



MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Volume 14, Number 1, Jan-Feb 2005

Coming Events

(Page 2 for more info unless otherwise noted)

Meetings:

February 2: Bike to Work and School Kickoff planning (pg 4)

Feb 7: Ride coordinator mtg (pg 4)

Feb 16; Deadline Expo Booth

February 15: Tour of France and Tour de France and Cycling in Cuba

February 19-20: Bike Expo Seattle

March 2: Bike to work (Pg 4)

March 21: Carol and Paul's Liveable, Walkable, Bikable Europe and Gourmet Italy

Recurring Rides:

Tuesday Social

Tuesday Training

WWU cycling club

Wednesday Social

Saturday Donut Ride

Saturday Recumbant Ride

Saturday Whimp Ride

Special Rides!!:

February 21: President's Day

February 27: Chilly Hilly

Please notify us of your upcoming program or event for inclusion in our schedule. You may email to pagoff@yahoo.com or mail to:

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

New Years Day Ride Great Success!

It was a "crisp" cold morning and the weather gods had threatened possible snow but that did not daunt the spirits of 18 intrepid cyclists. They were determined on New Year's Day morning to do a 35-mile ride from Fairhaven park down Chuckanut drive to Edison's Longhorn for lunch and good conversation.



Its a Bird, Its a Plane?

We had everything "but" a unicyclists (working on this for next year's ride everyone!). Riders included: David Fayram, Bo Whitehead, Mark Steinberg, Steve Chastain and Casey Rosseth (visiting from Bozeman) on tandem, Mark
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Bicycle EXPO Beckons

The Group Health Seattle Bicycle Expo is a complete celebration of cycling, with exhibits and presentations from all aspects of the sport. In addition to their sponsorship of the Expo and other Cascade Bicycle Club events as sponsor, Group Health will present a series of health and nutrition seminars at the show. MBBC booth will be directly opposite the stage.

For 2005, the Bike Expo will be held in the historic Hangar 27 at Warren Magnuson Park, located at Sand Point in

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Winter Slide Show Series

Bicycling across North America from Bellingham to Bar Harbor presented challenges and rewards for John Whitmer, retired Western Washington University professor and the Club's longest continuous member. His delightful presentation in January showed how to plan and enjoy a successful solo adventure of 3,000 miles.

Distance touring isn't enough, there are other kinds of tours: Come see Eric Bemis' eye-witness show of watching the Tour de France in 2004 at the February 15 slide show. Learn a bit about the inside story of this classic race and hear tips on how to plan a trip to watch the tour.

Touring can be recreational, educational, and political, too: our double-feature in February includes a show on bicycling (and other travel) in Cuba. Joint international professional Susan Kroll

on an exploration of our near-neighbor where bicycling is a major transportation mode.

The March 21 slide show will bring us to Europe with a two-part presentation on walkable, bikeable European cities (by Carol Berry, founder of Bellingham Walks) and a focus on a gourmet bicycling vacation in Italy. (Marie Kimball)



Love My Bicycle!!!!

Heroic Cyclist Saves Best Friend

Ever wonder what you would do if you caught someone in the act of stealing your bicycle (or something else?) I have, and found out on the day after Thanksgiving.

My wife and I were out on errands that day - her with the car and me with my bicycle

following her from place to place. The last place was Lowe's Home Store on Sunset Drive. We spent about a half hour in the store before we separated to go our separate ways for the rest of the afternoon at about 12:30.

As I was walking to where my bike was locked up by the front door I noticed someone on a bike ahead and when he turned a corner into an aisle I noticed that he was riding my bike!!! I immediately started running after him yelling many ugly words creating quite a scene in the parking lot. I reached the passenger side of his truck just as he climbed in (I think he had left it running) and grabbed the top tube of my bike just as he started driving

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Presidents' Day Ride

Celebrate a patriotic Presidents' Day with a friendly brisk winter bike ride. Last year we had about 8 riders on a crisp breezy day. The ride will start at Cornwall Park by the Parks Dept. office on Meridian at 10 AM February 21. The route will be determined by those who attend--probably about 30 miles, brisk pace. Call Doug Schoonover for more information at 733-1402.

