



MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Volume 16: Number 2, Feb 2007

Special Rides (Pg4))

Feb 19: President's Day Ride

Feb 24: Chilly Hilly

March 17: McClinchy Mile

Events (Pg 1 & 3)

Feb 12: Croissants Canals and Castles

Feb 18: Seattle Bike Swap

March 10-11: Bike Expo

March 12: Alaska to Panama

April 21: Whatcom Expo

Weekly Rides (Pg 2)

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.groups.yahoo.com/group/MtBakerBicycleClub/>

Website: www.mtbakerbike-club.org

BIKEEVENTS

Introducing the Bike Smart Team

Whatcom Smart Trips has ambitious goals for bicycling and the Bike Smart teaching Team (BeSTT) is part of the strategy to get more people comfortably enjoying bicycling for transportation. For the first time ever, Whatcom County hosted a League of American Bicyclists instructor training in early January. The six newly certified cycling instructors will be teaching bicycling skills at community classes and workshops in partnership with the Parks Departments, the Boys and Girls Clubs, neighborhood groups, and many others. Bike rides, events, and fun skills courses and more will reach all ability levels.

The Bike Smart Team will be available to give presentations to groups who may not bike, but who want to know how to share the road safely and legally with bicyclists.

Help spread the word: if you know of a group that could host a Bike Smart presentation, contact Whatcom Smart Trips at 676-6974
OR bikeschoolinfo@WhatcomSmartTrips.org.



Bike Events Booming

Watch out, Whatcom, Bike Smart has a new Events Coordinator and she's dynamite. Meet Margaux Mellott, a sparkly new addition to the Bike Smart team who brings her passion for bicycling to the streets, trails, and schoolyards of our county. Hired by the Whatcom Smart Trips

More BIKEEVENTS pg 3



New Year's Ride

Winter slide show series

Come visit exotic places by bicycle through the vivid photographs and personal stories of local bicycle adventurers.

Each month this winter the Club hosts a bicycle travelogue slide show highlighting the where and how and fun of bicycle touring. This winter we are honored to welcome the Bellingham Parks and Recreation Travelogue program as a co-sponsor.

February 12: "Croissants, Canals, and Castles: Bicycling Europe with Kids" by Laural, Noah, and Dana Ringler and Tom Caldwell.

March 12: "Phase V: 4 Friends, 4 Bikes, 4,000 Miles" - from Alaska to Panama by bike, by Eric Christensen

All shows will be at the Bellingham Public Library meeting room --210 Central Avenue. Tell your friends and plan to attend. Refreshments will be served!

Seattle Bike expo

March 10 - 11, 2007

at Warren G. Magnuson Park A Cascade Bicycle Club Event

MT. Baker Bike Club will host a

booth. Call 752-1236 to volunteer. Volunteers get free admission.

Website: <http://www.cascade.org/EandR/expo/index.cfm>

Whatcom Outdoor EXPO Saturday, April 21st 2007

Kick-off the Spring season with an action packed Expo featuring dozens of the area's best recreation companies. It's a Home Show for outdoor fun!

Whatever we can do outdoors in the Northwest will be here... Kayaks, Mountain Climbing, Sailing, Scuba, RVs, Sky Diving, Boats, Tours, outdoor clubs and much, much more!

This is an Outdoor, hands-on Expo... held mostly indoors.

This Expo will be held indoors at Bloedel Donovan Community Building--9 a.m. - 4 p.m.

Admission is only \$4 at the door (15 and under are free). Or pick up FREE tickets at any Banner Bank Branch.

Website: <http://www.whatcomoutdoorexpo.com/>

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



New Years Day Riders

Weekly and Group Rides

Tillicum Series: (Does not run in winter months)

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: (Does not run in winter) 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

Mt. Baker Bicycle Club Officers:

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

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

Cathie Gerlicher--Treasurer

Mike McAuley Treasurer

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



This year EverybodyBike month-long celebration will select prize winners from the Whatcom Smart Trips registrants who make bike smart trips during the month. Mt. Baker Bicycle Club remains a key partner in inviting sponsors and donations for both BTWSD and EverybodyBike Month.

