



# MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Volume 15: Number 6, July 2006

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*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*

## EverybodyBike, Everybody Wins!

Hundreds of Whatcom County residents biked, walked, skate-boarded instead of driving during May, and many of them won big prizes, too. A total of 457 EverybodyBike forms came in, including twenty-two teams. The top prize winners have some great stories to tell about bicycling as part of their daily routine for getting around:

First Prize: Barbara Fuller, a daily walking commuter who works at the hospital. She won the deluxe curise for two to Victoria with a two night stay at Annie's on Third, a delightful bed-and-breakfast in Sydney.

Second prize: Emily Roeder, a daily bike commuter who sees bicycling as an important way to reduce our country's oil dependence. She won a brand new fully-outfitted Raleigh Route 24 commuter bike from Fanatik Cycles.

Third prize: Todd Elsworth, a recumbent bike commuter to SPIE and also an outdoor recreation event organizer, won the gourmet dinner for two at Anthony's Restaurant.

*Continued page 3 column 1*

## MBBC CHUCKANUT CENTURY RIDE!!!

Sunday, September 17th starting at Fairhaven Park. Choose from various routes, 25 to 70 miles in length. Some head north to Birch Bay and others south down Chuckanut Drive. Combine the routes for any distance you would like.

We are adding a Family Ride, 10 to 15 miles in length, that will be a combination of roads and trails that can be done on your own, maps provided, or be lead by a member of the club at 11:00AM.

Registration for the century ride is \$20.00 pre-register and \$25.00 day of ride. The family ride is \$30.00 for the whole family.

We are need volunteers to help with planning, fund raising and any other tasks necessary to make this a successful event. Please contact Doug Schoonover, 733-1402, mbbcridecoord@prodigy.net, Ellen Barton, 734-8540, Ellen@wcog.org, or Marie Kimball, 752-1236, bikebham@yahoo.com for more information.

## Tillicum Ride Schedule

Tillicum means "friend" in the Chinook Jargon, the language used for thousands of years for trade among the diverse civilizations of the Salish area. Everyone is welcome to join this friendly ride at a social pace (10 to 12 mph) guided by an experienced ride leader with maps and a relaxed refreshment break. No one gets left behind. Rides depart from the Public Market on Cornwall Avenue (not the Farmers' Market) at 12:30 pm every Sunday. Check the website for change of destination or other updates ([www.MtBakerBikeClub.org](http://www.MtBakerBikeClub.org)). Note: routes may change based on the preferences of the riders who participate and the ride leader.

Sunday, July 9: Lummi Peninsula (30 miles) Depart Bellingham to Marine Drive and Lummi Shore Road south on Lummi Shore to Gooseberry Point north on Haxton to Kwina return to Bellingham via Country Lane, Marine Drive

*Continued page 3 column 2*



## Padden Pedal Mountain bike Races

The 14th Annual Padden MTN Pedal, part of the INDIE series off road bicycle races is set to take place on July 16th at Lake Padden Recreation area. Races start at 10AM with staggered starts for the various classes and skill levels

The Padden MTN Pedal is one of the finest mountain bike races in the Pacific Northwest.

FREE Kids race for 10 and under. For more info call Jack's Bicycle Center 360-733-1955 or visit [www.indieseries.com](http://www.indieseries.com)

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



## Weekly and Group Rides

### Tillicum Series: (pg 1 and 8)

Sunday, 7 May: Nooksack River Loop  
 Sunday, 14 May: Lummi Ride  
 Sunday 21 May: Lake Louise Loop  
 Sunday 28 May: Birch Bay Ferndale  
 Sunday 4 June: Coast Millennium work party  
 Saturday 10 June: Coast Millennium Ride  
 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)

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

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

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

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

## We're Much More Than a Club!

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

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

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

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

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

### **Mt. Baker Bicycle Club vision:**

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

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

### **Mt. Baker Bicycle Club goals:**

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

### **Mt. Baker Bicycle Club Board of Directors:**

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

Doug Schoonover, rider extraordinaire

Marc Ambers

Chris Covert-Boulds

Rodd Pemble

Mike McCauley

\*Pamela Robertson

\*pending membership

### **Mt. Baker Bicycle Club officers:**

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

Jim LeGalley--Treasurer – bike tourist and commuter

Marie Kimball--Membership – Did STP in one day 2005, still truckin 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**

Continued from page 1

## Kids won some great prizes, too:

First prize: Cody Sieving, daily bike commuter to Lynden Christian School where he attends 3rd grade, won the brand new Kulshan T3700 bike with full suspension and the works. He bikes even in the snow, his parents said.