Chilly Hilly

With chilly February weather and 2,675 feet of Hilly climbing, the name says it all! Chilly Hilly has been kicking off the cycling season in the Northwest for the past 33 years. The 33-mile route around Bainbridge Island starts with an early morning ferry ride across Puget Sound from Seattle or you can join the crowd directly on Bainbridge Island. Join us Sunday, February 27 on the ride. Guaranteed to be hilly, chilly and a heck of a lot of fun. For information and registration go to http://www.cascade.org/EandR/chilly/CH_registration.cfm

Bike Expo

February 19-20, 2005: Sponsored by Group Health and Cascade Bike Club of Seattle. Bike Expo will be held in the historic Hanger 27 at Warren G. Magnuson Park, located at Sand Point in Seattle. Volunteers needed to work the MBBC booth!

Winter Show Schedule

We've lined up some impressive bicycle travel shows this winter, offered in partnership with the Western Washington University Outdoor Center at the presentation room at the WWU Wilson Library. (Programs start at 7:30 PM. Dates are tentative at press time, please call 734-8540 to confirm.)

Tuesday, February 15: Pictures of the 2004 **Tour de France** (See Lance Photo this page!) and bicycling in France AND Susan Kroll on **Cycling in Cuba** (See Picture page 5)

Monday, March 21: Carol and Paul's "**Liveable, Walkable, Bikeable Europe**" slide show AND Marie Kimball's bicycle trip to **Gourmet Italy**

Regular Weekly Rides and Other Group Rides

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 360-676-6910

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

Wednesday **WWU Club Ride**: 25 miles, 13-15 mph (casual, social pace), departs from Boulevard Park on South State Street, Bellingham, length varies, 1-2 hours. details: www.wwucycling.com/club_info.html

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. Re-group at brewery afterwards (7pm). Contact: Kai Bretherton at Kaibretherton@aol.com

Saturday **Donut Ride**: 24 - 45 miles, race pace, departs from Kulshan Cycles, 7 am, to Ferndale for coffee and return, or continue to Birch Bay. (Runs every week of the year!!)

Saturday **Recumbent 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 360-676-6910

Saturday **WhIMP 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:

John Hill, Physician, mountain and road cyclist
Paul Clement, Tecaher, road racer
Jamie Starks, Physical Activity professional, bike commuter
Donna Merlina, Educator, car-free advocate
Marie Kimball, Real Estate professional, recreational rider
Jim LeGalley, Industrial Safety professional, bike tourist and commuter
Dave Neubeck, Attorney, cyclocross racer

Mt. Baker Bicycle Club officers:

Ellen Barton, President - Transportation Planner, daily bike commuter
Jim LeGalley, Treasurer - bike tourist and commuter
Marie Kimball, Membership - Training to do STP in one day 2005
Newsletter Editor - Paul Goff, slow recreational roadster
Ride Coordinator - Doug Schoonover

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

First Annual Ride Planning Meeting Monday, February 7, 2005 7:00PM

You are invited to join fellow members and other Whatcom County cyclists on **Monday, February 7th, 7:00PM at the WECU Education Center, 511 E. Holly St.**, across the street from the main branch to plan a schedule of rides for the upcoming year. We need your input on the types of rides you would like to see on a regular basis.

Agenda:

What kind of rides should be offered?

Time of day, distance, speed, starting locations, etc.

Do we need to schedule rides to accomplish a specific goal?

Train for STP in 1 day or 2, RAMROD, Chuckanut Century, Mt. Baker Hill Climb, etc.

Do we have people that want to be ride leaders?

Duties and responsibilities of ride leaders.

Are there other programs the club could offer?

Basic bike maintenance, nutrition, fitness, etc.

The goal is for the club to be more responsive and accommodating to the bicyclists of Whatcom County. For more information, e-mail dschoonover@prodigy.net

December Member Banquet Success

2004 was a successful year for the Mt. Baker Bicycle Club thanks to the terrific work of our members and volunteers. On December 8, about thirty of us gathered at Boundary Bay Brewery for a celebration and a chance to say Thank You to everyone who helped out at the many bike events in 2004.

Paul Clement of the Ken Meyer Memorial Foundation thanked the club and several key individuals for their help in putting on the Chuckanut Century, the State Criterium Championship Race, and the Mt. Baker Hill Climb. Together these events raised record amounts to fund local cancer care and bike safety education.