.....Ellen Barton, 676-6974
bikeschoolinfo@WhatcomSmartTrips.org

Bike events continued from page 1

to coordinate events like Bike to Work and School Day and EverybodyBike Month, she'll be carrying that momentum into year-around action with mystery bike rides, rodeos, festivals, and more throughout the summer and fall. Motivated by awareness of the environmental damage caused by over-dependence on cars, she's especially excited about inspiring kids to enjoy the freedom and fun of bicycling - and escaping the metal box.

Meet her at the Bike to Work and School Day planning meetings or call 676-6974.

Kick off Bike to Work and School Day

Happy 2007! It's still January and the winter may seem long ---but May is coming: Bike to Work and School Day will be here soon!

Thanks to you, Bike to Work and School Day 2006 saw thousands of happy people biking and walking to school and work - and celebrating at various events all day and even all month. Thanks to you, lots more folks are thinking about bicycling this year: the Whatcom Smart Trips program got going in part because of the Mt. Baker Bicycle Club's support for Bike to Work and School

Day. You've shown how popular and fun biking is. Bring your friends and bring your ideas to help make 2007 one of the best ever. BTWSD planning meetings this year are scheduled for the first Monday of each month from February to May at the Bellingham Public Library, 6:30 to 8:30 pm:

- Monday 5 February**
- Monday 5 March**
- Monday 2 April**
- Monday 7 May**

Bike to Work and School Day meetings are always fun because bike people are great people and there will be plenty of delicious snacks. As a special Celebrity Treat, you'll get to meet the new Whatcom Smart Trips Bike Smart Events Coordinator: Margaux Mellott, a fantastic, creative bike enthusiast who is helping with all sorts of EverybodyBike Month events: bike rodeos, school assemblies, Farmers' Market booths, and community bike rides. Thanks for biking!

New ideas to discuss this year include:

- * Reward coupons for BTWSD volunteers (e.g., for a free beer at the BTWSD evening celebration?)
- * Reward t-shirts or other prizes for Celebration Station coordinators

Bicycle Friendly Community Award Ceremony

Bellingham City Council formally received the presentation of the League of American Bicyclists' Bicycle Friendly Community award at the Silver Level. The City earned this higher level award as a result of years of investments in trails, bike racks, bike education, enforcement and advocacy along with engineering of streets to improve conditions for bicycle riding. League Executive Director Andy Clarke made a special visit to Bellingham to present the award and drew attention to the city's accomplishments as well as challenging the City Council to continue to improve. Bicycle advocates know there is plenty more to be done and this award is just a benchmark. The award may be renewed, rescinded, or upgraded based on the city's re-application every two years.

Highway Master Plan: Fairhaven to Ferndale

Whatcom Cyclists have a terrific opportunity to influence the design of the Interstate 5 highway through our county. The Washington State Department of Transportation (WSDOT) is conducting public outreach right now to find out what problems people see with safety and capacity on the highway and what people think would be the best solutions. Here's a suggestion: how about a multi-use trail alongside the highway, separated and protected from traffic, all the way from Lake Samish to Hovander Park!

The WSDOT 20 year plan calls for widening the highway motor traffic lanes but their data show that the majority of the congestion comes from local trips. Cars getting on at State Street and getting off at Meridian, for example, are not what the Interstate system was designed for, nor what our tax dollars are best invested in. Local trips of a couple miles are perfect for bikes or hikes: tell WSDOT this is what you want.

Traffic behaves like a gas, unfortunately engineers are trained to treat traffic like a liquid. A gas fills whatever space is available no matter how much capacity you add. If we want more trail users and more bike/walk trips, which is what the Comprehensive Plan says we want, then we should build more trails, not more highway lanes.

The project website and related links are at <http://www.wsdot.wa.gov/Projects/15/BellinghamOnOffRamps/MasterPlan.htm>

Public comments should be directed to

Tom Stacey
staceyt@wsdot.wa.gov
360 757-5982

Improve the universe....

.... stand up for our environment!

"There's only one corner of the universe you can be certain of improving and that's your own self."
- Aldous Huxley



Quality Remodelling
& Custom Homes

Rick Dubrow, First Hammer

360-734-5249

rdubrow@a1builders.ws

3310 Northwest Ave., Bellingham, WA 98225

Seattle Bike Swap: Note different date (Feb 18) than Bike Expo (March 10-11)

The Seattle Bike Swap will be held at at Magnuson Park. There will be up to 100 vendors all under one roof offering great deals on new and used bike related goods of all types and sizes. This sale is one day only (Feb. 18) and you never know what type of merchandise is going to show up so don't miss it!

