Wednesday Night Ride and Donut Ride seasonal schedule changes!!!

Wednesday night becomes a road ride in April.
Donut ride starts at 7:00AM



Weekly and Group Rides

Tillicum Series: (pg 1 and 8)

Sunday, 9 April: Lummi Peninsula
Sunday, 16 April: Lake Terrell Loop
Sunday, 23 April: South Bay to Baker Loop
Sunday, 30 April: Lake Samish Loop
Sunday, 7 May: Nooksack River Loop
For more information or to sign up, call 734-8540 or e-mail president@mtbakerbikeclub.org.

Tuesday Social Ride: 30-40 miles, 13-16 mph, starts from Pioneer Park in Ferndale, route varies. Contact Robert Parker at rmp4724@az.com or 360-671-6910

Tuesday Training ride: 30-40 miles, 18 mph (race pace), self-supporting ride departs from Kulshan Cycles at 6 PM to a practice road race course (summer months)

Wednesday Social Ride: varied distance, varied abilities; departs meet at 5:45 pm leave at 6PM Boundary Bay Brewery at Railroad Avenue, Bellingham. Ride separates into slow, intermediate, fast groups. From Oct-Mar we leave the pavement behind and hit the trails with lights on. Re-group at brewery afterwards (7pm). Contact: mbbcridecoord@prodigy.com 360-733-1402

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 for coffee and return, or if you wish continue to Birch Bay and return. (Runs every week of the year!!)

Saturday Recumbant Ride: Once a month at 10 AM. 14 mile intown course. For more miles bike to Kulshan Cycles starting point. Sporadic depending on weather--Contact Robert Parker at rmp4724@az.com or 360-671-6910

Saturday WHIMP MB Ride 10:00AM. Meet at the tennis courts at Lake Padden. Intermediate to advanced ride. Contact Darren at Clark's cycle for more information.

We're Much More Than a Club!

Recreation --Mt. Baker Bicycle Club hosts weekly, monthly and a variety of annual recreation rides for members and guests throughout the year. Rides are oriented to all levels of ability including beginners, social riders, commuters, touring and high level race training. Check the newsletter for current rides and come along as our guest!

Education -- Bicycling safely is a learned skill. The Club offers courses in partnership with the Bellingham Parks Department. We work with local groups to host bike skills rodeos at annual community fairs. Funds raised by club activities help support training of more teachers, training bicycle skills to kids means a lifetime of safer roads.

Encouraging bicycling is an important part of the Club's education work. Our annual Bike to Work and School Day promotion has helped hundreds of commuters "Be part of the solution" launching careers of folks bicycling to work or cycling their kids to school.

Trails -- In partnership with Whatcom TrailNet and the Whatcom Independent Mountain Pedalers, the Club helps advocate for development of a complete trail and mountain-bike network throughout Whatcom County. The Club works with Bellingham Walks to improve the system of walking paths connecting communities both in cities and rural areas so that our children have safe routes to get to school.

Race Training -- Weekly club rides offer new and seasoned high-level riders the chance to improve team riding skills. In partnership with the Ken Meyer Memorial Foundation, the Club hosts annual Criterium Bike Race events. Whether training for professional-class races or for endurance events or tours, these weekly training rides give Club members the extra edge to compete and win.

Mt. Baker Bicycle Club vision:

Residents and visitors of all ability levels enjoy frequent and safe cycling throughout the Whatcom County region.

Our Mission: Encouraging and assisting everyone to experience safe and healthy cycling for recreation, transportation, or racing on roadways and trails in and around Whatcom County.

Mt. Baker Bicycle Club goals:

1. Increase the number of people bicycling regularly
 - conducting and supporting recreational and educational bicycle events and rides
 - helping all types of people enjoy bicycling
2. Encourage safe and enjoyable bicycling
 - educate the public on safe bicycling skills and sharing the road
 - communicate issues of interest to bicyclists
3. Advise decision makers on facilities and policies that maintain or improve safe bicycling conditions on roadways and trails
4. Promote bikes as environmentally friendly transportation
 - partnering to reduce environmental damage of transportation

Mt. Baker Bicycle Club Board of Directors:

Marie Kimball, Real Estate professional, recreational rider
Jim LeGalley, Industrial Safety professional, bike tourist and commuter

Doug Schoonover, rider extraordinaire

Marc Ambers

Chris Covert-Boulds

Rodd Pemble

Mike McCauley

*Pamela Robertson

*pending membership

Mt. Baker Bicycle Club officers:

Ellen Barton--President -- Transportation Planner, daily bike commuter-- raleigh3speed@hotmail.com (734-8540)

Jim LeGalley--Treasurer -- bike tourist and commuter

Marie Kimball--Membership -- Training to do STP in one day 2005-- bikebham@yahoo.com (752-1236)

Doug Schoonover--Ride Coordinator - mbbcridecoord@prodigy.net (733-1402)

Paul Goff--Newsletter Editor --slow recreational roadster-- pagoff@yahoo.com

We are indebted to Sunshine Printing in Bellingham for printing the MBBC newsletter

Biking Bookkeeper Bids

The MBBC Board is issuing a request for a contract bookkeeper to assist with financial tracking and record-keeping. The position is likely to require a few hours per month with a slightly larger time commitment needed at the beginning to set up the accounts. The Board would like to review at least three qualified contractors. If you are interested or can recommend someone for this work, please call 734-8540 or e-mail president@mtbakerbikeclub.org.

Bike Education Summer Jobs

Whatcom SmartTrips has funding to pay a limited number of bicycle safety educators to work at bike rodeos or similar events during the summer and early autumn 2006. The work schedule is still being determined, but will likely involve weekend events with three to six staffers. Each staffer will work about ten hours per event setting up displays, interacting with the public of all ages, teaching bicycle skills and rules for sharing the road, and cleaning up at the end of the event. Preference will be given to bicyclists who have taken the Road One course (or equivalent) and who have a positive, encouraging demeanor. For more information, call Ellen Barton at 676-6974.

Is Bellingham a Bicycle Friendly Community?

Bellingham's Bicycle Pedestrian Advisory Committee has taken the next step toward becoming an officially designated Bicycle Friendly Community. Bellingham's bicycle infrastructure, policies, and plans will be evaluated by a national team of experts to determine whether we measure up on the scale of bicycle friendliness. Richard McKinley, the City Public Works Director, has recently taken an important step toward recognizing the importance of bicycle transportation by directing a paid staff person be present at every monthly meeting of the Bicycle Pedestrian Advisory Committee and keep official minutes (previously staffing was optional and volunteers were responsible for record-keeping). The staff member, Kim Brown, is a true bike champion and has already helped the City make some terrific improvements. Thank you, Mr. McKinley and the City leaders!

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Whatcom Outdoor Expo

Stop by the Mt. Baker Bicycle Club booth at the Whatcom Outdoor Expo on Saturday, the 15th of April! Whatcom TrailNet in partnership with the Club is promoting the Coast Millennium Trail with information about the National Trails Day annual bike ride of the Coast Millennium Trail on the 10th of June. The booth will also feature information about Bike to Work and School Day and registration for EverybodyBike. Encourage your friends register for this fund-raiser bike ride in the Human Race team to win prizes.

LCI stands for Last Chance!

Cascade Bicycle Club will be hosting a League Certified Instructor (LCI) training April 28-30 in Seattle. If you missed the Road One course, you may still be able to arrange this prerequisite if you want to take the Seattle course – but hurry: enrollment is limited. After this, the next LCI class in Washington State probably won't be until 2007.

For more information or to register for the LCI training, contact Julie Salathe, Education Director, Cascade Bicycle Club Education Foundation www.cascade.org/education PO Box 15165 Seattle WA 98115 (office location 7400 Sandpoint Way NE)ph: 206-523-1952 fax: 206-522-2407; julies@cascadecycleclub.org

Be a crank.....

.....and stand up for our environment!

*When called a crank, E.F. Schumacher said:
"What's wrong with being a crank? The crank is
the part of the machine which creates revolution
and it is very small. I am a small revolutionary!
It is a compliment."*

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Advocacy Can Old Bikers learn new tricks? Road One says Yes!

Whatcom County is seven-times more bike aware after seven MBBC members completed the official League of American Bicyclists' Road 1 Bike Class at REI on March 11. All the students had plenty of experience as bicyclists before taking the class and they all realized it would be beneficial to gain the standardized set of skills that this national program teaches. "I've been riding since the 1970's," said one student, "I learned some important and useful new techniques."

Four of the graduates are registered to take the League Certified Instructors' course in Seattle at the end of April (and two more Road One students are considering registering for it). The next Road One course is tentatively scheduled for Friday, June 2, 4-8pm and Saturday, June 3, 9-3pm (location to be announced). Call 676-6974 for details.