Attendees who had volunteered during the year received awards of a laminated full-color Bellingham/Whatcom bicycle map. New members who joined at the dinner received a two-years-for-the-price-of-one membership rate. With the help of special donations, the Club and KMMF were able to treat the group to dinner.

The Club's by-laws specify that the board of directors be elected at the annual general membership meeting. The following members were elected to serve two-year terms of office starting in January, 2005: Marie Kimball, John Hill, M.D., Jim LeGalley, Jamie Starks, Ellen Barton, Paul Clement, Donna Merlina, Doug Schoonover. The Club officers will be elected from among the board members.

Club Board Notes – December, 2004

The December board meeting approved the by-laws and nominations for board of directors. The Board reluctantly accepted the resignation of Treasurer Cathie Gerlicher, and appointed Jim LeGalley as Treasurer *pro tem*.

The Board discussed how to ensure a successful Bike to Work and School Day event in 2005, as project coordinator Donna Merlina plans to leave the area. The Board approved using part of the REI grant and the Whatcom Physical Activity Coalition grant to pay a stipend to a coordinator subject to performance measures. E. Barton agreed to serve as the coordinator on a half-time basis from February to May, and she has been authorized to use the office and equipment of an anonymous donor for BTWSD work. The City of Bellingham may sponsor an unpaid internship position for a BTWSD assistant coordinator. Interested individuals who wish to interview for the coordinator position or the internship are encouraged to call 734-8540 before February 15.

New Years Continued from page 1

Wheatley on mountain bike, Marie Kimball on mountain bike, Bob Lindquist, Marc Ambers, Stephanie McDonnell, Rod Cheney, Doug Schoonover, John Whitmer (same steel Giant he rode across US), Paul Goff on touring bike, Judy Murphy, Alfred Arkley on Bike Friday, Bob Parker on recumbent, and a new face, Bruce Kraig-welcome friend!

According to Bob who has organized this ride for as long as I can remember, he stated "this is 3 times the number of cyclists we have had show up past years." The pace was "brisk" back up Chuckanut to the park, so brisk we lost Marc to a flat tire and didn't even notice...sorry Marc...your so fast we thought you decided to loop us around Lake Samish!

--Marie Kimball, Membership Chair



New Years Lunch--A good time was had by all

Bicycle theft continued from page 1

away. The bike flew in the air out of my hands and landed in a heap, and, yes there was some damage.

I was rather pumped up with adrenaline and could not get the full license plate number but in short order a driver came up with a card with the full license number, another witness came up and identified the make and year of the truck, a general description of the driver and another witness came up with her cell phone connected to 911. I was so appreciative for the assistance of strangers. People do care!!! A BPD officer arrived about the time I had walked back to the store with my bike, recorded all the necessary information, checked on his computer for the truck and owner and sure enough everything matched. Lowe's camera recordings have yet to be viewed as far as I know.

There really is good and bad to this story. The good is that not one person was injured, the bike was not stolen and witnesses were there to help. The bad, of course, is that someone tried to do this at all.

Makes you wonder what if: I caught the guy right in the act of cutting the lock; I caught the guy on the run, tackling the bike and him with a fight ensuing; I was 3 seconds later reaching his truck and was dragged through the parking lot by his tailgate. What a few seconds can mean in a desperate situation!!!!

-----Bob Lindquist

MBBC Jerseys--Coming Soon!

The votes are in and a small committee is finalizing the design of the 2005 Mt. Baker Bicycle Club jersey. Thank you to everyone who responded to the survey in last month's newsletter – check the list-serve website to see the design draft and to post your comments or suggestions. The controversial question is whether to have business logos on the side panels or sleeves, might lower the cost, but is it the right look? To visit the group on the web, go to: <http://groups.yahoo.com/group/MtbakerBicycleClub/>.

Advocacy

Chain of Trails Plan Ready to Review: Bellingham has a pretty extensive trail system, and so does the National Forest area near Mt. Baker. But in the Mt. Baker Foothills, public trails are hard to find. The Chain of Trails project has a plan to close this gap in our region's trail networks. The plan shows where existing trails or "GreenRoutes" could be established and where new links might be constructed to create a functioning network for bicycling, walking, or other types of non-motorized travelers.

