



MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Volume 15: Number 1, Jan-Feb 2006

Special Rides

- Jan 1: New Years Day Ride
- Jan. 16: MLK day ride
- Feb. 10: President's day ride (pg 1)

Events

- Jan 9: Annual Ride Planning Meeting (pg 1)
- Jan 19: MBBC Board Meeting (pg 5)
- Jan 23: Across America options panel
- February 13: The tour and Italy slide show
- February 18-19: Bike Expo
- March 20: TBA
- April 15: Whatcom Outdoor Exp (pg 7)

Weekly Rides

- Tuesday Social
- Tuesday Training
- Wednesday Social
- Saturday Donut Ride
- Saturday Recumbent Ride
- Saturday Whimp Ride
- Sunday Road 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

Winter Slide Programs

Come visit exotic places by bicycle through the vivid photographs and personal stories of local bicycle adventurers. Each month the Club hosts a series of shows highlighting the where and how and fun of bicycle touring. This winter we are honored to welcome the Bellingham Bicycle Pedestrian Advisory Committee as our co-sponsor and the shows will be presented at the Bellingham Public Library meeting room (210 Central Avenue). The Committee will introduce each presentation with a short and fun bike safety and share-the-road education mini-contest: you may even win prizes for showing off your expertise!

Tell your friends and plan to attend – Refreshments will be served!

January 30: Riding Across America: A panel discussion of different ways to fulfill your dream of cycling across the continent. Judy Murphy, John Whitmer, Jim LeGalley and Paul Goff will describe their experiences, good and bad, riding across the the states. John rode solo and used his credit card liberally; Jim will talk about fully loaded touring and Judy will show how the trip looks in a small supported group; and Paul will talk about his experiences on a non frill charity ride.

February 13: Bicycling the Tour and Northern Italy: Ride the Tour de France with Brian and Catherine Herring as they cover the same route as the pros – but a week or so earlier. Double feature includes some of the hilly terrain of northern Italy as Bill McCourt displays the sights from his trip that, rumor has it, included some challenging climbs.

March 20: Switzerland, Germany and Austria with Teenagers. Mark Wheatley will describe this 2004 family trip, riding directly out of the Zurich airport, exploring Lake Constance (The Bodensee) and future plans to cycle the Mozartweg, a beautiful biking route. (This is the tentative reschedule date of the presentation that was cancelled in November.)



I'll show you who's got the brighter light sabre

Winter Rides

News Years Day Ride--4th annual

Meet at Fairhaven Park at 10 AM for a ride to Edison for lunch at the Longhorn Tavern. All levels of speed are encouraged as it is not important to all arrive at the same time. This is a wonderful way to set the stage for the coming year of cycling. Last year we had quite a turnout and a great time. Mileage depends on how far anyone wants to go before gathering at the Longhorn. Dress to be warm and dry if possible.

Monday, Jan. 16, Martin Luther King Day Ride

Meet at Fairhaven Park at 10 AM for a nice (???) trip around the mountain or wherever.

Monday Feb. 20, Presidents Day

Meet at Cornwall Park parking lot on Meridian (Parks HQ) at 10 AM. Route TBD. Good turnout last year. Nice ride north into the county and then a nice rest and snack at Mounts Cafe in Ferndale.

Annual Ride Planning Meeting

Day: Monday
 Date: January 9, 2006
 Time: 7:00PM to 8:30PM
 Location: WECU Education Center, 511 E. Holly.

Join us to plan what types of rides and club events you would like to be involved in. Do we want to have a monthly event that would be designed to include riders of all abilities? Do we want to have weekly rides for specific abilities? Do you want to do STP, RAMROD, the Mt. Baker Hill Climb, or other endurance event? Should the club try to arrange training programs for these? Are there people willing to lead these rides? Are you a commuter? Would you like to improve your cycling skills? We have resources available for you. Would you like to participate in organized rides with other members of the club? These are a lot more fun when going with people you know.

