



# MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Volume 15: Number 7, Aug 2006

## Special Rides

**Aug 12: Tour de Whatcom**

**(Pg 1)**

**Sept 4: Labor Day Ride (pg 3)**

**Sept 17: Chuckanut Century**  
**(pg 1 and 6)**

## Events

**August 4: RSVP visits--see**  
**volunteers (pg 1)**

**Aug 19-26: RAW (pg 7)**

## Weekly Rides (pg 2)

**Tillicum/Chako Series (p1)**

**Tuesday Social**

**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.](http://sports.groups.yahoo.com/group/MtBakerBicycleClub/)**  
**[groups.yahoo.com/group/](http://sports.groups.yahoo.com/group/MtBakerBicycleClub/)**  
**[MtBakerBicycleClub/](http://sports.groups.yahoo.com/group/MtBakerBicycleClub/)**

**Website: [www.mtbakerbike-](http://www.mtbakerbike-club.org)**  
**[club.org](http://www.mtbakerbike-club.org)**

## MBBC CHUCKANUT CENTURY RIDE--September 17

### ABOUT THE RIDE

Get in gear for the 2006 Chuckanut Century Bicycle Ride presented by Mt Baker Bicycle Club benefiting The Whatcom Hospice Foundation. Come join us and ride one of the most scenic rides in Washington. With many routes offered you can pick your distance ranging from 25, 50, 62, 100, or the double metric century of 124 miles. Although all cyclist should be fully prepared when they take to the roads you can enjoy the added security of knowing that there is ride support if needed.

As you ride the south loop you will be treated to views of the San Juan Islands while overlooking Bellingham, Samish, and Padilla Bays along with stunning views of Chuckanut and Blanchard mountains, also known as "where the Cascades mountains meet the sea". The north loop offers stunning views of Mt Baker as it stretches to meet the sky at 10,800 feet, as well as incredible views of the Canadian Cascades,  
*Continued page 3*

## Volunteers Really Needed!!

There is a need for some volunteers to represent the club at Fairhaven Middle School on August 4th to assist RSVP riders with directions and information about Bellingham. There will be 1200 riders coming to Bellingham and spending the night before proceeding to Vancouver, BC on Saturday. These riders will appreciate your local knowledge of how to get to their hotels, and where to eat. At the same time we can promote our Chuckanut Century ride in September. If you are interested please contact, Doug Schoonover, 733-1402 or email, mbbcridecoord@prodigy.net.

We are also needing volunteers to help with the Chuckanut Century on Sunday, September 17th. There will be many tasks to do from passing out posters, distributing entry forms, marking roads, stuffing entry bags, collecting food donations, manning food stations, or driving a swag wagon. If your interested in helping with this event please contact Doug Schoonover, 733-1402, mbbcridecoord@prodigy.net, Ellen Barton, 734-8540, Ellen@wcog.org, or Marie Kimball, 752-1236, bikebham@yahoo.com for more information.

## Tillicum and Chako Social Rides Schedule for August

The Mt. Baker Bike Club sponsors these free guided bike rides for new and returning bike riders. Everyone is welcome to join these friendly rides at a social pace (10 - 12 mph). No one gets left behind on either the 12-18 mile Chako route or the 20-30 mile Tillicum. Routes are subject to change based on rider/guide preference. The Chako is an evening ride and is followed by a rider social at Boundry Bay

### Schedule:

Chako: Wednesday, August 2nd, 6:00 - 7:30. Start from Farmer's Market in front of Boundary Bay. Ride to Tennant Lake.

Tillicum: Sunday, August 6th, 12:30 - 3:30 pm. Start from Public Market parking lot on Cornwall Avenue. Ride to North Lake Whatcom.

*Continued page 3*

## First Annual Tour de Whatcom Saturday, August 12

Come join us for Tour de Whatcom, a bike ride to help children served by Big Brothers Big Sisters of Northwest Washington.

Choose the length of your ride - 25, 50 or 100 miles, perfect for a family outing and serious riders alike. Snacks and drinks will be available at rest stops along the routes. A support vehicle is available if needed. See the route maps from the link at the left.