Second prize: Amy Wilkinson, age 14, walks to Fairhaven Middle School every day and borrows her brother's bike to ride other places. She wins the YMCA Rock Wall Climbing Party for 10.

Third prize: Sharon Thompson, daily walking commuter to St. Joseph Hospital, won the Mallard's Ice Cream Party for 6, for her daughter.

For the real fanatics, the **EverybodyBike Team competitions** drew out the creative and the enthusiastic. SPIE and Woodstone both tied for most teams - both had 3 teams competing! A prize category for "most creative team name" would have been impossible to select: Planned Parenthood's "Plan B Transportation" or WCOG's "Always Two Tired"? But the scores for most points, giving double points to "new bike/walk commuters" resulted in clear winners:

First prize: "WhatCommuters?" Team from Whatcom Museum of History and Art Score: 229 points!!!

Second prize: "Give Pizza Chance" Team from WoodStone Score: 208 points!!!

Third prize: "You Schwinn some, You Lose Some" Team from Woodstone Score: 186 points!

Congratulations to the winners and to all the EverybodyBikeparticipants! Keep pedaling and watch for Whatcom Smart Trips - more ways to win rewards for bicycling all year around.

## Whatcom Smart Trips: Bicycling Wins Again!

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

Whatcom Smart Trips launched July 1 with a new website ([www.WhatcomSmartTrips.org](http://www.WhatcomSmartTrips.org)) where you can enter your Smart Trips and automatically be entered to earn valuable rewards and



prizes all year around. Bicycling to work or school or errands can count toward the five trips a month to be entered into monthly drawings for \$250 cash. Keep it up for three months and you might win \$1000 cash. Bicycling for transportation over 200 times per year gives you even more chances for rewards.

Whatcom Smart Trips is a community-wide program to help people change their transportation

habits from drive-alone to something smarter. City and County councils realized that there's just not enough money to put asphalt for infinite car trips and, in partnership with WTA, they funded Whatcom Smart Trips for a three year period with the ambitious goal of reducing car trips 8%. Rewards make it easier and more fun for people to try something new.

*Tillicum rides continued from page 1*

Sunday, July 16: Lake Louise Loop (about 25 miles) Depart Bellingham Public Market, Lakeway to Cable Street, Lake Louise Road to Lake Whatcom Boulevard, return via Electric and the railroad trail (or Alabama).

Sunday, July 23: Lake Terrell (about 30 miles)

Depart Bellingham Public Market, north on Pacific Highway to Ferndale Main Street, Douglas Road to Lake Terrell. Return via Lake Terrell Road, Red River Road, Marine Drive.

Sunday, July 30: Bay to Baker Trail (about 40 miles)

Depart Bellingham Public Market, north through Cornwall Park to Telegraph, to James, to Bakerview, to Dewey Valley Road, to Van Wyck, Noon, Kelly, Everson-Goshen, Smith, Mission, Roberts Road. Return via Central to Hannegan.

Sunday, August 6: Nooksack River Loop (about 35 miles) Depart from Public Market, to Northwest to Smith Road, to Hovander Road north to Ferndale Main Street, turn south on Ferndale Road along Nooksack River to Marine Drive, to Eldridge.

## Chako Rides on Wednesday Night

Chako Rides are a social paced ride (10 to 13 mph) departing from Boundary Bay every Wednesday evening at about 6 pm. Don't be confused, though, because at the same time and place, another group depart for what we call the "Hammer Ride," a serious race-pace ride for the strong and fast. The Chako Ride leaders will bring maps and directions for riders and the group will enjoy roads or trail rides (depending on the types of bikes that come) in the Bellingham area. Riders return for food and drink at Boundary Bay at about 7:30 pm.

# Never stop fighting....

.... stand up for our environment!

"To be nobody but yourself - in a world which is doing its best, night and day, to make you everybody else - means to fight the hardest battle which any human being can fight, and never stop fighting."

