



# MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Volume 16: Number 7, July 2007

## Special Rides Pg 3,5,6,7

July 14-15: STP  
July 14: Women's extreme  
Aug 17-18: RSVP  
Aug 4: Tour de Whatcom  
Aug 11: Women's Extreme  
Aug 25-26: RAPSody  
Sept 9: Mt Baker Hill Climb  
Sept 15: Women's Extreme  
Sept 16: Chuckanut Century  
Sept 22: Tour de Whidbey

## Events Pg 6

August 16: Retro Ride  
Sept 15-17: Trek Tri-Island

## Weekly Rides

(See page 2 for complete listing)

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/Mt-BakerBicycleClub/>

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

## Special Rides

Tour de Whatcom-- August 4  
Chuckanut Century--Sept 16  
Mt Baker Hill Climb--Sept 9

## Tour de Whatcom

Todd Williams, the organizer of the Tour, gives some background

*After the first Annual Whatcom Outdoor Expo my confidence was high. I was quite surprised that no one had organized a charity bike ride throughout Whatcom County. After all, I think if someone did every century in the State the one around Whatcom County would win "Most Beautiful Ride" award. How many rides show you salt water, beaches, mountains, lakes, forests, rivers, lush farmland and cute towns all in one fairly flat ride?*

*First year we had beautiful weather with 105 riders. We only had a few glitches to work out. We lost money but we're happy with the event.*

*Then things started looking even better with two stokes of fate. I heard that Cascade Bike Club might move RSVP from the 1st Saturday in August to the third. So since the Tour de Whatcom is two weeks before RSVP, we can advertise it as a "Great RSVP Training Ride."*

*Then Cascade Radio Group called me and wanted to partner up to promote the event. So on four stations the Tour de Whatcom is already being advertised a lot. I think this will help promote the 25 mile family ride.*

### What's unique about the event:

*We are starting and ending in Fairhaven this year as opposed to downtown. People like the "Family Pack" pricing where your entire household can ride for \$75. We stagger the start times so everyone will end roughly the same time. Lastly, we plan on giving out wristbands to the riders who have never ridden that distance before. We think if a kid (or adult for that matter) gets lots of hoopla after he or she finished 25 miles, they might realize they might try the 50 mile next year and become a lifelong cyclist.*

*We would really like to encourage people who have never ridden 50 miles to do so. Last year we had this guy in his late 50s ride his very first century. It was very exciting and I'm glad I was part of it.*

**Lastly, it's for a fantastic cause...Boys & Girls**  
Continued page 3

## BIKEEVENTS

### WHATCOM WOMEN'S EXTREME SOCIAL RAINBOW RIDES

Did you promise yourself to get fit and stay strong this year? Can you feel summer calling? Are you ready for another year of bike exploration in our wondrous playground of Whatcom County (and beyond)? Women bicyclists are invited to join these friendly rides.

### HERE'S THE DEAL:

We ride for fun, not speed. ("social" pace: 10-12 mph). We leave no rider behind. We're out to enjoy the scenery and each other's company. Bike helmet required. We will send out a confirmation and more ride details in the week prior to the ride.

Please reply by e-mail to Cindy at [cindymadigan@hotmail.com](mailto:cindymadigan@hotmail.com) if you want to be on this contact list. I'll take your name off the list if you don't want to receive e-mails.

Continued page 7



Bike Day Group

## Editor Still Wanted!!

After 3 years I've decided it's time to retire yet again, this time from the job of editing the MBBC newsletter.

Over the last several years our community has shown increased bicycle awareness and interest in public policy that improves cycling safety. In parallel, the number of cyclists (and MBBC members) has greatly increased.

The job as editor requires an interest in cycling and what's happening in our community. To do the job you should also have knowledge of a desk-top publishing program. I've found it takes about about 8 hours of work to put the newsletter together each month.