Cost is \$30 to \$50 (sliding scale). Members of MBBC may be eligible for a complete reimbursement after successful completion of the course.



Board Election Results

Ballots cast for the 2006-2008 term of the Board of Directors show majority support for all five nominees. Thank you for casting your votes and Congratulations to our new board members: Marc Ambers, Chris Covert-Bowlds, Rodd Pemble, Mike McAuley. (Pamela Robertson also received majority votes for election and she will be eligible to begin her term of office upon joining the Club.) These new board members bring with them a wealth of bicycling expertise, years of bicycling advocacy and dedicated community service experience. It is an honor to have such a high-powered group leading the Club!

Coast Millennium Trail Work Party

Whatcom Independent Mountain Pedalers (WHIMPs) members will be working with the Mt. Baker Bike Club by lending equipment and trail building expertise for the Nooksack River Dike Trail workparty on Sunday, the 4th of June. Whatcom County Parks and Recreation has been working with the Department of Fish and Wildlife to establish an agreement on rebuilding the dike-top trail and the work party on National Trails Day will be a strong step toward making the trail a useful route for transportation and recreation. REI has designated this trail-building work party as the volunteer opportunity of the month and we are contacting gravel suppliers and haulers to try to stretch our grant dollars to the maximum. Whatcom Brewery and Frank N' Steins pub in Ferndale may be offering some refreshments to the work party participants.

How to Put on a Bike Rodeo

Whatcom SafeKids Coalition and Whatcom Fire District 4 are working together with the club to present a short training session for community members who may want to put on a bike rodeo. Pamela and Emily Johnson, Assistant Coordinator of the Bike to Work and School Day event, have worked together to prepare a basic manual and outline to help train those who are new to bike rodeos but want to staff or host one. The first training session is tentatively scheduled to take place at Whatcom Fire District 4 on Monday, April 24, from 1 to 3 pm. If you are interested in attending, please call Emily to confirm the date and reserve a space: 676-6974.

MBBC Membership Form

New Member Renewing Member This is a change of address

Last name: _____ First name: _____

Address: _____

City: _____ State: _____ Postal Code: _____

E-mail: _____

Home telephone: _____ Work telephone: _____

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 Mailings or Data
 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: _____

to 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

Questions?

Check out our web site: www.mtbakerbikeclub.org
 or email us at bikebham@yahoo.com
 or call at 7521236

EverybodyBike Continued from page 1

(see form at EverybodyBike.com). Grand prize for the winning team is a gourmet catered lunch from Ciao Thyme and the honor of displaying the coveted EverybodyBike Traveling Trophy for 2006!

All participants (individual or team members) are entered into the drawing for grand prizes. You could win a romantic cruise and weekend for two in Victoria, a deluxe new bike fully outfitted for comfortable commuting, trips for two on Amtrak Cascades, luxury dinners, and more. Kids can win a new bike, free ice cream every month for a year, safety lights, and other cool gear. Details and the form for recording your bike commutes are available at bike-friendly businesses, or can be downloaded from the Mt. Baker Bicycle Club website or at EverybodyBike.com.

Win Extra Points!

Sprocket points will be awarded for biking to or in special EverybodyBike events starting in April. Add to the fun by biking to fun community festivities! Sprocket points are an extra way to add to your EverybodyBike month-long score so that if there's a tie for the grand prize, Sprocket points could be the tie-breaker!

Get Sprocket points for biking to these EverybodyBike events:

Neighborhood Family Bike Rides: Come along on some easy, fun, family-friendly bike rides to all EverybodyBike events! Enjoy free refreshments! Rides will depart from different neighborhoods each week and will offer basic assistance to make sure everyone has fun, not flats. Each ride departure point is included in the event description below. To find out more about specific departure times and distances, check the website at EverybodyBike.com, or e-mail EverybodyBike@wcog.org, or call 676-6974.

YMCA Healthy Kids Fair (Saturday, 1 April): bike to the Bellingham YMCA with your kids and enjoy lots of fun activities all day. Learn basic bike safety, register for free or low-cost helmets, start decorating your bike for the Procession of Species, and start winning Silver Sprocket points. (Meet at Nelson's Market in York Neighborhood)

Neighborhood Family Ride (Saturday, 8 April): Meet at Sehome Village REI to bike the Connelly Creek trails to Happy Valley and return via Samish Neighborhood.