- E.E. Cummings

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# Advocacy:

## Bicycle Smart Trips: a Partnership

Getting started bicycling for transportation is a challenge for folks who only bike for recreation. Learning how to carry things and determining what equipment is needed on the bike for practical purposes can be daunting. To help people get over this initial barrier, and to help them in other ways to consider bicycling, Whatcom Smart Trips has partnered with the Mt. Baker Bicycle Club to help staff the Bicycle Smart Trips program. Through this partnership, bicycle education contractors will be available for various kinds of bicycle fun: classes, events, rodeos, courses, rides, and more. If you'd like more information about becoming a bicycle education contractor, call Ellen at 676-6974.

## Introducing Community Bike Educators

Bicycle Smart Trips has contracted with a local bike experts to conduct bike rodeos, lead community bike rides, and staff summer events. Here's a short introduction to the team so far:

Analeise Volpe: Known to many as the instructor of "Solo Travel after 9/11," Ms. Volpe has years of experience as a bicycle commuter and international traveler. She is an accredited ESL teacher and has been leading the Tillicum Rides periodically since April.

Jessica Burchiel: Ms. Burchiel became a Bike Rodeo expert working with Emily Johnson during EverybodyBike and the Bike to Work and School Day School Program. She is currently planning the SafeKids Safety Camp Bike Rodeo, the Kids Fest bike rodeo, and the Northwest Washington Fair Bike Skills Course and information booth.

Paige Shell-Spurling: Certified ride leader for Adventure Cycling, Ms. Shell-Spurling led a ride across the U.S. in 2005 and is currently completing course work for a Masters Degree in Environmental Education. She will be leading the Tillicum and Chako rides, as well as planning special themed rides for the summer and autumn.

## National Trails Day Work Party

June 4th was not absolutely the worst possible weather for a trails day work party, but it was close. Rainy and wet with cold temperatures and threatening clouds, the day did not beckon crowds to come out and enjoy a day of trail building. But six of us did show up and with the help of donated heavy equipment from Volvo Rents on Slater Road, we got a trail built that shows the power of partnerships. REI funded the many tons of gravel with a grant, Whatcom Independent Mountain Pedalers (WhIMPs) supplied trail tools and expertise, Whatcom County Parks and the Washington Dept. of Fish and Wildlife arranged permission for the work, and Mt. Baker Bicycle Club brought the pastries from Mt. Bakery, of course. Unfortunately, Frank'N'Steins brewery was closed by the time we finished, but a rain check celebration is promised.

The trail is a half-mile section from Slater Road south along the Nooksack River dike. Prior to the work party, it was pretty rough even on a mountain bike. With the compacted limestone gravel, it was rideable on a skinny-tire road bike by the end of the day. Big thanks go to Charlie Heggem, Matt Williams, and Darren Clark for their leadership.

## Ferndale Safe Routes to School grant

The Ferndale School District has been awarded a grant from the Washington State Department of Transportation for \$150,000 to help kids walk and bike to Mountain View Elementary School more safely. About \$30,000 of the funds are targeted for education and enforcement efforts to increase kids skills in traffic safety and to help educate drivers about the importance of obeying school zone safety rules on busy Main Street.

Mark Deebach, Executive Director for Business at the School District, will be working with the City of Ferndale Public Works Department to install signals for the students needing to cross the street at Douglas Road. The School District will contract with Whatcom Council of Governments or Whatcom Smart Trips to design and conduct some of the bicycling and walking traffic safety education. If you know parents or teachers near the Mountain View neighborhood who would be interested in helping design this education project, call Ellen at 676-6974.

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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)*

## Membership type:

Individual: \$15 \_\_\_\_\_

Family/Associate: \$25 \_\_\_\_\_

Additional Donation: \_\_\_\_\_

*to support bike safety education*

Total enclosed: \$ \_\_\_\_\_

Please enclose a check payable to Mt. Baker Bicycle Club  
*(There will be a \$20 fee for all returned checks.)*

Would you like to help? Volunteers are our most valuable resource. Please check any of the boxes that appeal to you and we will be in touch:

Ride Leader     Newsletter     Mailings or Data

Bike to Work and School Day     Chuckanut Century

Special events     Website Maintenance     Education

I can provide discounts on \_\_\_\_\_

Mail to:

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

## Questions?

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

## Mt. Baker Bicycle Club Board Changes

The Bike Club Board has been privileged to benefit from the service of great experts on bicycling for the past year. We are fortunate to have such dedicated people giving time and talent to further the goals of the Club and help it grow. Unfortunately, two of our Board members have been called to other pursuits and will be stepping down. Jim LeGalley, treasurer, has submitted his resignation. Jim served for three years with consistently high standards and reliability. His strong commitment to reducing car dependence is an inspiration to all. Chris Covert-Bowlds has accepted a job in Seattle where he will be moving in late July. Dr. Covert-Bowlds' dedication to healthy community causes and his championing of bicycling in Ferndale will be sorely missed. Thank you both for all your great work.