Entry fee based on the time you enter. From 9 am to 10 am - \$5 and from 10 am to 1 pm - \$3 and from 1 pm to 2 pm it is FREE!(Kids 15 and under are FREE at any time)

SELLERS: Anyone with a surplus of road, mountain or track bike stuff (components, frames, clothing and complete bikes) can rent a seller's space at the Seattle Bike Swap.

CONSIGNMENT: If you have a complete bike you want to sell we do offer consignment. We will try and sell your bike for you for a fee (\$5 plus 5% of the selling price). If you're looking for top dollar on your bike this is NOT the place for you. either give you money for your bike or your bike back. It is that simple.

Check website http://www.active.com/event_detail.cfm?event_id=1375182 for details

President's Day Ride 10 AM Cornwall Park (in front of the Parks Dept.)

A nice ride into the County before stopping at Mounts Café in Ferndale (providing Mount's is still in biz as it close to changing hands

This is a social pace ride.

Chilly Hilly February 25, 2007

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 34 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 26 on the ride Bicycling Magazine named "One of Four Classic Rides" in the nation! Guaranteed to be hilly, chilly and a heck of a lot of fun.

Enjoy a scenic cruise on a Washington State Ferry
Free baked goods & hot cider at the Hot Cider Food Stop supporting 10 local Bainbridge Island charities

Chilly Hilly reminds you that winter is no excuse to stop riding because spring is just around the corner
REGISTER ONLINE NOW! (Opens Jan. 1, 2007)
<http://www.cascade.org/EandR/chilly/index.cfm>

McClinchy Mile March 17, 2007

Snohomish County BIKES Club invites you to explore the peaceful river valleys, rolling hills and picturesque farms of Snohomish County.

3 Loops: 4 foodstops, a flat 34, a 20 with some hills, or a challenging 47 which finishes off on the expanded Centennial Trail.

Come join us and ride as many of the loops as you fancy. This ride supports the Bicycle Alliance of Washington, recreational cycling and bike safety in Snohomish County.

WHEN: Saturday, March 17, 2007

WHERE: Haller Middle School
600 East First St.
Arlington, WA.

TIME: Registration open 8-11am
Contact: 360-658-2462

Email: mcclinchymile@bikesclub.org

<http://www.bikesclub.org/html/mcclinchy/mcclinchy.htm>

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 _____

Mail to:

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

Questions?

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

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.)

What ails you--Medical advice for cyclists

Dr. Robert Curtis is an avid road and mountain cyclist, completing his first Mt. Baker Hill Climb this year. Dr. Curtis provides sports, injury and wellness chiropractic care along with soft tissue treatments related to acute and chronic injuries. He can be contacted at drrecurtis@yahoo.com with questions or topics of interest.

Winter Conditioning – How to keep it going all winter long

Most cyclists drop off some, a little, or a lot from riding once the days get shorter. The rains come, then holidays too, and those new episodes of Survivor are on! So, what can we do to maximize all the hard work accomplished the previous spring and summer?

Here are some of the specific benefits of several types of exercise to retain as much of your conditioning as possible through the winter. First, a small bit of information about muscle adaptation when starting a new sport.

Muscle adaptation: Each sport will have a period of adaptation that occurs if you have been on a bicycle most of the year. Expect 1-3 days or more of soreness after moderately increasing your new activity over a period of 2-4 weeks. But, if you are like me, I jump right into the powder skiing, bumps and jumps without missing a step from last season! Then I pay for it for a few days. This is due to the slow process known as muscle adaptation.

The strain put on your muscles, tendons and ligaments with cycling is far different than the strain with downhill skiing. It takes several weeks of slow and progressive changing of activities to adapt to the new seasonal sport. Give it a little more time than I do and you will experience less soreness than I! If the soreness persists, or becomes a nagging pain, seek professional care so that the problem doesn't slow down your cycling season.

Cross-Training: Just by staying consistently active throughout the winter will keep much of your heart capacity and muscle function at a higher level than "couch potato". 'Consistently active' means finding a routine or activities that will work for you and that you enjoy. Downhill skiing, cross country skiing, trail running, cyclocross, mountain biking at night, spin classes, indoor soccer, and a gym routine (among many others) all keep your heart and muscles going throughout the winter.