For more information, contact Doug Schoonover, 733-1402 or mbbcridecoord@prodigy.net.

Social Meetings

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



John Whitmer and Robert Ashworth

Weekly and 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 at 6 PM to a practice road race course (summer months)

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

Saturday Donut Ride: 24 – 45 miles, race pace, departs from Kulshan Cycles, 7:30 AM Oct thru Feb and 7 AM March thru Sept. Goes to Ferndale for coffee and return, or if you wish continue to Birch Bay and return. (Runs every week of the year!!)

Saturday Recumbant Ride: Once a month at 10 AM. 14 mile intown course. For more miles bike to Kulshan Cycles starting point. Sporadic depending on weather--Contact Robert Parker at rmp4724@az.com or 360-676-6910

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.

Sunday Road Ride Strenuous road ride leaving Tony's Coffee in Fairhaven @ 10 am. No specific route or length.

The Nooner Ride The Nooner ride, for those who like to sleep in on Sunday or have other obligations on Sunday mornings. 12:00 at Tony's in Fairhaven. About 40 miles, 18 mph pace with some jumps.

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, Teacher, 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

Doug Schoonover, rider extraordinaire

* Term expires 12/31

Mt. Baker Bicycle Club officers:

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

Jim LeGalley--Treasurer – bike tourist and commuter

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

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

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

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



Awards Dinner

Annual MBBC Meeting Volunteer Appreciation Night

On Monday, December 12, thirty bicyclists gathered to celebrate a successful year for the Mt. Baker Bicycle Club. With delicious food, spiced cider, and Boundary Bay Brewery beverages, members and volunteers enjoyed a convivial gathering and received prizes and awards. Hundreds of people helped make 2005 a great bicycling year and attendees received a big thank you for their hard work and acknowledgement of the great things we've been able to accomplish together. Here's a partial list of our successes in 2005:

- o Bike Safety for 1300 kids at NW Washington Fair!
- o MtBakerBikeClub.org Domain Name!
- o \$4000 Grant for Coast Millennium Trail workparty
- o \$6000 donations for Bike to Work and School Day
- o 3500 participants in Bike to Work and School Day
- o 110 Chuckanut Century Riders
- o 1000 Bellingham/Whatcom Bike Maps sold!
- o 50 snazzy Mt. Baker Bicycle Club Jerseys sold!
- o Great Feets Awards to MBBC members
- o Tripled the number of League Certified Bike Instructors
- o 70 + flasher lights to kids
- o 3 year Federal Highways grant for BTWSD!

Mt. Baker Bicycle Club makes your membership go further by partnering with:

- o Whatcom SafeKids Coalition
- o Whatcom Physical Activity Coalition
- o Whatcom Bicycle Pedestrian Committee
- o Bellingham Bicycle Pedestrian Committee
- o Whatcom Parks Foundation
- o Community Transportation Advisory Group
- o Whatcom TrailNet
- o Bicycle Alliance of Washington
- o League of American Bicyclists
- o Association of Pedestrian and Bicycle Professionals
- o Thunderhead Alliance (2006)

This year's thank-you prize is a Mt. Baker Bicycle Club red safety flasher light. Members can get another light if they hand out their award light to another night biker who has no lights. This will promote the Club, help improve bike safety, and help more people continue bicycling for transportation.

These special flasher lights will be a gift to new members while supplies last. Members who attended the annual meeting also got a special two-for-one coupon: a free membership for a friend (who has not been a Club member) when the member renews.

Bicycle Expo February 18-19

The Group Health Seattle International Bicycle Expo is a celebration of all things bicycling.

Bike Expo has been produced by Cascade Bicycle Club since 1988. Bike Expo is a large event, serving the Pacific Northwest cycling community and attracting visitors and exhibitors from around the nation and Canada.