The word GreenRoutes is used to include a wide variety of facilities: low-traffic shared roadways (for road bicyclists), gravel logging roads (for mountain bikes or horseback riders), rustic dirt paths, and other types of routes. The plan can be viewed at www.WhatcomTrailNet.com (click projects, then Chain of Trails, then draft plan) or a printed copy may be requested by calling Whatcom Council of Governments at 676-6974. Review copies are also located at the Deming and Maple Falls public libraries. Bicyclists form an important constituency for GreenRoutes. Bike Club members are encouraged to look at the plan and submit corrections or comments by February 28.



Galb Family

Bay to Baker Project: The Mt. Baker Club – one of the nation's oldest hiking clubs – has adopted the Glacier to Maple Falls section of the Bay to Baker Trail. The hiking group will organize work parties to assist in trail clearing and preparation to build the Cornell Creek Bridge and other infrastructure to open this County-owned trail for public use. This work will complement that of John Adams at Glacier Ski Shop who has donated hundreds of hours to construction of the Glacier section of the trail that will tie into a down-hill mountain bike course he's helping build on Slide Mountain.

National Bike Summit in D.C.: The League of American Bicyclists will host the fifth annual Bike Summit at the nation's capitol, March 16-18. Be among the thousands of bicycle enthusiasts who converge to educate their legislators on the importance of bicycle-

friendly policies, budgets, laws and roads. Especially important in this year of a new transportation act when appropriations and earmarks decisions can make a big difference for funding bike safety education and construction.

Planning for Bike to Work and School Day 2005!

Mark your calendars, it's time to start planning for the 8th annual Bellingham/Whatcom Bike to Work and School Day (BTWSD) on May 20, 2005. May is National Bike Month and, with your help, we can make this one bigger than ever. This year the sponsor committee is working on getting special BTWSD prizes just for bike club members. Events could include: Bike Rodeo (May 7), Bike Safety Classes (Parks & Rec and REI, dates TBD), Pump-U-Up at Farmers' Market (May 7 & 14), Procession of the Bike Species Parade (May 8), Bike to Work Week Challenge (May 15-20), Family Greenways Trail Ride (May 7) and more. If you'd like to help or just find out more, come to one or all of the planning meetings at Bellingham Public Library Meeting Room from 6 - 8 pm, first Wednesday of the month: February 2*, March 2, April 6, and May 4. (*Note: February 2 meeting will be held at the Whatcom Educational Credit Union meeting center (across from 600 E. Holly Street), not the library).

Bikes and Parks and You: The Whatcom County Parks and Recreation Department is updating its Comprehensive Plan. This is an important time for bicyclists to tell the decision makers how important it is to have facilities and education programs and recreational events for bicyclists. For example, the state highway department has closed down some long-time bicycle race events and may make it difficult in the future to conduct the Chuckanut Century or the Mt. Baker Hill Climb (both on state highways). If the County Comprehensive Plan clearly states the County's support for these and other bicycle events and activities, the state is more likely to be supportive. Your voice counts: attend one or more of the public workshops being held from January 10 to March 3 check the schedule at www.whatcomcounty.uw/parks or email mmcfar1@co.whatcom.wa.us

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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)

<p>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:</p> <p><input type="checkbox"/> Ride Leader <input type="checkbox"/> Newsletter <input type="checkbox"/> Mailings or Data</p> <p><input type="checkbox"/> Bike to Work and School Day <input type="checkbox"/> Chuckanut Century</p> <p><input type="checkbox"/> Special events <input type="checkbox"/> Website Maintenance <input type="checkbox"/> Education</p> <p><input type="checkbox"/> I can provide discounts on _____</p>

MEMBERSHIP TYPE:

Individual: \$15 _____

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**

Advocacy: Continued from page 4

RoadShare Grant: Whatcom Traffic Safety Team and the Mt. Baker Bicycle Club have teamed up to work on RoadShare, a project to teach drivers, bicyclists, runners, pedestrians – anyone who uses the public roads – how to share those roads courteously, legally, and safely. Funds for the project were awarded to the Club from the Whatcom Safe Kids Coalition. RoadShare will focus on preventing injuries to those outside the vehicle. If you'd like to work on this project, contact the Club at raleigh3speed@hotmail.com.

BPAC: Minutes of Meeting – November 29, 2004:

Present: Therese Kelliher, Cat McIntyre, Carol Berry, and Wendy Scholtz.

Indian St: Repaving will be delayed until spring, but will repave bike lanes. Chestnut Street: Railroad, is awaiting good weather.