The ride begins and ends in downtown Bellingham for the opening day of the annual La Bella Strada Arts Festival including the Allied Arts popular Chalk Artfest, which will feature more than 85 accomplished local and regional artist vendors, street painting, children's activities, food, and live entertainment. Join us for all the fun and festivities!

| Ride  | Check In | Depart | Fee  |
|-------|----------|--------|------|
| 100 M | 7:30am   | 8:00   | \$45 |
| 50 Mi | 10:00am  | 10:30  | \$35 |
| 25 M  | 11:00am  | 12:00  | \$25 |

Family Pack is max \$75 for your entire household!

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



**Biking the North Cascade Highway**

## Weekly and Group Rides

### Tillicum Series:

Departs 12:30 see article page 1

For more information or to sign up, call 734-8540 or e-mail president@mtbakerbikeclub.org.

**Tuesday Jekyl and Hyde;** Run in July and August. The rides start at the Jekyl and Hyde Deli and Ale Restaurant on Orchard Street. Meet at 6:00 and depart at 6:15 p.m. Call Kathy for directions at 733-0563 home or 303-6702

**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 Fanatik Off road rides:** Weekly group rides on Wednesdays leaving their shop or other sites around town between 5-6pm. contact Kathy Salisbury at Fanatik Bike Shop at (360) 756-0504 or kathy@fanatikbike.com for more information and before attending any ride please call the store to sign up.

**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

**Really Social Wednesday Ride--Chako Ride:** Chako Rides are a social paced ride (10 to 13 mph) departing from Boundary Bay every Wednesday evening at about 6 pm.

**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  
Doug Schoonover, rider extraordinaire

Marc Ambers

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)

Marie Kimball--Membership – Did STP in one day 2005, still truckin bikebham@yahoo.com (752-1236)

Doug Schoonover--Ride Coordinator - mbbcridecood@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**

**Chuckanut Century Continued  
from page 1**

Mt Shuksan, the Twin Sisters, and Vancouver Island.

The 25 mile loop is perfect for the family, parent and child, or the first timer to an organized event.

**THE REASON**

Whatcom Hospice, a program of St. Joseph Hospital, provides life-affirming care and support for patients and their families, helping them with the medical, social, emotional and spiritual needs that arise during a life-limiting illness. Whatcom Hospice Foundation is an independent, charitable organization that exists solely to raise funds and friends for Whatcom Hospice.

**DETAILS**

**When:** September 17, 2006

**Cost:** \$35.00 pre registration (the 1st 150 registrants receive an event T-shirt) - \$40.00 after September 3. Register the whole family for \$30.00 (T-shirt not included in family ride registration)

**Loops:** 25, 50, 62, 100, and 124 miles.

**Registration:** Begins at 7:00 am or better yet pre register. The first 150 registrants receive an event T-shirt. Go to page 7 or <http://mtbakerbikeclub.org/> for your registration form.

**Where:** Fairhaven Park in Bellingham Washington

Volunteers are our greatest resource and we need your help! To get information on how you can help email [information@mtbakerbikeclub.org](mailto:information@mtbakerbikeclub.org)



**The Wild Bunch at Washington Pass**



Tillicum/Chako from pg 1

Chako: Wednesday, August 9th, 6:00 - 7:30. Start from Farmer's Market in front of Boundary Bay. Ride to Larrabee via the Interurban Trail.

Tillicum: Sunday August 13th, 12:30 - 3:30 pm. Start from Public Market parking lot on Cornwall Avenue. Ride

to Lake Terrell.

Chako: \*special event!\* Wednesday, August 16th, 6:00 - 7:30. Start from Farmer's Market in front of Boundary Bay. Ride Red River Road to the Model Plane Field to see model planes in action!

Tillicum: \*special event!\* Sunday, August 20th, 12:30 - 3:30 pm. Start from Public Market parking lot on Cornwall Avenue. Special family ride! Throw your towels, swimsuits, and snacks in your backpack and ride out to Bloedel Donovan park for an extended play break by the water.

Chako: Wednesday, August 23rd, 6:00 - 7:30. Start from Farmer's Market in front of Boundary Bay. "Park Crawl" - Visit four of Bellingham's numerous parks in this short ride.

Tillicum: Sunday, August 27th, 12:30 - 3:30 pm. Start from Public Market parking lot on Cornwall Avenue. Ride to Lake Samish & back

Chako: Wednesday, August 30th, 6:00 - 7:30. Start from Farmer's Market in front of Boundary Bay. "Mystery Tour!"