If interested in helping, Please contact Ellen Barton at [raleigh3speed@hotmail.com](mailto:raleigh3speed@hotmail.com) or Paul Goff at [pagoff@yahoo.com](mailto:pagoff@yahoo.com) for further information



**Marie Kimball at Chelan Century Challenge**

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

## Weekly and Group Ride

**EverybodyBIKE Community Bike Rides:** Call 671-BIKE to find out about fun family rides in your community

**Tuesday Ride;** Starts in April: Starts from the parking lot of Whidbey Island Bank at 920 W. Bakerview Road, Meet at 5:45 and depart at 6:00 p.m. For more information contact Doug Schoonover, at [ridecoordinator@mtbakerbikeclub.org](mailto:ridecoordinator@mtbakerbikeclub.org) and Kathy Foster at [kafoster@hinet.org](mailto:kafoster@hinet.org), 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](mailto: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 "Hammer" Ride:** Race/Training Pace, 30 mile distance, meet at 5:45 pm, leave at 6PM from Boundary Bay Brewery at Railroad Avenue, Bellingham. Ride separates into fast and very fast groups. (From Oct-Mar this becomes a night-trail ride with lights). Re-group at brewery afterwards (7:30 pm). Contact: [mbbcridecoord@prodigy.com](mailto:mbbcridecoord@prodigy.com) 360-733-1402

**Wednesday Boundary Bay Social Ride:** varied distance, varied abilities; departs meet at 5:45 pm leave at 6PM Boundary Bay Brewery at Railroad Avenue, Bellingham. Goes at a rate of about 12 mph. Contact: [ridecoordinator@mtbakerbikeclub.org](mailto:ridecoordinator@mtbakerbikeclub.org), 360-410-6431

**Thursdays @5:30 pm Womens' mountain bike ride** We'll meet at the parking lot at Whatcom Falls Park. This ride is for the intermediate rider. 2-3 hours riding and playing on Galbraith. No heavy downhill bikes please. Heavy rain cancels Contact Kulshan for more info.

**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](mailto: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.

**Saturday 8:00 am Womens' road ride** from Kulshan Cycles- two groups according to speed and skill. Heavy rain cancels

## 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](mailto:raleigh3speed@hotmail.com) (734-8540)  
Marie Kimball--Vice President – Did STP in one day 2005, still truckin [bikebham@yahoo.com](mailto:bikebham@yahoo.com) (752-1236)  
Cathie Gerlicher--Treasurer  
Mike McAuley Treasurer  
Doug Schoonover--Ride Coordinator - [ridecoordinator@mtbakerbikeclub.org](mailto:ridecoordinator@mtbakerbikeclub.org) (733-1402)  
Paul Goff--Newsletter Editor –slow recreational roadster-- [pagoff@yahoo.com](mailto:pagoff@yahoo.com)

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

Club of Whatcom County. Each club throughout the county will be staffing a rest stop in their own town. What fun!

Offer: I'll give the first person to give me the elevation gain of the century ride a free entry pass worth \$75. I need a legitimate answer. I want to see the GPS with my own eyes. Many have guessed and said "give me the pass."



## More About the Tour de Whatcom

Come join us for Tour de Whatcom, a bike ride to benefit Boys & Girls Clubs of Whatcom County. Choose the length of your ride - 25, 50 or 105 miles, perfect for a family outing and serious riders alike. Snacks and drinks will be available at rest stops along the routes. Support vehicles are available if needed. See the route maps from the link at the left.