Broadway: is complete, with narrower lanes for traffic calming some concern about whether parking and bike lane will now compete.

Fairhaven: It was recommended that the city complete the improvements on 30th from Fairhaven Pkwy to Donovan and from Donovan to 32nd if 32nd is closed.

Crosswalk Policy Project: No feedback from the Cornwall Park neighborhood newsletter. BPAC will continue to work on this effort as a group, with no sense of urgent timeline.

Mean Streets Project Release: Where funding is dedicated to pedestrian safety, improvements have been made; e.g., Oakland. Seattle/Tacoma/Bremerton made the report, and their situation has gotten worse. Want funds to dedicate funding to the level of danger; report also shows that fewer pedestrians and bikers, while obesity has gone up. Recommend that federal funding be invested in establishing performance measures for pedestrian improvements.

Ped Enhancement Awards. Bellingham was not listed, in the Mean Streets report, Therese and Carol want to do something. Plans being formulated.

The meeting adjourned at 8:30 p.m. Next meeting January 2

-----Cat McIntyre



Cycling in Cuba

Bike Expo continued from page 1

Seattle. More than 125 exhibits of bikes, gear, travel, health and fitness, the "Expo" is one of the largest gatherings of bike related businesses and organizations in the country under one roof.

The 2005 Bike Expo Presentations have not yet been published but we can expect presentations about cycling adventures, tours, how-to, seminars with cycling experts, and interactive events. The popular and fun Bicycle Expo Photo Contest is back for the seventh year running!

Bike Expo Volunteers needed

Are you planning a bike vacation? thinking about new components or accessories? In partnership with Ken Meyer Memorial Foundation, the Mt. Baker Bicycle Club will host a booth at the Expo to publicize our popular and growing regional bicycle events including the Bellingham Welcomes RSVP, Chuckanut Century, and Mt. Baker Hill Climb. We need volunteers to staff the booth for a two or three hour shift. Those who do so will get free admission to the Expo. Sign up by calling 734-8540.

Christmas Eve 2004 MB Ride

Christmas Eve fell on Friday and some of us (Bob Lindquist, Marc Ambers, John Whitmer, Bill McCort, Doug Schoonover, Peter Scott, Marie Kimball and Mark Mallahan) had the day off. So we gathered at the Fairhaven parking lot @ 10:00 AM with mountain bikes--ready to ride. We expected to ride trail routes like our Wednesday Night rides but with the added advantage of "daylight" for a change. What we ended up with exceeded our expectations and has become a lasting Christmas memory thanks to Mark Mallahan, local mountain bike racer.

After riding through Lake Padden and coming up to Yew Street, the group rode on to the south side entrance to Galbraith Mountain. We began on what appeared to be a forest service type road for a gradual climb. On the descent we gained speed and hit "shale" which tested our control. I had not ridden on Galbraith fearing a number of things like...getting lost, terrain, equipment, etc. Mark's knowledge of the area and our trust in his abilities and his attention to fellow riders enabled those who "dared" to follow him across the single track "Ridge Trail" where the views were spectacular! I thought my thrills were over (after peering down the side of the cliff) until Peter Scott convinced me that I could "single track" down from the ridge to the bottom if I just took it slow and placed my weight back on my bike. With my heart in my throat I proceeded. Again, I have ridden with Peter enough to know that he may have been right about my riding ability even if I wasn't "so" sure. (What is life without friends who want us to "stretch"). I yelped, bumped and bounced my way down without the aid of a light bike, shocks, and SPD pedals (cages bite!!!). I did it without dumping it but then collected a ton of mud wading the bog at the bottom. This led to my next lesson...hopping...to try and shake the mud off my bike (also difficult without SPD's). By now I had a huge smile and was laughing while the three of us joined everyone at La Feen's for coffee and donuts (oh, none for Mark, he's in training...but I had three for him!).

Riding back to the park we all felt so "gifted" to have places like Galbraith and great riders like Mark Mallahan so available to our bicycle community. To thank Mark for his unexpected gift, some of us purchased him a one year membership to MBBC. Mark, thank you for choosing to come out and ride with us when you can and **please** keep us posted on your races this year Mountain Master!

-----Marie Kimball Membership Chair

Donut Ride: January 15.