[www.mtbakerbikeclub.org](http://www.mtbakerbikeclub.org) <<http://www.mtbakerbikeclub.org/>>  
Jessica Burchiel  
Bike Education Coordinator  
Whatcom SmartTrips

**It's hard to believe it's here already, but it is!! Labor Day Ride**

**Labor Day, Sept. 4.**

Meet at Fairhaven Park at 10 AM for a ride to Edison for lunch. Or, just a ride around Chuckanut Mountain.

Really, the route TBA.  
Bob Lindquist  
671-4325

**Bigger isn't better....**

.... stand up for our environment!

"We cannot build our way out of sprawl. Building new roads will not solve our traffic problems - just as buying bigger pants will not help us lose weight." - Daniel Silverman

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# Advocacy: BELLINGHAM BICYCLE-PEDESTRIAN ADVISORY COMMITTEE MEETING

June 27, 2006--*edited for length*

Meeting convened at 5:45 p.m. at Mayor's Board Room. Present: Ellen Barton, Carol Berry, Kim Brown, Marie Kimball, Cat McIntyre, Julie Muyllaert, Norm Nielsen, Aaron Seaton, and visitor Kevin McClain.

Presentation/Discussion  
Bicycle Safety Education and Enforcement. Sergeant David Richards, Bellingham Police discussed collaboration to improve safety for bikes and pedestrians.

Sgt Richards has been with the Police Department for 27 years as a patrol officer or patrol supervisor. He has been a bicycle commuter 40% of those 27, often at night after night shifts. Despite his using lights and reflective gear, Sgt Richards has still been hit twice. Even after these two bike accidents, one at 7:45 pm, his wife is a fan of his continued bicycling. As a result, he has a vested interest in bicycle safety, and has been taking safer routes home.

In early September 2006, he would like to begin a graduated education project. Engineering, Education, Enforcement is the ideal—Engineering would be continuous, wide bike lanes; e.g., the Golden to Boulder Colorado separate bike lanes. West Maplewood needs widening. The bicycle crash rate has gone up because there are more bicyclists on the roads related to higher gas prices. Examples are two recent, serious accidents, one at 30th and old Fairhaven Pkwy, another also caused injury. For new bikers, aged 40-65, accident rates are high because they don't get any safety training. If they take a course and pass it, their injury rates are normal.

Sg. Richards would like to begin the project with education, targeting WWU and Whatcom CC students, with info packets. He would like to extend similar info into high schools, radio and

Herald using PSAs. Dean Kahn is very interested in this. Education would address both car drivers and bicycle drivers.

After 30-40 days of education, the Police Dept would bump up enforcement levels: warning tickets to start, moving gradually to an \$81 for second offense. The project requires a database to track offenses beginning with the warning ticket. Ticketing bicyclists for breaking laws will help motorists be more accepting. Warnings for example cyclists not stopping at stop signs. King County is trying something like this. He learned about this from a presentation by the Cascade Bicycle Club, Wash. Coalition and League. They asked police to start enforcement to make bicyclists law abiding. That's the goal, but it will have to happen slowly.

As part of the education phase, he would like to put placard on new and repaired bikes at bike shops. The same placard might be issued with a citation or warning on other side, and could maybe have bike shop discount for the particular safety item that is needed. Ellen asked whether Sgt Richards already has funding for these placards. Police chief and staff said go ahead. Ellen suggested Smart Trips could help design the placard.

Sgt Richards pointed out that the only legal headlamp is one fixed on handlebars. A headlamp is not safe because when the cyclist wearing one turns her head, the light is no longer visible to motorists. The City Attorney is in the process of enacting a helmet law.

Norm asked about what kind of education schools have about biking. Consensus is none unless someone on the faculty takes it on themselves to reward students for learning bicycle safety for Bike to Schools and Work Day. Police used to do this, but no longer have sufficient officers to do this. Julie remembers that a few years ago we interviewed police and was told there were few requests for police to do bike education. Carol mentioned two programs: in Portland, where police got a grant to provide bike lights when they give a warning and install the light. Either City of Davis or UC/Davis has a program where tickets can be reduced if the person goes through bike safety course.