Come and mingle with your fellow cyclists at Warren G. Magnuson Park in Sand Point to:

- * See what's new and hot for the future of cycling.
- * Test ride new models in our NEW outdoor test ride area.
- * Sit in on our feature presentations
- * Take your kids to the Youth Zone on Saturday.
- * Purchase directly from vendors, at discount prices.
- * Discuss training methods and programs with experts
- * Check out the Bike Swap.
- * Relax in the Beer Garden.
- * And much more! New

Location: Hangar 27 at Warren G. Magnuson Park,
Hangar 30: Youth Zone (Sat Feb 18) and Bike Swap (Sun Feb 19)
7400 Sand Point Way NE, Seattle, WA 98115

Bike and auto parking

Ample bike parking is available at Group Health Bike Expo. Free auto parking is also available at the park, but with such easy access to the event by bike on the Burke-Gilman, why not leave your car--and the traffic congestion--at home? Need directions for arriving by bike?

Be a crank.....

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

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

A-1 BUILDERS
INC

Quality Remodelling
& Custom Homes

Rick Dubrow, First Hammer

360-734-5249

rdubrow@a1builders.ws

3310 Northwest Ave., Bellingham, WA 98225

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.



Advocacy Bike to Work and School Day Begins Planning

It's easier to think about spring in cold, dark February, because the first Bike to Work and School Day planning meeting will be on Wednesday, February 1, 2006, at the Bellingham Public Library meeting room (location may change: check website or call to confirm). This year we hope to make the event bigger and better and your ideas and help will make the difference. Plan to come, bring a few friends, and share your suggestions for what works, what doesn't, and what you'd like to help with to make Friday, May 19, the best Whatcom County Bike to Work and School Day yet! For information 676-6974

MBBC Website--You all come visit!!

Well it is official. MBBC now has its own website address <http://www.mtbakerbikeclub.org> please update your favorites and tell all your friends. The changeover went fairly smooth with only one glitch, The old site address has been set up to forward you to the new site so if you don't like to type, you can go to the old site and be automatically forwarded to the new site for a while.

There are some new email addresses for some of the people in the group such as me I am now webmaster@mtbakerbikeclub.org and there are a few others, you should go to the contacts page and have a look see.

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 _____

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
or email us at bikebham@yahoo.com
or call at 7521236

BELLINGHAM BICYCLE-PEDESTRIAN ADVISORY COMMITTEE

Minutes of Meeting –November 22, 2005

Issues Discussed:

Stolen Bicycles: Kim reported that bikes have been stolen from bike racks at Birchwood school, and asked if this is a city-wide problem. The school district has no standard or policy. BPAC would like a standard. Issues are rack, area and protection. The issue needs leadership from the state, and a list of places to find funding. The group plans to get information from the state about bike racks for meeting early in the year.

Group Health seeks projects: The communications and community relations supervisor for Group Health, is interested in sponsoring healthy exercise and is looking for projects to sponsor.

Two abreast cycling: While it is legal to ride two abreast, for most situations in a populated area riding single file is courteous--any slower moving vehicle would move to the right.

Port Townsend bike helmet law: Discussion included the facts that helmets are cheap insurance. Education at fair taught kids that bike helmets are required. Consensus was the bike helmets are good; people do have a right to risk injury if they want.

Footprints and Bike Tracks Conference: Copies of the State Bicycle Transportation and Pedestrian Walkways Plan were distributed. At the conference our Traffic Sergeant Richards said he plans to put a hanger listing traffic laws on all new bikes, and on bikes when they undergo repairs. He is also thinking that bicyclists, would be given a brochure about traffic laws when they are pulled over, even if they are not cited.

Bike Safety Classes: DSHS will be asked to have Charlie Cole put on some of these classes.

WWU Update: Dan Burden will be in town in December to meet with the Campus Safety Committee to discuss bike/pedestrian conflicts. WWU is wondering if they have to ban bicycles from campus. It was suggested that there bike routes be marked on campus, There will also be a Thursday public meeting with Dan Burden, Dec. 8, 5:30 to 8:30 at Foxhall. Subject: bringing county communities together.