Winter is not over yet! How much is too much? There really is no limit. It was about 20 degrees with a moderate NE wind, icy but rideable (?) roads and three riders. (In the past I have ridden this alone and cut the ride short, ridden with one other person and cut the ride short and with one other person fully during very similar conditions.) All the same conditions for the riders except for the clothing.

The riders: One experienced and overdressed (almost), one experienced and almost underdressed and one inexperienced and underdressed. Knowing full well how severe the conditions were I was wearing many layers: Feet - silk socks, wool socks and booties Legs - two layers, wool riding longies covered with a layer of warm long underwear (almost put thin rain gear on for wind protection, but didn't) Hands - two pair of silk glove liners inside lobster gloves Head - a warm skull cap covered with a knit hat Torso (the most important maybe?) - bib shorts, short sleeve cashmere, short sleeve jersey, two long sleeve silk all covered by a long sleeve wool sweater and a Burley jacket for wind protection.

Results: Oh, how we wanted more riders to hide behind. I was fine, an icecovered beard and just beginning to get cold toes by the time we reached Ferndale. Almost underdressed rider wanted another layer on the legs. Underdressed rider was in almost severe condition on arrival.

At Mounts Café we took off our sweaty outer covers to let them dry a bit. Well, we did not ride back to Bellingham, being the first time ever in all the years I have done this ride. Being safe, a rescue vehicle was contacted to pick up the underdressed rider and then we all took the vehicle back to town.

At least two of us had a great time. OK, call a couple of us wooses, it's OK.

-----Bob Lindquist

Ride Trek Tri-Island Sept 17-19, 2005 with the Whatcom Wheelers!

The American Lung Association of Washington has been fighting for lung health, smokefree air, and cures for lung disease for 100 yrs. This year, we hope to put a Healthy Indoor Air initiative on the November, 2005 ballot, to make all nontribal public indoor places 100% smokefree.

For 23 years, the Association has offered thousands of cyclists, the quintessential Pacific Northwest experience! Trek Tri-Island is three days and 135 miles of bicycling and traveling on the Washington State Ferry System through the charming communities of the Puget Sound. The ride goes on in September with about 300 riders

You can join the Whatcom Wheelers team Sept 17-19, riding from Seattle to Bainbridge, Whidbey, Orcas, and Vancouver Islands.

In 2004 we started Sept 25 in Seattle, took the Bainbridge ferry, biked to Port Townsend 55 miles, where we tented, slept in the gym or in local B&B's. Sunday morning, we were off to Whidbey, Anacortes, Orcas Island, and the YMCA Camp. Where we stayed in cabins or tents (or B&B's). Monday, we rode to the ferry to Sidney, then an easy ride into Victoria for dinner, and the chartered Victoria Clipper to Seattle.

Support was great, with breakfast, dinner, and several snack stops each day. Each rider raised \$450 in pledges collected ahead of time, but our team typically can help with extra pledges, so don't let the fundraising stop you! But we always ride all the way to Victoria for the fun and international flavor of it.

Sign up for either ride at www.alaw.org, or contact me. Be sure to indicate you're joining the Whatcom Wheelers team! Ride on!

-----Chris Covert-Bowlds, MD

Rides:

The Lung Association of Washington sponsors several fundraising rides during the year. All offer support, sags, meals and options for overnight stays. This year the following rides will be offered:

Trek Tri Island Trek (see article above)

Dates: 9/17 - 9/19, 2005

Location: Meet at Colman Ferry Dock in Seattle, WA
Contact: 206.441.5100 or www.alaw.org

Experience the quintessential Pacific Northwest cycling experience! Trek Tri-Island is three glorious days and 135 miles of bicycling and traveling on the Washington State Ferry System through the charming communities of the Puget Sound and Canada. Proceeds from the event support the American Lung Association of Washington.

All meals and transportation is provided on this exciting adventure.

Big Ride Across America

Dates: 6/27 - 8/13, 2005

Location: Seattle, WA to Washington DC

Contact: 206.441.5100 or www.alaw.org

Big Ride Across America is, plain and simple, about doing something REALLY different. It will not be easy. This is exactly why you should consider it. 48 of cycling across the United States will change your life. Meals, transportation, housing, and technical support are all provided on this once-in-a-lifetime adventure. Proceeds from the event support the American Lung Association of Washington.