Cross-training with a focus on continuous duration exercise (improves oxygen uptake) and interval training (improves heart muscle function) will help you keep much of your aerobic conditioning. Depending on your level of aerobic conditioning and how much you want to keep, continuous exercise of one to two hours, 2-3 times per week, should be enough to maintain a sufficient level of conditioning.

Many people indicate that easy/long rides tend to feel easier after working in interval training. So, the perceived and actual gains from interval training may be harder initially, but pay off in the long run.

Downhill skiing: A great exercise for leg strength and endurance. The difference here is you are generally out skiing for most of the day, and using your muscles differently. For example, when you straighten your leg at your knee, you are contracting your quadricep muscle (concentric contraction). When you are skiing, you are resisting movement more than creating it. This is known as an eccentric contraction, and is more stressful



Cross training--snowshoes

to the muscles. Cycling is more of a low impact, concentric type muscle contraction, so switching to a sport dominant with eccentric contractions, such as downhill skiing, can create a lot of soreness from the muscle adaptation. Ease into it and you will have less pain!

Cross Country skiing: A sport that many endurance athletes transfer to in the winter, because it has much of the same muscle use and heart muscle needs as cycling. Cyclists and cross country skiers generally have the highest VO2 Max ratings and is also a low impact sport, so the transition from cycling may be easier.

Trail Running: A great sport to fill the gap in the winter, or when you can't get out at varying times the rest of the year. The transition from cycling to running can be rough for most, as your muscles and joints are not used to the pounding of running. Start out slow, add mileage and difficulty in small steps to avoid injury. Listen to your body and if you are hurting, slow it down.

Cyclocross and/or Mountain Bike: If you want to keep riding, this is the way to do it all season long. Keeping cycling specific

conditioning should not be a problem here, and gaining a lot of anaerobic conditioning would likely be unavoidable. Watch out for the deep puddles!

Check out the Wednesday night rides with the MBBC gang at Boundary Bay.

Spin Class: I have never participated, but have heard that these classes can whoop some butt! Generally one hour classes with varying levels of intensity are a great workout several times a week. If you are like me though, riding a bike indoors is tough. In fact, just being outside is one of the reasons I ride a bicycle.

Continued page 6



www.ssc-inc.com
Residential

FOOD plus! RECYCLING

Yard Waste • Food-Solled Paper • Food Scraps

- All-in-one-toter
- Every-other-week service
- Year-round
- \$8/month

Commercial service also available

734-3490

Your home team — serving Whatcom County since 1929

CONSTRUCTION SERVICES

- Waste/Recycling Collection
- Recycle 8 materials in one bin!
- Portable toilets
- Storage containers

734-3490 / 734-2051

(24-hr dispatch)



Your home team — serving Whatcom County since 1929

But, if you are looking for a change, or know someone who has done a class, give it a try and let the rest of us know what it was like!

Indoor Soccer: Ahh, one of my other favorite sports. All the running mixed with agility, balance, and speed is a great way to add to your winter workouts. You may end up coming away with more bruises, sore ankles and stepped on toes, but soccer is a great way to keep some variety in your cycling life. Soccer really works on your anaerobic conditioning, because you are constantly jogging, then sprinting and jogging again. This cycle is great for keeping your muscles conditioned to the stresses of exercise. Remember, going from cycling (no impact) to soccer (high impact) will likely make you sore for a while, so pay attention to your body through the adaptation period.

Gym Routine: Weights, treadmills and stationary bikes are a good supplement to cycling in the winter. A good program will not only keep up your aerobic conditioning, but will also increase your strength and power that can hopefully transfer over to cycling. Again, the muscle adaptation can be painful from cycling to weights. Start out very light with the weights and work with high repetitions (15-25 reps). After two weeks of 2-3 days per week, start increasing your weights so your repetitions come down to 8-10 to start building strength. If you find that in another two weeks, that same weight with 8-10 reps increased to 18-22 reps, then increase the weight again to get the repetitions down to 8-10. If you have a personal trainer at the gym, you may consider consulting them for a session to get a plan laid out.

All in all, winter should be a time of fun. Cross-training is a great way to add some variety to your year of cycling, but be aware of the changes that your body must go through to adapt to the new sport. Start slow and build into your new sport, and you will be surpassing your goals for the next season!