The ride begins and ends in Bellingham's Fairhaven district. This unique neighborhood with its cobbled lanes is perhaps better known for its beautifully preserved historical buildings from the boom days of the 1890s. It's bustling with galleries, shops and a bevy of dining options. Fairhaven also serves as an access point for several waterfront parks, trails and the scenic and historic Chuckanut Drive. Local artisans' works and wares are plentiful. Fairhaven maintains a reputation as a bohemian enclave of students, artists and granolas. The nature of the inhabitants is reflected in the cafes, bookstores and unique restaurants which are, for the most part, housed in Romanesque brick buildings. Fairhaven is widely recognized as one of the most charming districts in the Pacific Northwest. Bellingham Visitors Guide

Ride	Check In	Depart	Fee
105 Miles	7:30	8:00	\$45
50 Miles	10:00	10:30	\$35
25 Miles	11:00	12:00	\$25

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

Rest stops approximately every 20 miles for 105 route and every 12.5 miles for the 25 & 50 mile routes. Plenty of Erin Bakers Wholesome Bakes Goods, fruit, and Gatorade along the way. See website for route maps and food stops. A wide variety of restaurants in Everson, Lynden, Blaine, Ferndale and Bellingham. Gotta have pie? Dutch Mothers in Lynden has the best!

25 mile route very flat. 50 mile route has one only short hill (1/2 mile 4.6% grade). 105 has just one hill (Old Samish Dr 3% grade for 5 miles). The rides are awesome. You get to see everything: Mt Baker, Lake Whatcom, valleys, rivers, lush farmland, beaches and Puget Sound all in one fairly level ride.

Robert's Bicycle Repair will be at the starting area for free safety checks and \*quick\* repairs (parts are at your expense). If your bike needs tuning up before the ride, Robert will be offering 15% off for all Tour de Whatcom participants from May 7th through June 27th, and 5% off from July 9th through Aug 3rd. Call him at (360)739-9727 with any questions or to schedule an appointment.

Motorcycles will be cruising the routes to make sure all are safe. Trucks are on call to pick up anyone broken down. Park in the lot at 8th and Harris. Only three short blocks to Fairhaven Village Green Park where we start. 1200 10th St.

Certified helmets required. Cell phones highly recommended.

## Chuckanut Century

**Date: Sept 16**

<http://www.mtbakerbikeclub.org/Chuckanut%20century/ChuckanutCentury.htm>

*Benefiting*



### ABOUT THE RIDE

Get in gear for the 2007 Chuckanut Century Bicycle Ride presented by Mt Baker Bicycle Club benefiting The Whatcom Hospice Foundation. Come join us and ride one of the most scenic rides in Washington. With many routes offered you can pick your distance ranging from 25, 50, 62, 100, or the double metric century of 124 miles. Although all cyclists should be fully prepared when they take to the roads you can enjoy the added security of knowing that there is ride support if needed and food stops with typical ride food and drinks along all of the routes.

Start and finish at the legendary Boundary Bay Brewery. As you ride the south loop you will be treated to views of the San Juan Islands while overlooking Bellingham, Samish, and Padilla Bays along with stunning views of Chuckanut and Blanchard mountains, also known as "where the Cascades mountains meet the sea". The north loop offers stunning views of Mt Baker as it stretches to meet the sky at 10,800 feet, as well as incredible views of the Canadian Cascades, Mt Shuksan, the Twin Sisters, and Vancouver Island.

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

### THE REASON

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

*Rides continued page 5*

**"Keep it simple, genius!"**

**"Any fool can make things bigger, more complex, more violent. It takes a touch of genius--and a lot of courage--to move in the opposite direction."**

*.....Albert Einstein*

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## Ride Notes Test Of Metal 2007

The Test of Metal mountain bike race is an epic event in Squamish B.C. It's popular and sold out the 800 places in 48 minutes. Rain, mud, climbs and technical descents challenge even the toughest racer. Hydration and fueling are as important to keep you going as your brakes and drive trains.

Tammy and Brad Bennet along with Graham Youtsey drove the scenic route to the outdoor recreation capital of Canada. Squamish. Everyone scrambles at 10:30 when bikes are allowed in the starting chute and the race starts with a climb through the streets of cheering and ringing of bells. As one enters the trail music blares from the cars and houses on the side.

Graham eyes an anvil—anvils are scattered on the course. If you find one and carry it (8lbs of metal) to the finish you are automatically entered next year. I pass on it, too far to carry.