Sgt Richards said that such a course would be part of the pro-

## 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)

## 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.)

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 \_\_\_\_\_

Mail to:

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

## Questions?

Check out our web site: [www.mtbakerbikeclub.org](http://www.mtbakerbikeclub.org)  
or email us at [bikebham@yahoo.com](mailto:bikebham@yahoo.com)  
or call at 7521236

posed program in Bellingham. Perhaps Mt Baker Bicycle Club could give education. Ellen mentioned that the Smart Trips bicycle program now being designed has in-class education twice a month, with signup for a follow-up street portion. The classes begin every other Thursday for July, August, Sept and may continue based on response to the pilot. Smart Trips will also do outreach at farmers markets, fairs, work sites, community groups, etc. and could pass out info for the Police Dept. education program. This Smart Trips program has funding to hire bicycle educators. They will be inviting people to design the ideal program.

Marie asks about types of bicycle riders: regular commuter, who ride quite well, wear helmets, use signals, reflective gear; or others 30-50 years old, just getting down the road.

Julie asked what we can do to help. Richards needs help about defining what education will be most effective by age group.

- School age (up to age 16). Do parents teach, or do older kids teach younger? They believe that parents need to back up the message from police. School age kids won't be ticketed.
- Cyclists over 16 will get a ticket for traffic infractions. College age is really a tough group. They want to use less fuel, but they don't always know what they don't know. Carol asked how they learn before they have an encounter with the police, so that they can get used to using bikes.
- After college age, there are problems with bike commuters who have years of bad habits. Other new riders may need practice going faster than 7 mph. They might be using a marginal bike, no reflective gear and no lights.

The bicycle education and enforcement effort needs to be a long term, continuing commitment. We should aim for a gold award on the Bicycle Friendly City list. We need to bring everybody along. Think of MADD, which initiated multiple methods of changing offenders, and now it is no longer okay to drive drunk. Kim points out this is a change of culture. Sgt Richard wants this to be a safe town for his grandchildren.



## Tuesday Social Ride--Come join us!!

Six to ten riders joined me each week for the 21 and 26 mile rides out of Bellingham in June and July. Because of publicity on the website we had new riders each week. Our beautiful, rural route took us north of Bellingham on Aldrich Road, Pole or Wiser Lake Road, and and back on Northwest Road. There was not much traffic, the surfaces were primarily smooth blacktop and most of the route was flat with only one small hill.

Riders rode their own pace with options for shortening the distance. Three riders this week reported that their ride in a paeline on the route was one of their favorite rides of the summer. The rest of us enjoyed socializing while riding at a little more moderate pace on a clear, beautiful, summer night. After the ride many riders socialized at Jekyl & Hyde Deli and Ale. The prices are moderate and the food and ale are excellent. I hope more of you can join us on the ride which continues through August. This is an outstanding ride with the added benefits of great food and company. The riders meet at Jekyl and Hyde Deli and Ale located at 709 Orchard Street at 6:00 and depart at 6:15 If you have questions, please call Kathleen at 733-0563.

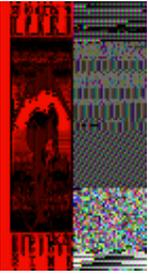


## David and Nancy's Excellent Adventure Begins!!

David and Nancy Fayram bid a fond farewell – or auf Wiedersehen – to northwest cycling. We are on our way to Berlin, Germany to teach at international schools for the next two years. Nancy will teach art at JFK Schule, and I will teach history at Berlin Brandenburg International School. I have also been asked to coach a mountain bike club at the school. We have spent the last 8 months preparing for this adventure, and it has been a busy and hectic time. Fortunately, we were able to say goodbye to many of the MBBC members at rides, but for those we missed – we will miss you. I was a founding member of MBBC in the 1970's, and I have been thrilled to see it and cycling grow so strong in this area. When I began riding here, we had 5 racers and a small handful of tourists. Now look at the numbers!

After the two years in Berlin, we are still unsure of what happens next. A wide variety of opportunities lie on the road ahead - returning to Bellingham, moving to another overseas school, remaining in Berlin for another contract, or moving to Seattle to be close to our daughters. We are keeping our house, though, with the idea that it will be home again.