Big Ride Pacific Coast

Dates: 9/17 - 10/1, 2005

Location: Seattle, WA to San Francisco, CA

Contact: 206.441.5100 or www.alaw.org

Cycle from Seattle to San Francisco and enjoy beautiful scenery, good food, great people, and all for a great cause. Join the American Lung Association of Washington's Big Ride Pacific Coast. All of your basic needs will be provided for you so you can enjoy this once-in-a-lifetime adventure!

WWU Cycling -Rings in the New Year

Last year was a fantastic one for the newest group of Bellingham cyclists, when many benchmarks were reached and learning experiences had. Now entering their third year as an active club, Western has even bigger ambitions to match their increased size and strength, with a clear objective of living up to their newfound potential.

First, to finish off 2004 with a bang, WWU sent two riders to the U.S. National Cyclocross

Championships, scheduled in the thick Portland mud for the second year "running" (literally). Local phenom and former MTB pro Ben Scherrer represented the school in the men's collegiate race on Saturday, Dec. 11th. Courageously fighting his way through his first CX race of the season, he pulled into the finish line in 14th.

After completing most of the Emerald City Series in Seattle in the same category, Ryan Rickerts lined up in front for the singlespeed race at 8 a.m. Sunday morning next to some real big guns (such as Kenny Williams). He managed to finish 24th and now plans to race with gears next year.



Additionally, the club hosted the first half of the traditional Wednesday night cyclocross practice on the south campus fields. The course was well-liked (but not well-lit) and they hope to host a cyclocross in Bellingham one day soon!

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WWCycling Cont from 6

Now to highlight their 2005 campaign: First, along with a great new batch of talent, they recruited the volunteer services of a very qualified coach (also a local paramedic, accomplished racer, and WWU alumni), Willy Spaulding! He has started the new and returning members off right with training plans, some fitness testing, and motivational talks at the team meetings.

Willy will coordinate with the student leaders to prepare all sixty of their committed racers to excel in their various disciplines, from downhill and cross-country mountain biking, to road racing, and maybe the occasional track meet! WWU Cycling does their best to incorporate every aspect of competitive cycling just to keep it fun and inviting for aspiring athletes.

There is more in WWU's plans for 2005 than just racing. It takes a great deal of organization and support to get everyone to the races, fresh and ready. Foremost on this list of preparation is raising the funds to purchase a team trailer. To show the sincerity of their need, the team relayed their bicycles on campus for 24-hours, from 5:00 pm on Friday, Jan. 21st to 5 p.m. on Saturday. Members gathered pledges from friends and family, and CAB Trailers of Ferndale has offered to give the team an ample discount once they have raised enough funds. Soon the team can outfit it for all kinds of bikes, tools, and their new 8'x12' team tent. They would appreciate your support, too!

WWU Cycling wants to contribute to the NW cycling scene on all fronts, not by just bringing up racers but also providing events. On April 9th, the team will host the Northwest Collegiate Cycling Conference for a time trial and road race as part of their collegiate series. The road course is the traditional Squalicum Lake / Y Road loop (remember the Fairhaven Stage Race?) and is called the North Shore Circuit Race. To make good use of the course, there will be several open USCF categories offered in addition to the collegiate races, the number of which is limited only by how many volunteers they get! This may be the local race event of the year, as KMMF will not be hosting the state criterium championship race this summer. Please plan to attend, either as spectator, volunteer, or participant!

Lastly on the plate for 2005, Atura Recreation is helping the team plan a festival-type mountain bike event for next fall, with the goal of sparking more collegiate MTB competition and improving the reputation of Whatcom County as a location with premier trail riding. Events will include downhill and cross-country courses and team members are building custom trails for the event. Comcast Cable has committed some advertising time to the event. Atura owner Jeremy Tunnell assisted the MBBC with promotion of a trail riding event in 2002.

Such lofty ambitions are slightly unnerving for the members of WWU Cycling, and perhaps a bit unrealistic, but isn't college about stretching your horizons? At the least, the riders and leaders will learn about teamwork, organization, and responsibility. At the best, they may attend Nationals in all events, raise some great money at their events and publicity for their sponsors, and leave a lasting mark on NW cycling. Hopefully they have some fun, too!