Whatcom Outdoor Expo booth (Saturday, 15 April):

bike to Bloedel-Donovan park and get a jump on outdoor summer fun. The Whatcom TrailNet Booth will have trail maps, special pedestrian safety lights, and sign up for Trails Day workparty. (Meet at WWU Park & Ride off Lincoln in north Samish Neighborhood or join the ride at Civic Field Ice Arena to ride Whatcom Falls trails to Bloedel)

Earth Day WWU Celebration (Saturday, 22 April): bike to WWU for a kid-friendly celebration of clean transportation and healthy ecosystems to support a sustainable future. Kids can decorate bikes, register for free or low-cost helmets, and learn bike skills. (Meet in Happy Valley Neighborhood at Padden Creek Trail Rotary trailhead off Fairhaven Parkway and bike via Connelly Creek Trail to WWU)

Whatcom SafeKids/Haggen's Bike Rodeo (Saturday, 29 April) bike to Barkley Village for a day of exciting fun with fire engines, bike stunts, and a cool bike rodeo. Conquer "Demon Driveway" and "Crazy Crossroads." Free helmets, souvenir prizes and more! (Meet in Sunnyland Neighborhood at Memorial Park, ride along the Railroad trail to Barkley Village.)

Bike Safety Classes (Tuesdays and Thursdays, 2,4,9, & 11 May (tentative)): bike to the Bellingham Senior Center (315 Halleck

Street) or to REI (Sehome Village) to learn how to teach kids to bike, or learn how to have fun biking safely and sharing the road with car traffic. Call 647-8955 or 676-6974 for class schedules.

Great Northwest Gear Swap (Saturday, 6 May): bike to Bellingham Boys and Girls' Club (1715 Kentucky Street) and bring your bike trailer to haul the great deals you'll score on new and used recreational equipment of all types: tents, packs, bikes, accessories and more. For more information, e-mail Charlie@NorkaRecreation.com. (Meet at Whatcom Middle School in the Lettered Streets Neighborhood and ride to Roosevelt Park)

Procession of the (Bike!) Species Parade (Saturday, 6 May): bike to downtown Bellingham to watch or participate in the human-powered parade of creations and creatures dancing and drumming, pedaling and slithering. (Meet at the Boys and Girls' Club (see above) and bike via the Whatcom Creek trail to downtown)

Farmers' Market Pump-You-Up Booths (Saturdays: 6 & 13 May) bike* to the Market for a free quick bike safety check and get your flats fixed free. All kinds of help for getting started using your bike for errands or daily trips. Sign up for free or low-cost helmets. (*13 May: Meet at Boulevard Park and bike the South Bay Trail to the Farmers' Market.)

Pedal with your Politician (Saturday, 13 May): Join a bike ride with elected officials to thank them for improvements making our community more bike friendly and help encourage more action where it's needed. (Meet at the Farmers' Market for a gentle one or two mile ride: kids welcome!)

Ride of Silence Celebration of Trail Bridges (Wednesday evening, 17 May): Bike from Boulevard Park or walk from Roosevelt Elementary School to the Vining/Alabama Railroad Trail Bridge to honor those injured or killed while walking or bicycling in our community. Celebrate safety and accessibility success of the Railroad Trail Bridge and the Taylor Street Dock.

Bike to Work and School Day presented by SSC, On Friday, the 19th of May! Bike or walk to work or school and enjoy treats, gifts, and chances to win prizes by stopping at one of 20 or more Celebration Stations. Celebrate at noon at City Hall Tricycle Races; celebrate in the evening at Boundary Bay.

Adaptive Cycles Expo (Saturday, 20 May):

bike to Bellingham City Hall and frolic with a fun assortment of new and innovative and practical bike designs including recumbents, tandems, adult tricycles, hand cycles and various combinations of all three! (Meet at Cornwall Park at Guide Meridian entrance and enjoy a history ride through Columbia Neighborhood to City Hall)

Bike Cavalcade in the Ski to Sea Parade (Saturday, 27 May): Decorate your bike and ride in the Grand Parade to celebrate the beginning of summer. (Meet at Roosevelt Elementary School at the base of Alabama Hill neighborhood or join the ride at Memorial Park on the Railroad Trail and bike to Cornwall Avenue for the parade)

Neighborhood Family Bike Ride: (Saturday, 3 June): Meet at Geneva Elementary School and bike to Euclid Park and along Lakeside Street to Electric Avenue and Whatcom Falls trails.