.....Robert Curtis

Driving Your Bicycle--Safely!!!

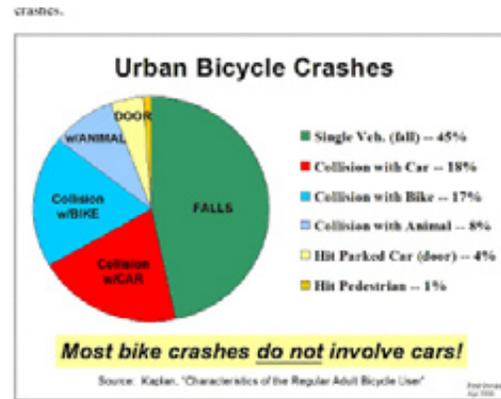
This is part of a series of articles to help you be a safer and more confident cyclist. The information is based on best bicycle riding practices taught by the League of American Bicyclists Cycling Instructors.

This article focuses on being a part of traffic. Learning the basics of vehicular cycling will help keep you safe on the road. When riding on busy streets, everything can seem dangerous, especially when you are riding solo. There are cars and trucks turning in every direction and crossing your line of travel. To stay out of trouble and feel comfortable on the road, you need to understand traffic patterns and how you fit into them. With some knowledge about types of bicycle crashes and how you can avoid or anticipate them, you will know where to direct your attention.

Most people think a car-bike collision is the number one cause of bicycle crashes, but most bicycle crashes don't involve a motor vehicle. In fact, only 18 percent of all bicycle crashes are bike-car collisions. The majority of crashes are falls or other incidents that involve a single bicyclist. In fact, 45 percent of all crashes are solo falls as shown in the chart, which maps urban crashes

Let's look at the bicyclist-caused crashes. **Riding the wrong way on the street**, even for a short distance, doubles your chances of colliding with a car. Drivers are not looking for a vehicle traveling in the wrong direction, so they don't see wrong way cyclists. For example, a motorist looks left-right-left before merging into traffic. That quick look to the right scans for traffic in the far lane. The driver easily misses seeing the cyclist traveling the wrong way on the shoulder. Additionally, the cyclist cannot read traffic signs and see traffic signals, so they don't know what a driver will do. In fact, in the cities of San Jose and Santa Clara, our percentages run much higher; a full 60% of all car-bike collisions involve a wrong-way cyclist.

Riding on the sidewalk at cycling speeds is twice as



dangerous as riding in the road. If you are riding on the sidewalk in the opposite direction of traffic, you quadruple your chance of collision. Every driveway is an intersection and motorists are not watching for someone moving at higher speeds than a pedestrian. Their attention is focused on the road traffic. If the cyclist rides off the curb to cross a street, he or she is not positioned where a motorist expects to see a vehicle. Stay off sidewalks and you will be a safer cyclist.

Starting a left turn from the right edge of the street is another major cause of crashes. In a later article, we will talk more about proper lane positioning. Riding out of a driveway or out from between parked cars without yielding is a frequent mistake made by children. Running red lights and stop signs is another major cause of collisions with motor vehicles.

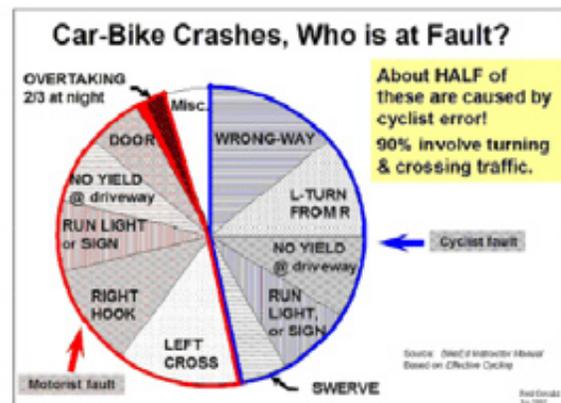
Following the rules of the road will lessen your chances of a collision. If you avoid bad riding practices, you can cut that 18% of the crashes that involve a car to about 10%. Now that you know that simply obeying the law can avoid almost half of the collisions with cars, you can turn your attention to the remaining motorist-caused crashes. Notice how few crashes involve an overtaking vehicle, and yet, that is the crash that we tend to fear the most. Those crashes often involve one or two drunk drivers, an unlit cyclist, and a rural road. You can deter many of these crashes with lights and visibility.