The MBBC web site will be hosting a blog of our adventures. (Thank you, Tim Reinholtz!) Please keep checking it. I will include pictures of cycling in Germany and throughout Europe (as well as some personal shots of schools and a few tourist sites). Our email address will be dfayram@yahoo.com, and we would love to hear from Bellingham cyclists. We don't know yet what we will do after our two-year contracts are up, but Bellingham will always be a target destination for us. Think of us as being on local rides in spirit.



# MT BAKER BICYCLE CLUB PRESENTS



WHATCOM  
HOSPICE  
FOUNDATION

## THE CHUCKANUT CENTURY BENEFITING WHATCOM HOSPICE FOUNDATION REGISTRATION APPLICATION

(Use a separate form for each rider. Please print, fill out, and mail. All fields must be filled out. Please print legibly)

Name \_\_\_\_\_ AGE \_\_\_\_\_ DATE 9/17/2006  
(First) (M.I.) (Last)

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Emergency Contact Phone \_\_\_\_\_

I have signed the waiver on the back of this application.

### Entry Fee

Postmarked by 9/02/06 (\$35)       Postmarked after 9/02/06 or day of event (\$40) \_\_\_\_\_

T-shirts for first 150 registrants (men's sizes). Must be picked up day of event.

M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_      **Optional Club Membership (\$15 or \$25)** \_\_\_\_\_

Make checks payable to **Mount Baker Bicycle Club**      **TOTAL AMOUNT ENCLOSED** \_\_\_\_\_

**MAIL TO:** Mount Baker Bicycle Club., PO Box 2702 Bellingham, WA 98227 Sorry, all payments are non-refundable.

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### **Mt Baker Bicycle Club Membership** (New members)

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ email: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Membership Type:     Individual (\$15)     Family/Associate (\$25)

(There will be a \$20.00 fee for all returned checks)

Family/Associate Member Name: \_\_\_\_\_

(An associate member can be any person living at the same address as the individual member)

What are your cycling interests? \_\_\_\_\_

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Volunteers are our greatest resource and we need your help! To get information on how you can help email [information@mtbakerbikeclub.org](mailto:information@mtbakerbikeclub.org).

## Group RAW--August 19 - 26

<http://www.cascade.org/Home/>

There are only a few roads that stretch in one continuous line from Canada to the Columbia where it forms the southern boundary of Washington. There is I-5 in the west and US 395 in the east. For 2006, the RAW route splits the difference between those two, generally following SR-97, the alignment of which comes close to the geographic middle of the state. Daily mileage will vary from roughly 50 to 95. This is a hilly RAW, but the route is planned so that big climbs mostly (but not always) come early in the day.

The tour will start on the shores of Lake Osoyoos near the Canadian border, in the town of Oroville. The first day's route takes a westward trip to visit the beautiful Sinlahekin valley. After cruising past Palmer Lake and through the town of Loomis, the route returns to the Okanogan valley at Tonasket, and heads south to end in the Okanogan area.

Day 2 will also veer westward, up to Loop Loop Pass on SR-20. Once over the pass, we will ride down the lower Methow valley to return to SR-97 at Pateros, on the banks of the upper Columbia River. Once by the Columbia, we follow the river south to the day's end in Chelan.

On the third day we follow the south shore of Lake Chelan to Lake Chelan State Park. We climb out of the Chelan valley and return to the Great River by way of Navarre Coulee. Once again south along the Columbia to Wenatchee, where we will say goodbye to the river until the end. Turning right up the Wenatchee valley, we will ride past Ohme Gardens and through Cashmere by way of available back roads, to come to rest in Leavenworth.

Day 4 is a day of serious cycling, and it's the longest day (95 miles). We take SR-97 south over the Wenatchee Mountains, hopefully by the old Blewett Pass road (if it's passable), or by way of the present road. Once over the pass, we will continue south into the Kittitas valley, and through Ellensburg to the Yakima River. The day ends with a glorious ride down the river canyon along SR 821, through the folded Basalt ridges to Yakima. Day 5 swings east to cross the Rattlesnake Hills by way of Konnowac Pass, then travels down the Yakima Valley using SR 22 to Mabton. From Mabton, we'll turn south to climb over the Horse Heaven Hill to end the day in Bickleton, the Bluebird capitol of World, and site of the Bluebird Inn.