WWU RACING JERSEY ORDER--BUT YOU NEED TO ORDER IMMEDIATELY:

Believe it or not, now is the time to think about riding your road or mountain bike in the sunny days ahead. Or perhaps you need something warm to help you through your winter training. Or maybe you are considering joining the WWU team in the near future, but can't fully commit right now. Or maybe you're WWU alumni that would love to sport the school colors.

Whatever your situation, you can accommodate your clothing needs with some quality cycling gear from Squadra, the official U.S. dealer of custom Castelli uniforms, AND help support your local collegiate cycling team at the same time.

We are putting together our team order for 2005, and we would be happy to include you in this purchase AT OR SLIGHTLY ABOVE OUR COST. Obviously, the more that people order, the lower this cost becomes. Actually, we are just hoping to reach our minimums so we don't get hit with an extra fee. Please look over the following items and choose a few for yourself or a cyclist you know. This is our favorite stuff to wear on any ride – it wicks, it's comfortable, and it's visible!

Short-sleeve Jersey: 35 cm zipper, new tech fabric - \$60

Long-sleeve Jersey: 35cm zip, fleece-lined - \$70

Wind Vest: full zip, Gamex fabric - \$70

Wind Jacket: full zip, Gamex fabric - \$90

Short-sleeve Skinsuit: for anything fast! - \$100

Shorts: Kiss pad, Volta1 style - \$45

Bib Shorts: Kiss pad, Volta1 style - \$55

Armwarmers: sublimated, fleece-lined lycra (same as sleeves below) - \$25

Surprisingly, some of these prices are higher than what we received last year. However, depending on the response, we may be able to get even lower prices. Nevertheless, the prices are good for the quality of material and construction you receive. Details at www.squadra.us.

I have included last year's artwork for your reference. It has been very popular out on the road! The artwork may change slightly this year, as will sponsors, and I will be happy to update you with the new art when it is ready. For one, we may add our own custom Viking head (featured on the main banner of our website, www.wwucycling.com) to avoid royalty issues with the University Athletic Dept. Regardless, it will be just as snazzy:

-----Ryan Ricketts
ryanr72@comcast.net

Whimps

We are pleased to announce The Indie Series, a new Western Washington mountain bike race points series of which the Padden Mountain Pedal will be a part of. The Padden Mountain Pedal-Belly BIG AIR Contest/WHIMP FEST will be held on July 9th and 10th in Bellingham, WA. Please visit www.whimpsmtb.com and www.indieseries.com for more information.

Regular WHIMPs trail maintenance continues on Galbraith Mountain and elsewhere in Whatcom County. This year we have been seeing great turnouts and have finished the Naughty Nelly to the top of the towers. We are in the process of clearing the old OLY trail and have built a new bridge to showcase our building skills. Lots of routine maintenance too. Please come join us. 1st and 3rd Sunday of the month until May. Meet at 10:00am at the Galbraith Lane/Samish Way Parking area.

**BIKE CLUB
MEMBERSHIPS MAKE
GREAT VALENTINES
DAY GIFTS!**

Why join the Mt. Baker Bicycle Club?

Whether you've been riding forever or are only beginning, the best thing about bicycling is just being out there: enjoying the outdoors, the fun, the sense of discovery, the freedom. A membership in the Mt. Baker Bicycle Club helps you just get out there and ride.

How does the Club make riding more fun?

We help **smooth the road** for bicycling in many ways -- even literally! -- by working with the local bike committees and engineers to get streets and shoulders swept regularly and maintained properly. *Club membership can help make sure you purchase the right equipment for your needs*

The Club **eases the stress** of traffic for bicyclists by helping educate drivers and other cyclists on sharing the road safely and legally. When you become part of the Club, you help **spread the fun** by introducing bicycling to new people of all ages through recreational rides and community events.

And most important, through the Mt. Baker Bicycle Club we can make sure that bicycling remains a **safe and fun** part of growing up **for children**. We all want to see cycling as a big part of America's future.

When it's a beautiful day and you want to get out and ride, you don't want to worry about the big picture. That's why your **club membership** is important:

together we can do all of this so you can **just ride.**

For more information, contact

Mt. Baker Bicycle Club

Post Office Box 2702, Bellingham, Washington 98227

(360) 734-8540; raleigh3speed@hotmail.com

www.bikefoothills.org/club

Bike Maps make great gifts!

Mt. Baker Bike Club
PO Box 2702
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