EverybodyBike Award Celebration on Human Race Day (Saturday, 10 June): bike to Maritime Heritage park and walk, run, bike, or hula-hoop to raise funds for your favorite charity. Winners of the EverybodyBike month-long challenge will be announced. (Meet at Birchwood Park in the Birchwood Neighborhood and bike to Maritime Heritage park along the Squalicum Marina trails)



New Map Coming Soon

Upcoming Rides

Tulip Pedal: April 8

http://www.skagititems.com/tpedal_main.htm

What: 60 miles of scenic views all from your bicycle seat!

When: Saturday, April 8, 2006

Where: La Conner Middle School
305 N. 6th St.

La Conner, Washington 98257

The 2006 Tulip Pedal will attract hundreds of cyclists from British Columbia to California and all places elsewhere to ride amidst our beautiful Skagit County tulip fields during the 2006 Skagit Valley Tulip Festival.

This is Skagit County Medic One's premier fundraiser. Every dollar from this ride goes toward injury prevention efforts in Skagit County, with emphasis placed on preventing head injuries in children who ride their bikes in our area.

Nearly 500 riders came out to the Tulip Pedal in 2005. We expect even more riders in 2006!

Tulip Pedal will again offer two rides – a 20-mile course around the tulip fields between Mount Vernon and La Conner, and a 40-mile course that will begin and end near the tulip fields, and also will take cyclists past breathtaking views of Samish and Padilla bays, Mount Baker and the Cascade foothills. Both rides begin and end at the La Conner Middle/High School complex.

All riders are required to wear a bike helmet and obey all traffic laws. All riders will pay \$20. Children 14 and under ride free.

Shirts will be guaranteed for all riders (with the exception of children) who register prior to April 1, 2006. T-shirts will be mailed at a nominal fee to those who register after April 1 and on ride day. Along with a T-shirt, riders will receive a tulip from Washington Bulb Company -- one of the world's largest growers of tulips.

Tulip Festival time isn't very fun in the car. Most of the thousands of people who flock here in April every year content themselves with driving by our beautiful tulip fields.

You will not be one of those people, will you?

Daffodil Classic April 23

Yes, all riders are welcome to register the day of the event! The cost is \$20 the day of the ride. We encourage pre-registering by offering registration at \$16 if paid by April 14th. The terrain is varied on both 50-mile rides, with a few hills, rolling slopes, and flat areas. Expect a little of everything, including fantastic scenery, lakes, farmland, forests and small towns.

You will be given a map at registration, but there will also be arrows painted on the pavement as well as signs for key turns. The Rails to Trail project has completed paved trail from Orting City Park to South Prairie in one direction and to east of Puyallup in the other direction. The trail goes along the Puyallup River, past a buffalo farm with emus, through woods and farmland.

The Daffodil classic will be held rain or shine. If you dress properly, the rain shouldn't deter you from having a fun ride with a real sense of accomplishment at the finish line.

There will be "mobile mechanics" from various bicycle shops at the start in Orting and at the Buckley rest stop to help you with mechanical problems. In addition, "Sag Wagons" will patrol the route looking for stranded cyclists. Have your bike in good repair before you come and bring a patch kit and pump. Waiting for help is not as much fun as riding.

All the rest-stop food, including a special dessert at the finish, is included in your ride registration. Rest Stops will feature energizing, high-carbohydrate snacks such as fruit, bagels, peanut butter, jelly, and cookies. There will also be plenty of fresh water.

You can also purchase a delicious breakfast at the start (benefiting Orting Preschool Co-op) or a delicious barbeque hamburger at the finish to benefit the Orting Lion's Club.

Tour de Lopez: April 29

www.lopezisland.com Or call 1-877-433-2789

The Lopez Island Chamber of Commerce is hosting the third annual "Tour De Lopez" on Saturday April 29, 2006. This ride is a non-competitive road tour with 10, 17 and 31 mile routes through the scenic landscape of Lopez. Participants are encouraged to consider making this a weekend getaway. There will be several other events and activities for you to enjoy on the island.

Washington State Ferries are offering a discounted fare for Tour De Lopez participants. Check-in for the ride will be from 9:30-11 am at Odlin County Park – a short ride from the Lopez Ferry landing. Pick up your route map, lunch voucher, and details about the day's ride.