We race in the heavy mist and rain. It's crowded and the talk is about previous races, hometown, and just about anything to avoid the frustration of not moving as freely as one wants. As we pass Alice Lake riders are able to position themselves in clusters that are similar in speed and ability. Natural selection is at work.

Another anvil, this one I'll keep. I secure it in my hydration pack. Gravity is on my side as we wind down in search of the new entrance to the forest. I avoid an endo on roller Coaster. The trail is plugged and we carry our bikes up the steep trail.

There is further winnowing of the field until we enter a wonderful single track. Gears grinding, chains rubbing, the thump of the Powerhouse Party comes alive. People line the party zone handling out food, drink, cheering, and drinking. The beer looks great, nobody shares. The 9 mile climb is to commence.

Grinding away. SNAP. The chain is gone. Fortunately I am prepared. Be smooth, consistent, spin. I made it. A volunteer cleans my glasses and face; I clean my chain with water. Refuel.

Climbing and descending we cross 9 mile bridge and there's another anvil. 2 are better than 1 and it increases the odds for a lifetime entry—a drawing of the anvil holders, one wins a lifetime entry. We strap it on the stem of my seat-- 16 lbs of extra weight.

We ride up to the top of Lava Flow Hill. The gang at the top

encourages us to continue with a nice shove. Mine in the lower back the ladies in the lower, lower back. Hmm. The anvil on the seat post breaks off and I make room for it in my hydration pack.

We ride the best singletrack in the world--Ring Creek Rip. Chain suck--too tired to get it out. I hike. It is like riding through a brownie and oil mix. Powerhouse Plunge is aptly named. A plunge and the pack bounces, ouch. My brakes are done. I am almost done. Intermittent riding and hiking. Crumplit woods. No breaks, delicate chain, exhausted. I decide to jog the rest of the way. Riders from the morning commute past me. I run on. It is now flat but I am stubborn and run to the finish. 5:38, 45 minutes thatn the first time. The Bennetts finished in 5:18.

The race was a complete success. No major injuries. Two entries into the 2008 test of metal and 1 chance in 4 for a lifetime entry. Brad and I each won a drawing for a bag full of bike swag.

.....Graham Youtsey

## Chelan Century Challenge

For the second year in a row, a group of Mt. Baker Bike Club members have headed to Chelan on the second weekend in June in search of sunshine and a challenging century ride. Both years we got rain, but we did get a challenging ride with climbing and different scenery.

This ride consists of 3 loops, each one more difficult. Unlike last year, when it rained during the first 60 miles, this year the rain held off until we got to about mile 80 and the dreaded climb up McNeil Canyon. This climb features pitches of 12 to 15% over 7 miles. About 2200 feet of elevation gain according to my GPS. Think of 6 to 7 miles of Alabama hill. Eleven of us did the entire ride with ten making the climb in the rain. The eleventh person never intended to attempt it and rode back to the house we had rented at Wapato Point to get her 100 miles.

This is a great ride, good support, and challenging without being near impossible. There were a little over 200 registered and about 100 completed the climb. For those less adventurous, there is a 25 mile route that features lunch and a boat ride across Lake Chelan. The route follows the lake shore and is virtually flat. Check this out at [www.centuryride.com](http://www.centuryride.com). Maybe you will want to go to Chelan next for the rain.

.....Doug Schoonover

## 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: \_\_\_\_\_

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 \_\_\_\_\_

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

## MBBC Membership

### 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.)

Associate member: \_\_\_\_\_

### 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

Chuckanut Century Ride continued from page 3

**DETAILS**

**Cost:** \$35.00 pre registration - \$40.00 after Sept. 1.

**Loops:** 25, 50, 62, 100, and 124. Pick your loop and ride, you can start with the North or South loop. We ask that the 100 and 124 mile riders be on course between 7-8 so that there is plenty of time to finish.