## Bike to Work and School Day Year Around Planning

You thought Bike to Work and School Day (BTWSD) was just a day in May, right? Well, it's bigger than that. The planning committee met to debrief the week after and decided that it's time to start meeting for 2007 already. Why? Because the community interest in BTWSD is fantastic: that means we need to be ready for even more people next year, and that means more of everything, especially preparation. This is great news. We'll start looking for a part-time coordinator in August, so if you think you might be interested, call Ellen at 676-6974.

Here are a few of the year-around Bike to Work and School Day tasks coming up:

Community Food Co-operative Annual Party: staff the table and help get new volunteers for next year's committee

Community Food Co-operative Community Shopping Day: make sure to tell all your friends to save their grocery shopping for Saturday, September 16 when the Co-op will donate 2% of all the day's sales to BTWSD!

Sponsored Celebration Stations: We'll be looking for businesses to sponsor the high-visibility Celebration Stations on BTWSD next year. The stations will go to the high donors who in turn will be challenged to make their stations the best for all the cyclists who stop by. Help us find business partners.

## Taylor Shellfish Mud Run festival

Bike down Chuckanut in late July and enjoy a great shellfish picnic, lots of entertainment and fun, culminating in the hilarious (and strenuous) annual Low Tide Mud Run. This fund raiser is hosted by Taylor Shellfish Farms at Oyster Creek in the Samish Bay, just at the south end of Chuckanut Drive near Blanchard. Taylor Shellfish has been an award-winning advocate and educator of the importance of clean water for economic as well as environmental health. The Mt. Baker Bicycle Club will lead a social-pace ride to the festival mid-day on Saturday July 29. Call 734-8540 for more information.



## Jekyl & Hyde Tuesday Night Rides -

This new Tuesday night ride has been well-attended. Ten riders participated June 6 and twelve riders participated June 13. Steve and Dianne Jahn from the Skagit Bicycle Club drove up to ride with Mt. Baker Bicycle Club members the second night. The routes are 21 and 26 miles in length and maps are provided. A couple of riders each night elect to shorten the route. The terrain is flat except for two rolling hills and there are long sections of deluxe smooth pavement. The riders ride their own pace and regroup at the points marked on the map. After the ride many riders stay to socialize at the deli. I hope you can join us some evening in June or July.

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



## Fanatik Mountain bike ride

For all those curious but cautiously new mountain bike riders, Fanatik Bicycle Shop is offering weekly group rides on Wednesdays leaving their shop or other sites around town between 5-6pm. They focus on everything from scenic intros to Galbraith, to technical skill riding, to Pilchuck Tree Farm Summer Solstice rides. Please contact Kathy Salisbury at Fanatik Bike Shop at (360) 756-0504 or [kathy@fanatikbike.com](mailto:kathy@fanatikbike.com) for more information and before attending any ride please call the store to sign up.

## Tillicum Ride Report

Sunday, June 18th the weekly Tillicum Ride left from the Public Market at 12:30pm with two new riders! Analeise Volpe led the ride, or shall we say the two new members led the ride with Analeise taking the trail end! The route strolled out onto State Street and Chuckanut Drive taking a left near Arroyo Park and saddling up the back side of Lake Sammish, around Lake Sammish at a leisurely pace and coming out on the south side of Lake Padden down to Sammish and back into Bellingham. The small group stayed together discoursing and sharing stories on two wheels.

These weekly Sunday Tillicum Rides are to encourage cyclists of all abilities but particularly the slower and less experienced riders. Generally the pace is 10-12 miles/hour with routes 25-35 miles in length. They will be ongoing every Sunday through the summer. If you have a favorite route that you want to share please let us know. To find out more see the Mt. Baker Bicycle Club website for weekly information. Also see article page 1!!!

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## Group Health Seattle to Portland Bicycle Classic --July 15 - 16, 2006

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

This 200-mile bicycle ride is the largest multi-day bicycle event in the Northwest, with up to 9,000 participants riding from Seattle to Portland in one or two days. The route takes you through the scenic valleys, forests, and farmlands of western Washington and Oregon. Come join what *Bicycling Magazine* has listed as one of the best cycling events in the nation!