The tour routes will include marked designated halfway points with snacks, water and restrooms available. The Port Stanley Schoolhouse is your first rest area and will feature an art show by 23 members of the Lopez Artist Guild.

Your ride will conclude in the Village Park, next to Lopez Village Market, with a BBQ lunch presented by the Bay Cafe from 1-3pm for bicyclists as well as local residents. For those on a day trip, the ride back to the ferry landing is about 4.5 miles from the Village.

Pre-registration fees are: \$20 adults (includes lunch), \$15 children 12 & under (includes lunch) and \$50 per family (2adults, 2 kid's lunch included) Fees the day of the event will be \$25 adults, \$20 children, and \$70 family.

Christa Malay, renowned artist and Lopez resident, has designed original artwork for this event. Her work has been incorporated into commemorative posters, T-shirts and sweatshirts that will be available for sale.

14th Annual Rhody Bike Tour Metric and Half-Metric Century--May 7

<http://www.ptguide.com/rhodytour/>

Registration is from 8:00 am until 10:00 am in Port Townsend on Sunday. The registration fee for the RHODY TOUR is \$20 individual and \$40 family for non-members. We offer a member discount of \$5 for individual and \$10 for families. Membership is \$15 for individual and \$25 for families. You can join PTBA and help support cycling in Port Townsend and East Jefferson County! You may register in advance--see website!

Start and Finish at the Haines Place Park and Ride and will have a new feature at the end of the ride, so stay tuned! There are three route choices, 32, 45 and 62 miles. The ride route follows the varied terrain of east Jefferson County's rural roads and will be similar to the routes of last year. 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. We'll provide the new map on the day of the ride. Here is an past example of our route (not for navigational purposes).

The ride is fully supported, with food/water stops, grocery/convenience stores along route & SAG. Route is marked with pavement markings plus route map and cue sheet. We'll also be providing PTBA/Rhody Tour waterbottles to registered riders.

The route is uncontrolled and you must stop at all stop signs and follow all traffic laws. We would like to specially note the crossing of Highway 20 at Four Corners Rd. You must stop as all cross traffic does not!

May Day Metric--May 7

May Day Metric 2006 is just around the corner! A spring classic bike ride - this year's ride will be held Sunday May 7, 2006.

This year you can again choose from three challenging routes:

- * 50 Mile "Ho Ho-ville" Route
- * 100+K "Twinkie-Land" Route
- * 100+Mile "Ding Dong-Station" Mountain Route

The May Day Metric is a challenging recreational ride that is designed for the road cycling enthusiast. This supported ride has three routes which will guide you through the lesser traveled backroads, byways and bike trails of the South Sound region. Both routes begin and end at Phil's South Side Cyclery in Federal Way, Washington.

A portion of each registration fee and any residual funds will be donated to our benefactor, The Bicycle Alliance of Washington. The mission of the Alliance is to give cyclists a voice in the legislative, planning, and educational processes. The Alliance works with cyclists, clubs, organizations and governments to increase the freedom and safety of bicyclists State-wide.

Day Of Ride Registration: Open from 6:00 - 10:30 a.m at Phil's South Side Cyclery
2310 SW 336th Street
Federal Way , WA

Skagit Spring Classic: May 13

<http://www.skagitbicycleclub.org>

The Sixteenth Annual Skagit Spring Classic will be held on Saturday, May 13, 2006. This year's ride through northern Skagit and Southern Whatcom Counties features splendid rural forest and marine views.

The ride includes homemade cookies and as well as regular "ride food". Additional amenities include: SAG vehicles and assistance, showers (just remember to bring a towel) and an All-you-can eat spaghetti feed at the end.

All routes start at Bayview Elementary School west of Burlington:

Century: This scenic route travels through the Skagit Flats around Lake Samish then heads south on Chuckanut Drive. Approximately 3700' total elevation gain. Century riders are required to be on the course by 8:30 Am.

Metric Century: This challenging 62-mile route heads north to include Chuckanut Drive and other popular riding areas. Over 2400 feet in elevation gain.

Rolling 45 Miler: Route loops north and east for a very scenic ride for social riders and those ready to move up to longer distances. About 40% flat and 60% rolling hills.

No Sweat 25 Miler: Mostly flat route which travels through northern Skagit County by the Samish River with scenic views of Padilla Bay and the San Juan Islands. A great reason to get that bike out of the garage on a spring day.