**Registration:** Begins at 7:00 am or better yet pre-register.

**Where:** Boundary Bay Brewery  
1107 Railroad Avenue  
Bellingham, WA 98225

Check out <http://www.mtbakerbikeclub.org/Chuckanut%20century/ChuckanutCentury.htm> for more details on the ride.

**Volunteers needed**

We are in need of some volunteers to help promote this event. At this time there is a need for someone that can update our poster and brochure so we can get these out to area bike shop and our locations to advertise our event. As we get closer, there will be other needs especially the day of the event. Please contact Doug Schoonover, [chuckanutcentury@mtbakerbikeclub.org](mailto:chuckanutcentury@mtbakerbikeclub.org) if you would like to volunteer.

I would like to thank our sponsors that enable to have this event.  
.....Doug Schoonover



**Other RideNews**

**Group Health Seattle to Portland Bicycle Classic (STP)**

**Date:** July 14 - 15, 2007

[http://www.cascade.org/EandR/stp/STP\\_Registration.cfm](http://www.cascade.org/EandR/stp/STP_Registration.cfm)

Online registration is open!

Welcome to the 28th annual Group Health Seattle to Portland Bicycle Classic official web site. 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!

2006 riders came from 44 states (eight more than in 2005), plus Australia, South Africa, Taiwan, Scotland and Canada.

**RSVP**

**Date:** August 17-18

[http://www.cascade.org/EandR/rsvp/RSVP\\_details.cfm](http://www.cascade.org/EandR/rsvp/RSVP_details.cfm)

Come celebrate the 26th anniversary of a bicycle classic: Ride from Seattle to Vancouver, BC and Party - Friday and Saturday, August 17 - 18, 2007.

Enjoy 183 miles of scenic back roads (103 miles on Friday and 80 miles on Saturday). 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.

**Start Line**

The ride starts on Friday, August 17, from Warren G. Magnuson Park which is 2 miles Southeast of the University of Washington just off Sand Point Way. Overnight parking is

*Continues page 6*



GroupHealth

**MT. Baker Hill Climb--Ride 542  
September 9th, 2007**

<http://www.norkarecreation.com/hcindex.html>

RIDE 542 - Mt. Baker Hill Climb is a 24.5 mile cycling challenge for recreation and competitive cyclists of all ages. RIDE 542 follows the Mt. Baker Highway (SR542) from the town of Glacier (e. 955ft) 24.5 miles to its terminus at Artist Point (e. 5140 ft), on the border of North Cascades National Park. RIDE 542 leaves Glacier as a mass start time trial in three waves. A majority of merchandise proceeds go to the Ken Meyer Memorial Foundation to help support local cancer care and research. Ride for the glory. Ride for someone you love. Ride for yourself. Ride for the thrill of riding back down. But do ride.

**Registration**

Registration is open. Field sizes are limited. This year will bring 700 riders to Glacier! Register early, patronize our sponsors and train smart.

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Other rides from page 5

available for \$10. The start line is open from 6:30 - 7:30 a.m. Please be prompt, groups along the route have been notified of departure times.

#### **Bellingham Midpoint**

Camping and Midpoint information not available at this time. It will be posted as soon as it becomes available.

#### **Finish Line & Party**

Finish your two-day adventure in downtown Vancouver, B.C. on Saturday, August 18, at the The Coast Plaza Suite Hotel. A bicycle parking area will be set up in the hotel garage. RSVP participants may store their bicycles in the hotel garage corral. Join us from 1:30 - 6:30 p.m. on Saturday at the hotel for the outdoor reception and a no-host cash bar.

### **Ride Around Puget Sound (RAPSody)**

**Dates: August 25-26**

<http://www.rapsodybikeride.com/>

Enjoy the scenic back roads of five Washington counties while supporting statewide bicycle advocacy and education on the Ride Around Puget Sound.