Grants. The HUB is putting together something with aid of a grant. \$500 mini-grants are available through the Sheriff's Assn. Enhancement grants were awarded for: bike facilities and bike education, NW Ave pedestrain improvements, Whatcom Bike Month (keeping Bike to Work and School Day position for the whole county, Maple Falls Visitors Center feasibility study, and several more.

B/PAC co-sponsorship of Whatcom Outdoor Expo. The Expo is scheduled for Saturday, April 1. This will be an annual, very hands on (test rides, etc) event. Newspaper inserts and radio broadcast from site are planned. Clubs will have free tables.

Identification of 10-20 Most Common Commuter Bike Routes and Associated Problems Spots and Changes/Additions to the City "Bike Routes" Map

.....Cat McIntyre



Mt. Baker Bicycle Club Board Candidates

The December Annual Bike Club meeting saw the nomination of five board candidates for members to consider for election to serve the 2006-2008 term. Below are profiles of each of the candidates. Members of the Club can vote for up to five of these nominees by telephone, facsimile, e-mail, or postal ballot before January 11, 2006. The next Board meeting is scheduled for Thursday, January 19, 2006, (call 734-8540 for location).

Marc Ambers is a pharmacist and bicycle commuter, recreational distance rider, and a regular on the weekly Donut Ride. He began bicycling seriously in 2000 and has become a stellar example of the rewards of a consistent training schedule. In 2004 and 2005, he completed the annual Seattle to Portland Ride in one day, along with a strong MBBC "team." His goal is to establish regular Club rides that serve bicyclists of all different ability levels to assist new riders to become better riders and achieve their bicycling goals. Member since 2002.

Chris Covert-Bowlds is a family physician, daily bicycle commuter, and bicycle activist in the north Bellingham and Ferndale area. Since 2000, he has been the coordinator for the North Bellingham Elementary School Bike to Work and School Day and Walk a Child to School Day events, leading to increased awareness of bicycling and walking to school as an important element of daily physical activity for kids and adults. In 2005, he led the regional effort for the successful state-wide Clean Indoor Air Initiative. Member since 2004

Michael McCauley is a former mountain bike racer, bicycle activist, and he recently completed a master's degree in Transportation Planning with a focus on non-car transportation. He worked closely with Todd Elsworth, founder of the Bellingham Traverse, to support increased family participation in cycling through a series of monthly guided bike rides during the spring and summer of 2005 through the now-dormant Northwest Cycling League. He is currently volunteering his time to advocate the establishment of a network of "Multi-Purpose Streets" in Bellingham where bicycles and non-car transportation would have precedence over cars. Member since: NA

Rodd Pemble is a daily bicycle commuter, rides regularly with his two daughters, and helped lead the monthly family bike rides during summer 2005. He has been active with the Bike to Work and School Day (BTWSD) event since 2000 and, in 2005, as representative of sponsoring company SSC, helped increase the incentives and prizes offered to BTWSD participants by 50% over 2004 levels. Former leader of the Birchwood Neighborhood Association, he remains active in the community and his goal for the Club is to increase bike education for kids. Member since 2003.

Pamela Robertson was a professional cyclist for 5 years (including Canadian Cycling Team alt in 96-97) competing in both road and mountain bike events and she has been on a bike since age 3. She's worked in all areas of event management from production to business development with experience at the Women's and Children's Sports Development Camps 1997-2004, Twilight Criterium 1999-2005 (Event Director 2001) and the National Collegiate MTB Championships. She is a USA Cycling event official and is committed to charitable and community organizations including: Whatcom County Safe Kids, Bike to School and Work Day, US Handcycling Federation, BF Breast Cancer Foundation. As a board member of the Mt Baker Bicycle Club, her goals would be: to create programs that give back to the community, get people out of cars and onto bikes through events and school programs, and making cycling safer in our community via safe routes and education. Member since: NA

A big thank you to out-going board members Donna Merlina, Jamie Starks, Cathie Gerlicher, and John Hill.