Every bike driver has seen some of the most common reasons for collisions caused by motorists. If you ride with awareness of the most common motorist errors, you can avoid, prevent, deter, or anticipate most of these types of crashes. For example, you can deter right hooks and oncoming left turns by choosing a safe line of travel. This simple practice can avoid dooring and driveway failure-to-yields by car drivers.

Focus on four layers of safety to prevent such crashes from happening:

- **Don't cause collisions – follow the rules of the road**
- **Deter motorist mistakes**
- **Drive defensively**
- **Use safety equipment to prevent injury**

.....Mary Paquet



Youth Cycling--Whatcom County Program Organizing Now!!!

There is a new hum in the Whatcom County cycling scene. It's low to the ground, so you might have to get off your bike to hear it. Actually, it's about three feet tall. It's the youth of our community – the future of cycling – and there is a new organization getting off the ground to address this need that is growing like the pencil marks on your door jam.

Let's take it from the beginning. Last fall, a message came blowing in the wind among cycling club organizers, race promoters, coaches, and other prominent fast people in town that this guy out in Lynden named Glenn Powell was looking for some help in building a junior development concept. Glenn is known for being no slouch when it comes to riding bikes (how about smokin' fast in a road race on a mountain bike with slick tires and carbon tri-spoked wheels?), so people paid attention to this drum beat.

The first pow-wow was held at the YMCA in December, and the response was very promising. Take it from a guy with some experience starting a cycling concept that was just itching to happen – it's an easy way to see results happen fast.

The caliber of folks behind this idea suggest that it has an importance that cannot be denied: Dave Harding - CEO of the YMCA; Brian Ecker - USA Cycling certified coach and dad; Jim Clevenger - Runningshoes.com team leader and dad; Paul Clement - long-time race promoter, teacher, and dad; Jeff Cummings - mountain bike hero, trailmaster, and dad; Mark Peterson - Kona advocacy guru and dad; Tela Crane - Rad Racing junior development leader, track and cyclocross queen; Ryan Rickerts (the author) – WWU Cycling team co-founder, Cyclocrazed race series organizer, and soon-to-be dad; and the list goes on!

We are sending out this announcement to let everyone know what our purpose is and to encourage more people to get involved in our founding movement. So far, we have established that the mission of Whatcom Youth Cycling (as we are currently known) is to promote youth cycling in Whatcom and Skagit Counties. In doing so, our primary objectives are:

- Bicycle safety**
- Cycling for fun**
- Cycling as transportation [for the hip and with-it]**
- Cycling for life-long fitness**
- Cycling as a middle and high school sports alternative**
- Intro to competition**
- Junior racing support and development**

We want to address a need that has been either overlooked or underrepresented in our area. Using an irresistible metaphor, we do not want to rebuild the wheel, just replace the broken spokes and true it up a bit!

In that spirit, we are joining forces with existing groups that share any part of this mission. For example, a 5-day cycling camp at the YMCA for their spring break programming is already well into the planning stages. It will include basic safety and riding instruction to be followed by rides of all kinds.

We have also recently joined forces with Margaux Mellott, the new Bike Smart Events Coordinator working at the Whatcom Council of Governments along side Ellen Barton. She is already organizing bike rodeos, school assemblies about bike safety, and neighborhood bike rides, which we had on our "to-do" list of activities. We hope to augment those activities and build bridges over to our other concentrations.

Junior racing is where many of the group's members' hearts lie, so building a suitable framework and experience level to accommodate and sustain this sort of activity is our long-term aspiration. In the meantime, we will be supporting Whatcom County youth involvement in existing Seattle racing outfits, such as Oh Boy Oberto! and Rad Racing, and help shepherd them along at local training opportunities such as the Tuesday Nighters or

the Saturday Donut Ride. Wes Finger and Clayton Cummings are two examples of young men who need ongoing support to pioneer the art and science of being a teenage bike racer in Whatcom County.

If you have any questions or desire to get involved with this exciting organization, feel free to contact Glenn Powell at gpowell@thebankofpacific.com, (360) 318-8780 or Ryan Rickerts at ryan@cyclocrazed.com, (360) 927-2340. Otherwise, look out for the little tykes on the roads and trails – they will be coming at you fast!