Family trial ride: The course will be open between 11:00 AM and 3:00 PM. This is a 10 to 12 mile course through the woods around the Bayview Airport on hard packed crushed gravel trail Mt Bikes or Cross Bikes with wider tires are recommended. The price is \$10.00 a person or \$25.00 for a family. The price includes the Spaghetti Feed as well as rest stops on the route. There will be bike safety kiosks and fun activities along the trail. Day of race registration.



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Ride of Silence--May 17

Bicyclists and pedestrians share the outrage in lack of justice for vehicle-caused deaths.

Motorists in Bellingham have killed pedestrians legally crossing the street in marked or signalized crossings and the drivers were not charged with any crime. The justice system does not have a mechanism for charging drivers as criminals when they kill using their cars or trucks -- unless they are drunk or drugged. Locally and state-wide, groups are working on getting better-written laws, but it will be a long haul. Bicycle Alliance of Washington and Feet First have begun the fight.

The Ride of Silence, on Wednesday, 17 May is an occasion to honor and remember bicyclists and pedestrians who have been killed by motorists. The plan is tentatively to ride from the Taylor Street Dock to the Alabama trail bridge crossing where a silent ceremony will be conducted, then bicyclists who wish will continue on a trail/road ride back to Boulevard Park. Pedestrians will walk from Roosevelt Elementary School to the trail bridge for the ceremony. If you would like to help coordinate a ride and ceremony for the Bellingham/Whatcom area, contact president@MtBakerBikeClub.org or call 734-8540.

--Ellen Barton


everybody BIKE
A month of fun & prizes for everyone on two wheels

Tillicum Series--Continued from page 1

Sunday, 9 April: Lummi Peninsula (about 25 miles)

Depart from Bellingham Public Market (1450 Cornwall Avenue) 12:30 pm

Route description: Bellingham to Marine Drive and Lummi Shore Road, south on Lummi Shore to Gooseberry Point. Rest and refreshment stop at Gooseberry Point then north on Haxton to Kwina, return to Bellingham via Country Lane and Marine Drive. Estimated return time: 3:00 pm

Sunday, 16 April: Lake Terrell Loop (about 30 miles)

Depart from Bellingham Public Market (1450 Cornwall Avenue) 12:30 pm

Route description: Bellingham to Ferndale via Pacific Highway, west on Main Street and Douglas Road to Lake Terrell. Rest and refreshment stop at Lake Terrell then return south on Lake Terrell Road to Red River Road to Slater and Northwest south to Bellingham. Estimated return time: 3:30 pm

Sunday, 23 April: South Bay to Baker Loop (about 30 miles)

Depart from Bellingham Public Market 12:30 pm

Route description: Bellingham to Dewey Valley via James and Bakerview, Van Wyck, Kelly Road, Everson-Goshen, Mission, Roberts Road. Rest and refreshment stop at "downtown Goshen" then return via west on Central, Beard, King Tut Rd., Old Guide, Aldrich, Northwest. Estimated return time: 3:30 pm

Sunday, 30 April: Lake Samish Loop (about 24 miles)

Depart from Bellingham Public Market 12:30 pm

Route description: south on Samish Way to North Lake Samish Road, around Lake Samish to Squires Lake Park. Rest and refreshment stop at Squires Lake Park, then return north on East

Lake Samish Drive, north on Old Samish Highway to Chuckanut and Bellingham. Estimated return time: 3:00 pm (note: ride leader not confirmed for this weekend)

Sunday, 7 May: Nooksack River Loop (about 35 miles)

Depart from Ferndale's Pioneer Park 12:30 pm

Route description: Portal Way to Enterprise to Willeys Lake Road, Rathbone, Birch Bay-Lynden to Front Street, Lynden. Continue on Hampton, Timon and Stickney Island Roads to Everson. Rest and refreshment stop at Riverside Park in Everson. Return via Nolte, Van Dyke, Wiser Lake Roads to Northwest Drive, Paradise Road to Ferndale and Pioneer Park.

More routes and different departure sites will be developed and we'll repeat the popular routes. Plus, enjoy complimentary refreshments! Check for new ride information on the website and through the list-serve. Ellen Barton is coordinating the Tillicum Ride Series and will lead the rides with help from Emily Johnson and Analeise Volpe – other ride leaders are welcome! For more information or to sign up, call 734-8540 or e-mail president@mtbakerbikeclub.org. Call ahead of time to make sure there haven't been changes due to weather, road conditions, or illness.

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