Bicycle Legislation Update

The Conserve By Bike program was approved by Congress, creating pilot projects in ten U.S. cities to increase bicycle transportation. The Bicycle Commuting tax credit bill is HR 807, and it would add a category for businesses to pay lower taxes if their employees bicycle to work. Currently, businesses can get such an incentive for bus commuters and often give incentive payments to employees (or pay for bus passes). The link to the bill is: <http://thomas.loc.gov/cgi-bin/query/D?c109:1:./temp/~c109eRcDEk>. Washington state Representative Jim McDermott is on the House Ways and Means committee which has been reviewing the bill and he is also a co-sponsor. Locally, physician and bike club member Chris Covert-Bowlds is encouraging support of this bill as a way to improve health, and decrease dependence on foreign oil, and reduce pollution and traffic congestion.

Destination Cycling

A premier tour company for cycling vacations, Destination Cycling, has contacted the Club to offer benefits to club members: discounts on all trips, donations of a percentage of the trip cost to the Mt. Baker Bicycle Club, custom trip planning. Their 2006 cycling vacations include France, Italy, Spain, Portugal, US, and Canada and they have added new places and expanded journeys to favorite destinations such as the Tour de France. If you are considering a trip with this company, let the Club Board know to consider their co-marketing proposal. Their website is at www.destinationcycling.com.

The Victoria Xmas Lights ride was Great!

The Mt. Baker Bicycle Club received this report from the Victoria Cycling Coalition, across the strait in Canada:

Around 50 to 60 cyclists turned out - decked to the derailleurs with lights. There were even multicoloured lights flashing from cyclists valve caps and lots of people had strobe light safety vests.

We were greeted by no less than the new mayor of Esquimalt who announced the reinstatement of the Esquimalt cycling committee and wished us safe cycling.

One cyclist provided music by wiring a large speaker + MV player to his tricycle recumbent. The music was very laid back traditional crooner types Mel Torme Xmas carols. There were tandems with trail-a-bikes and cyclists of all shapes and sizes. The youngest being barely 12 months old.

Many residents of Esquimalt greeted us at their doorsteps by clapping at the parade. We rang our bells and honked, etc. The weather was perfect. No wind, no rain.

The reflection of the xmas lights on the Gorge waterway was awesome.

One house could not turn on their lights without flipping all kinds of breakers until the night of our ride. They let us into their backyard where every tree, bush and picnic table was festooned. The ride was pretty easy. Only one hill at the very beginning. We ended at the Esquimalt recreation centre for hot chocolate and door prizes donated by a local B&B. Everyone had a great time. We hope to welcome Mt. Baker Bicycle Club members along next year!

..... Melanie Perkins

Night time Cycling Laws

Daylight hours are decreasing. Washington State law requires cyclists to use a white headlight and a red rear reflector at night. Taillights, either flashing or non-flashing, are also legal.

Here's the law:

RCW 46.61.780

Lamps and other equipment on bicycles.

(1) Every bicycle when in use during the hours of darkness as defined in RCW 46.37.020 shall be equipped with a lamp on the front which shall emit a white light visible from a distance of at least five hundred feet to the front and with a red reflector on the rear of a type approved by the state patrol which shall be visible from all distances up to six hundred feet to the rear when directly in front of lawful lower beams of head lamps on a motor vehicle. A lamp emitting a red light visible from a distance of five hundred feet to the rear may be used in addition to the red reflector. A light-emitting diode flashing taillight visible from a distance of five hundred feet to the rear may also be used in addition to the red reflector.

Only a small percentage of cycling takes place at night, but a huge percentage of cyclist fatalities take place at night. Don't be caught without adequate lights and reflectors.

When are lighted lamps and signaling devices are required?