Clean Your Machine o^o o^o o^o o^o o^o o^o

I never met a New Year's resolution I couldn't break within 48 hours. More miles, more rest, losing that extra 3 kilos . . . the list goes on. Trouble is, life gets in the way. But I've found that if you can convert a resolution into a ritual (within 48 hours), you've got a good chance of seeing things happen.

Like cleaning your bike after every ride.

It's not a daunting task. In fact, it's not a bigger deal than what you do before every ride. Water bottles? Check. Tires up to pressure? Check. Seat bag with repair kit? Check. Eye protection? Check. A quick run-through is all that's needed to be sure everything is in place.

Make post-ride cleanups a similar ritual and you'll be happy with the result. After a dry ride, wipe off dust and road grime by using a soft, clean rag dampened with spray furniture polish (Pledge or a cheap generic brand). Never wipe with a dry rag; it'll put fine scratches in the finish. Spray the rag (not the frame) and work from the top down with light pressure. If you've dripped sweat on the frame, use water first as Pledge won't always cut through it. Keep flipping the rag to a clean area as it picks up crud. You'll be surprised how much dirt is on your bike after just one ride. After you've wiped down the frame and components, go back with a clean rag and buff the tubes to a nice sheen. Furniture polish also leaves a coating that helps prevent dirt buildup and makes the next cleanup easier.

After a wet ride, grab your bucket with its assortment of sponges, brushes, clean rags and Dawn dishwashing detergent. Add warm water and a squirt of the soap. Wet the sponge or rag and wring it out. Once again, work from the top down quickly and softly. A rag is better than a sponge for getting into tight places. Rinse it frequently in the detergent solution. Dump the murky water, rinse the sponge and rags, then wipe down the bike with warm water to remove the soapy residue. Using warm water helps the bike dry quickly so you can do the Pledge thing.

To clean wheels I use a piece of old towel and some hot, Dawn-infused water. I cup my hand and rag around the tire and rotate the wheel with my other hand. If you do this right, you can clean the tire and rim sidewalls in one rotation. Rinse with clean water. This procedure removes road oils and lets you inspect the tires for cuts, glass, thorns or whatever.

Cleaning Tips

---Keep your supplies together and convenient. If you have to search through the garage to find your stuff, you'll shrug your shoulders and walk away.

---Stay away from the drivetrain. You're not trying to clean the chain but merely get the grime off your bike. Chain care is a topic I've covered before and certainly needs attention, but not after every ride.

---Wash your rags separately from household laundry. Guys, this will keep you out of trouble with your wife and daughter. It's not

Continued page 8

Bicycle cleaning continued from pg 7

very cost effective to replace their favorite blouses.

---Do it now. It takes no more than five minutes to clean your bike after a dry ride, less once you get the hang of it. Do it immediately upon climbing off. This is not the full-blown cleaning you should do when the bike is really dirty. It's merely homage to the cycling gods and a "thank you" to the machine that gives you so much pleasure. Nothing looks or runs worse than a grimy bike. Take pride in your ride!

Go to roadbikerider.com for more road cycling tips. To read more from Alan Ardizone, owner of award-winning Cascade Bicycles in Montrose, Colorado.



STP Training

Have you ever thought about doing the Seattle to Portland bike ride? How about a century event? With the proper preparation, training and time in the saddle you can ride further than you ever thought possible.

Join me for a planning meeting at Bellingham Tennis Club / Fairhaven Fitness, 800 Mckenzie Ave., at 6:00PM Friday, February 2nd, where we will discuss the training necessary to complete long rides and enjoy them. This meeting will be prior to the monthly open spin being offered by the club. There are some spin bikes and trainers available, if you need one. Otherwise bring your bike, your own trainer or even rollers, if you're brave enough, and stay for the fun. Cost is by donation and benefits the Ferndale Boys and Girls Club this month.

For more information, contact Doug Schoonover, 360-733-1402 or email ridecoordinator@mtbakerbikeclub.org. For more information on training for STP check out the Cascade Bicycle Club website – http://www.cascade.org/EandR/stp/stp_mileage.cfm.

***Is it time to renew?
Check your mailing label!!***

Happy New Year! Let's go biking.

Mt. Baker Bike Club
PO Box 2702
Bellingham Wa 98227