### Who Else Will Be On The Road With Me?

Up to 8,999 other riders  
oldest rider: 83  
youngest riders: 29 under 10  
Under 18: 4.6%  
18 - 24: 5.4%  
25 - 34: 20.0%  
35 - 44: 29.2%  
45 - 54: 24.4%  
55 - 64: 14.4%  
65+ : 2.1%

*continued page 7*

2005 riders came from 36 states - plus Canada, England, Japan, and United Arab Emirates

### Pedal Power

In previous years, motivated riders have raised hundreds of thousands of dollars by riding the STP for charity. Through Pedal Power, you, too, can raise money for your favorite organization while riding your bike. Turn your miles into money with Pedal Power today!

## RSVP: Ride from Seattle to Vancouver (BC) and Party!--August 4-5, 2006--SOLD OUT Remember for next year!!

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

Come celebrate the 25th anniversary of a bicycle classic: Ride from Seattle to Vancouver, BC and Party. Enjoy 183 miles of scenic Pacific Northwest back roads. You start on Friday in Seattle at Warren G. Magnuson Park at Sand Point and finish in downtown Vancouver, Canada on Saturday; the finish line festival includes a no-host bar and music.

This challenging event should be the highlight of your year!

- o In 2005, RSVP riders came from 22 states - plus Canada!
- o The oldest rider is 76 years old; the youngest rider is 9.
- o Median age is 47.
- o 35% are women; 65% are male.
- o 44% of the riders are members of Cascade Bicycle Club.



## RAW--August 19 - 26

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

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

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

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

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

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

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

## How to Survive Road Hazards

Cycling is a unique sport because its arena is the open road. That's the same place frequented by traffic, potholes, snarling dogs and absentminded pedestrians. But sometimes we're our own worst enemy. Inattention and poor technique can put us on the pavement as fast as any hazard. Use these tips and you'll be less likely to take a tumble.

- **Always ride with your head up.** While cruising along, it's tempting to stare at the whirling pattern of the front spokes or fixate on your cyclecomputer's numbers. A momentary downward glance that lasts just a second too long can mean riding into a problem that could easily have been avoided.
- **Focus.** The smooth and rhythmic motion of pedaling can have a hypnotic effect. Daydreaming cyclists have crashed into the back of parked cars, wandered far into the traffic lane or blithely ridden off the road. Don't let yourself be separated from the outside world by the vivid canvases created by your imagination. Keep your head in the game.
- **Keep your bike in top mechanical condition.** Repair or replace faulty parts sooner rather than later. It's a loser's game to milk "just one more ride" out of worn brake pads, a frayed cable, or tires with a threadbare tread or bulging sidewall. Your first line of defense against the challenges of the real world is a bike with all parts in good working order.

### Punctures

It's every rider's fate to flat.

- **Choose your line with care.** The best way to avoid punctures is also the easiest: Steer around broken glass, road rubble and potholes.
- **Use tires with a Kevlar belt** under the tread. Kevlar does a good job of stopping nasty things from penetrating. Inspect the tread after every ride for embedded debris. Remember, most punctures are caused by something sticking to the tread and working through during numerous wheel revolutions. Replace tires before they become so thin that they're virtually defenseless against pointy things.
- **Check inflation pressure** every couple of days. Tubes are slightly porous and may lose several pounds of pressure each day. Soft tires slow you down, corner poorly, wear fast, and don't protect your rims against metal-bending impacts.

### Potholes

Hitting potholes can bend your rims beyond repair. If the chasm is deep enough, it will send you hurtling over the handlebar when you bury the front wheel and the bike suddenly stops. Here's a primer on pothole evasion.

- **Note where potholes lurk** on your normal training routes. Plan your line well in advance to avoid them. Don't expect the road to be in the same condition every day. Potholes have a habit of sprouting up out of nowhere, especially in the winter and early spring due to the daily freeze/thaw cycle.
- **Treat potholes like glass.** Ride around them. Be mindful of riding partners when you change your line. Newly minted potholes present a double hazard—the chasm itself, and the chunks of shattered pavement around it. If the pothole doesn't bend your wheel, the sharp bits of rubble might puncture your tire. Give these highway craters a wide berth.
- **Jump your bike over a pothole**, if you have the skill and are unable to ride around it because of traffic or adjacent riders. Level your pedals, crouch off the saddle, then spring up and lift with your feet and hands. Start by jumping over a line on the ground, then graduate to higher but forgiving objects such as a rolled-up towel or a shoebox.