The final day continues southwest on the scenic Goldendale Bickleton Highway, then south for a final 4-mile plunge to Maryhill State Park. Along the way we may visit the Goldendale Observatory, Godendale (it's Rodeo weekend), Stonehenge Memorial and possibly Maryhill Museum. We'll rest the final evening in the shade of the Park by the shores of the Columbia before heading back to Seattle on Saturday.



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## CONSTRUCTION SERVICES

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- Storage containers

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(24-hr dispatch)



*Your home team — serving Whatcom County since 1929*

## Smart Trips

Walk, bike, share a ride or ride the bus. When you make Smart Trips, you accomplish a lot more than getting to our destination: you help create a clean, healthy and vibrant community in Whatcom County. While you're at it, you'll cut stress, save money, and earn rewards.

Here's August's monthly profile of "Smart Commuters": Andy Rowlson, Bellingham City Benefits Manager, bicycles from his home in Everson to his office in Bellingham 3 days/week. Andy says that he loves the ride along the quiet back-roads of Everson where he sees the sunrise, cycles through pastoral farm land; he then takes the Hannigan Road into town which has wide shoulders and a safe berth for cyclists. This is a designated bike route where the county maintains a clean and clear path for cyclists so it's swept often.

Andy says that the emergency ride home feature of the Smart Trips program psychologically really makes him feel safer; just in case something happened and he couldn't cycle home, he could call a taxi free.

Another Smart Trip commuter takes the bus from Everson to Bellingham 3 times/week. He says that he's more relaxed, there's less hassles with traffic and car maintenance plus it puts more money in his pocket. He says that he has more control of his time,

his finances and his schedule when he commutes by bus. "I work hard for my money; why should I put it in the gas tank of my car?" this Smart Trip Everson commuter comments.

Just some of the many benefits of sharing the ride as a Smart Trip Commuter! The Whatcom Smart Trips website is [www.WhatcomSmartTrips.org](http://www.WhatcomSmartTrips.org) to start logging your Smart miles today!



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## Discover Seattle--Commercial Bicycle Touring in Seattle

"A city bicycle tour is like a leachy fruit; maybe not the prettiest item on the fruit stand, but peel off the shell and nothing is sweeter and more satisfying!"

David Mozer, Director of Ibike Tours

Over the past 150+ years Seattle has gone through ethnic transformation, environmental transformation, economic transformation and cultural transformation. Sometime the changes have been interdependent and sometimes the change has been independent, but rarely has it been linear. A bicycle tour is a great explore all of this.

For those who already love Seattle, or for those who are willing to fall in love with it, Ibike Tours' Seattle bike tour is a fascinating excursion into the heart and soul of this magical city. Ibike has an inventory of 1800 points of interest in the city to choose from and an almost infinite number ways to connect them for a fun and enriching bike tour. Stops along the way provide interpretive programs and a variety of off-bike activities for exploring the rich history and heritage, geographical and environmental diversity, and economic, geological and cultural complexity of Seattle. Participants have opportunities to learn how: the indigenous Salish people who lived before contact with Europeans, Hawaiians were early foreign trappers and traders in the region, Chinese immigrants built the infrastructure, Japanese



immigrants fed the people, African-Americans and Jews outfitted the gold rushers and other ethnic groups transformed the land. We visit local markets, wander in historic districts, examine art and architecture, identify flora and fauna and enjoy the extraordinary friendliness of the people and inspirational beauty of the city. The rich cultural heritage of Seattle is a virtually undiscovered treasure and the quality of the bicycling is legendary. The program is more than a bicycle trip; in addition to the physical activity you can enrich your mind and nourish your spirit. Custom programs can be arranged year round. Kid-friendly

itineraries are available.

Ibike produces immersion, people-to-people, educational programs for those who want to learn more about the people of the world, as well as see the beautiful sights. The cycling varies from program to program but is generally easy to moderate. The program is ideal for the realist who appreciates the world and the wonderful rewards gained for the modest rigors of bicycle touring.

To schedule a tour: go to online registration, or email us at [ibike@ibike.org](mailto:ibike@ibike.org) or call 206-767-0848.

***Have you renewed your membership?  
Check the date on the mailing label and  
please please renew!!!***

*It's almost Labor Day!! Let's go biking.*

Mt. Baker Bike Club  
PO Box 2702  
Bellingham Wa 98227