Every vehicle upon a highway within this state at any time from a half hour after sunset to a half hour before sunrise and at any other time when, due to insufficient light or unfavorable atmospheric conditions, persons and vehicles on the highway are not clearly discernible at a distance of one thousand feet ahead shall display lighted headlights, other lights, and illuminating devices as hereinafter respectively required for different classes of vehicles, subject to exceptions with respect to parked vehicles, and such stop lights, turn signals, and other signaling devices shall be lighted as prescribed for the use of such devices.



May the force be with you

OK, SO WHEN IS SUNSET and SUNRISE???

http://aa.usno.navy.mil/data/docs/RS_OneYear.html
Enter your state and city of choice and click "Compute Table." You'll get a nice schedule of the hours of sunset and sunrise for a year of your choice. Tell your printer to print "landscape." Do a print preview. Check and see if you are getting all 12 months. If not, choose a smaller font and try again. When you've got the full schedule, print a copy. And while you're at it, print a copy for 2006, it will be here all too soon. Looking forward to SEEING you on the road!!

.....Judy Murphy
League of American Bicyclists
Cycling Instructor

Chilly Hilly Ride

February 16, 2006

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
- * Finish Line Festival with fantastic chili feed

Chilly Hilly reminds you that winter is no excuse to stop riding because spring is just around the corner.

Who Rode in 2005:

- * Chilly Hilly attracted a record 4,700 riders in 2005, representing a 27% increase over 2004. Thanks to the beautiful weather this year was the first time the event "sold out."
- * Riders came from 19 states (including New York, Alaska, Arizona, and North Carolina), plus British Columbia and Australia!
- * The oldest registered rider was 90 years old! The youngest was a year and a half. (We're not sure, however, how old the youngest rider who actually rode on their own was.)

REGISTER ONLINE NOW! (Opens Jan. 1, 2006)
<http://www.cascade.org/EandR/chilly/index.cfm>

Whatcom Outdoor Expo

The Whatcom Outdoor Expo will be held on Saturday, April 15, 2006, at Bloedel-Donovan Park. More than 16 outdoor sports vendors will participate in this free one-day event featuring bicycling, running, kayaking, hiking, and the myriad other ways we have fun outdoors here in the Mt. Baker region. The Mt. Baker Bicycle Club will be there with promotions of our rides, events, and Bike to Work and School Day. More information is at <http://www.whatcomoutdoorexpo.com>.

Criterion 2006

Rumor has it that Charlie Heggem, owner of local event promotions company The Norka, has plans to host a USCF criterium in 2006 in the Bellingham area. Details are not yet available about scheduling and whether there will be a non-profit beneficiary or partner organization.

Make Sure a Newcomer Returns for a Second Ride!

If you've been in this sport for long, you've probably seen it happen. An enthusiastic person shows up for his (or her) first ride with the local club. He/she's a bit intimidated by the lingo he overhears, but that's nothing compared to the anxiety about what to do and how to do it once the ride gets underway. Before long the newbie is trailing behind, spooked by the interplay of bike wheels and feeling as wanted as an IRS agent in a Super Bowl pool.

Do you think this guy will be back for another ride next weekend? Not likely.

It's unfortunate, but experienced cyclists are often pretty tough on newcomers. It may be intentional because of the risks that an unskilled bike-handler creates for everyone, but more often it happens because we forget how much a novice cyclist doesn't know. If you think about it, riding a bike isn't all that easy. Gero McGuffin was 30 years old before she climbed onto a bike the first time, so she vividly recalls how intimidating beginning can be. Now a polished cyclist, Gero enjoys helping new riders get started in a way that ensures they'll have a great time and come back for more. Her recommendations can be used anytime we're riding with a newcomer. If you're a beginning rider, these tips can help you have a more positive experience as you learn the sport.