### Railroad Tracks

Unlike most dangers, tracks can't be ridden around. You can suffer an instant crash if your tires slip on the shiny steel rails. Ride with extreme caution and follow these safety tips.

- **Slow down!** Tracks are rough, and even if you don't crash you could get a pinch flat. This happens when you ride into something abrupt, like a rail, and it pinches the tube between the tire and rim, slicing two little holes in the tube.



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- **Rise slightly off the saddle.** Have equal weight on your hands and feet. Let the bike chatter beneath you. Use your flexed arms and legs as shock absorbers.
- **Cross tracks at a right angle.** If the rails are diagonal to the road and you cross them at an angle, your front wheel can be twisted out from under you. A perpendicular passage is essential in the rain. The slightest imbalance or abrupt move can send you sprawling.
- **Jump if you're real good.** Racers who need to cross tracks at maximum speed will jump them. Coming down too early means the rear wheel will hit the second rail, guaranteeing a ruined rim or a pinch flat. In most cases, jumping isn't worth the danger. It's better to slow down, square up, and creep across.

### Additional Slick Spots

- **Painted lines.** These can be slippery, especially the wide markings for pedestrian crossings at intersections. The paint fills in the asphalt's texture, producing a surface that's uncertain when dry and deadly when wet.
- **Dry oil slicks.** These may be nearly invisible, but you can spot them as darker streaks on a gray pavement. Be real careful in corners. You aren't safe if you ride through oil on the straights. The greased tread might slip in a corner just ahead.
- **Wet oil slicks.** If it rains, a small oily patch can grow until it covers the whole lane. Be on the lookout for the telltale multi-colored water. There's no pot of gold at the end of this rainbow, only a black-and-blue meeting with the pavement.
- **Wet metal.** If it's been raining and you come upon anything metal in the road (manhole cover, steel-deck bridge, road-repair plate), it's as treacherous as riding on ice. Cross it with the bike absolutely upright. Even a slight lean can cause the wheels to slip. Smart riders walk their bikes across wet steel bridges.
- **Wet leaves.** Be very careful in the fall, or you will. Even if the road is dry, there can be moisture trapped between leaves littering the pavement. When you see leaves in a corner, slow down and round the bend with your bike upright, not angled.
- **Sewer grates.** Some old ones have bars that run parallel to the street and are wide enough to let a bike wheel fall through. If this happens, you can look forward to plastic surgery and possibly a lifetime of lawsuit riches. Many municipalities have replaced such grates with bicycle-friendly versions, but be careful in case a town hasn't gotten the message yet.

By Fred Matheny and Ed Pavelka of [www.RoadBikeRider.com](http://www.RoadBikeRider.com)

## **Bicycling on TV Hike and Bike the Dike**

The Weather Channel will be airing coverage of the Friends of Tenant Lake hosts the second annual "Hike and Bike the Dike" on Sunday, July 9, from 1-3 pm. This picnic event gives people a chance to enjoy the newly opened trail connection that goes all the way from Hovander Park in downtown Ferndale to Marine Drive, at the Nooksack River Delta near Marietta. The roughly four-mile dike trail walk/bike ride returns along the same route and ends with festivities at Hovander Park. Call Joanne at 676-2415 for more information.

## **The TOUR de FRANCE on OLN**

Saturday, July 1st – Sunday, July 23rd, 2006

\* Programming is subject to change. Check OLNTV.com for updated information. Standard coverage for all stages (unless otherwise noted):

8:30a.m. to 11:30 a.m. ET LIVE Daily Coverage

12 p.m. to 2 p.m. Race Action Replay

2:30 p.m. to 4:30 p.m. Race Action Replay

5 p.m. to 7 p.m. Race Action Replay

8 p.m. to 11 p.m. ET Expanded Primetime Coverage (East Coast)

9 p.m. to 11:30 p.m. PT Expanded Primetime Coverage (West Coast)

12 a.m. to 2:30 a.m. Race Action Replay

**Check with OLN for the details of their daily coverage!!**

## **Race across America:**

The Weather Channel will be airing coverage of the Race Across America, an event it calls "heart warming and meaningful," on July 5, 6, 8 and 9. According to a press release, the shows will focus on Team Type 1, which the Weather Channel sponsors. For more info, click <http://www.teamtype1.org>



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