Be Gentle

"Treat them kindly, go slowly, and keep your expectations low. Give it your best shot, and you will help a person become a cyclist for the rest of their life." Now, here's a digest of her specific tips:

- Don't project your own cycling goals. They are much different for an experienced rider compared to a new rider. Let the person evolve. If he's interested only in casual cycling, let him be. If he's interested in fast recreational riding or racing, encourage him – but explain the dangers of trying to advance too fast before developing a foundation of skills and fitness.
- Take nothing for granted. Err on the side of proceeding too slowly and explaining too much. A new rider has lots of knowledge gaps.
- Watch your language. If you're saying things like "upshift one cog" or "feather the brakes," a newcomer isn't going to understand and may be too embarrassed to admit it.
- Be polite. Even if made in jest, negative actions or comments can have a long-lasting impact.
- Ask the person about his concerns. These could include fear of traffic, fear of being left behind, fear of riding close to others, fear of the saddle, and even fear of wearing form-fitting Lycra clothing. Then work with the person to resolve the specific worry.
- Check riding position. A newcomer will master pedaling and handling faster if he's in a good position. Make sure there is a slight bend in his knees at the bottom of the pedal circle and that the handlebar is within an inch or so of saddle height. To really nail his position, use the guidelines in the RBR article, "How to Perfect Your Position and Technique."

Now We're Rolling

- Ride as slow as the beginner. Don't do anything to make him go faster than his comfort level.
- Watch his eyes. Remind a new cyclist that he'll ride a smoother, straighter line if he looks 10 or more feet ahead rather than directly in front of the wheel.
- Watch his grip. New riders are apt to be tense, locking their arms and squeezing the bar with white knuckles. Explain the advantages of flexed elbows and a secure but relaxed grip.
- Take away a hand. After starting, stopping, and maintaining a straight line, the next skill to work on is riding with one hand. This is important so the person can signal or reach for his water bottle without swerving. Next, move on to shifting gears – how and when.

- Keep it simple. Don't overwhelm a newcomer with techniques. Let him get comfortable with the basics. As you see skill and confidence increase, add something new to work on.
- Stay back. If you ride behind the person he won't feel like he's always trying to catch up. Let him set the pace. Don't ride beside him until he feels confident in his basic riding ability.
- Introduce drafting. Explain the advantages of riding behind a wheel, but let the newcomer keep a gap of several feet until he's ready to move in closer.
- Take a real ride. For your first ride in regular conditions, plan a course that has a fun place to stop at the halfway point. It could be a coffee shop or an ice cream parlor. This is a good chance to relax, give pointers, answer questions and provide encouragement.



Hearty ride, hearty food, hearty brew

Make It Good for You, Too

One problem: Too many rides like just described can take some of the fun out of cycling for you. Here is advice for how an experienced rider can get some training while riding with a newcomer.

The stronger rider can...

- stay in the same gear throughout the ride, spinning on downhills to work on leg speed and pedaling forcefully on climbs to build strength.
- assist the new rider up hills with pushes (assuming traffic

conditions allow and you have the skill to do this safely).

- pedal with one leg at a time to benefit from the technique of isolated leg training.
- sprint up the road or to the top of a hill and then ride back, or drop back and then sprint to catch up.

Way to Go!

After a ride, always congratulate the new cyclist on his progress and welcome comments. As Gero notes, "They will have questions that you can hardly imagine, because you have been cycling for so long." Finally, encourage the person to ride on his own between rides with you. This will give him the chance to practice skills and gain fitness with absolutely no pressure. Just make sure he doesn't go off the deep end and turn cycling into a physical and mental chore. This

can happen when enthusiasm causes a person to boost their riding too fast. Firmly recommend an increase in time or distance of about 10 percent per week, with at least two rest days. (A portion of this material was adapted from the coaching manual for the Leukemia and Lymphoma Society, copyright 1999 by Arnie Baker, M.D.)

Receive a FREE copy of the eBook "29 Pro Cycling Secrets for Roadies" by subscribing to the RoadBikeRider Newsletter at www.RoadBikeRider.com. No cost or obligation!
[Back to top]

.....Ed Pavelka of www.RoadBikeRider.com

Happy Holiday!!!!

Mt. Baker Bike Club
PO Box 2702
Bellingham Wa 98227