With 165 miles of rolling hills, doing RAPSody in one day is hard, two days is challenging fun. RAPSody is sponsored by five Puget Sound area bike clubs in support of the Bicycle Alliance of Washington's statewide advocacy and education.

The 4th Annual Ride Around Puget Sound is organized and supplied by B.I.K.E.S. of Snohomish County, The Capital Bicycle Club, Tacoma Wheelmen's Bicycle Club, Seattle Bicycle Club, and West Sound Cycling Club in support of the Bicycle Alliance of Washington's statewide advocacy and education.

**What's Included:** Luggage support, overnight campsite and showers, rest stops with food/drink/water, sag support along the route, cue sheets/maps, ride souvenir, ferry fares, lots of music, special treats, and great community involvement and support.

**Ride Proceeds:** All registration proceeds are donated to the Bicycle Alliance of Washington (BAW). This ride can be used as your own fundraiser for a non-profit organization. More information can be found on the registration page.

### **RETRO RIDE AND CYCLE CELEBRATION!**

**Date: August 26**

The name has undergone a metamorphosis since I originally dreamt up the idea of a Concourse D' Elegance and Eccentricity Parade last December, but I've finally settled upon a title, a date, a venue, and a course. The first annual Retro Ride and Cycle Celebration will be at 1:00 on Sunday, August 26th, beginning at Rosabella's Garden Bakery, 8933 Farm to Market Road, Bow. Rosabella's is opening especially for us, so bring along a couple of bucks and have a snack before or after the ride in order to make the day worthwhile for Rose and Alan Merritt, the owners of Rosabella's.

The event will begin with an opportunity to display and examine the bikes. You are encouraged to ride antiques or unusual bicycles, or come in costume. This ride is all about style. Speed and distance count for nothing. Aggressive riders are encouraged to knock off a quick 50 miles and have a beer before the Retro Ride so as to approach this event in a properly relaxed mood. After everyone has had an opportunity to admire everyone else and have a cup of tea or a croissant, we'll do a leisurely 15 mile parade around the valley, finishing up at Rosabella's for more mutual admiration and goodies. The course offers plenty of corners that can be cut for those mounted on less functional bikes, and opportunities for increased distance for those on swifter bikes. This would be a perfect ride to introduce your non-cycling friends or children to the sport. Tell 'em this is how we always do. That'll make 'em blink!

### **Trek Tri Island Ride--American Lung Association**

**Dates: September 15-17**

<http://www.mrsnv.com/evt/home.jsp?id=1251>

For 25 years, the American Lung Association® of Washington has offered thousands of cyclists, the quintessential Pacific Northwest experience! Trek Tri-Island® is three glorious days and 150 miles of bicycling and traveling on the Washington State Ferry System through the charming communities of the Puget Sound.

This September, ride Trek Tri-Island and you'll enjoy the magnificent scenery of the Olympic Peninsula and Puget Sound because you raised funds which make a difference in the lives of children and adults in our state.

Day 1/September 15 - Edmonds to Port Townsend (37 miles)

Day 2/September 16 - Port Townsend to Warm Beach (69 miles)

Day 3/September 17 - Warm Beach to Edmonds (52 miles)

Note: Trek Tri-Island's route is dependent upon the Washington State Ferry System. Changes in their schedule may affect our planned routes. Riders will be notified if changes are made.

What's Provided -

We handle the details -- you enjoy the ride. We provide ferry fares, overnight camping accommodations, a truck to carry your gear, breakfasts, dinners, rest stops, professional bike mechanics and fantastic, experienced support staff. You provide a sense of adventure and fun.

The low mileage appeals to the recreational rider and the rolling hills challenge any cyclist. It's not a race... it's an adventure. Our events attract people of all ages and cycling abilities... We'll even help you train. And we have great resources for you!

### **TOUR de WHIDBEY 2007**

**Date: September 22, 2007**

<http://www.whidbeygen.org/Tour%20de%20Whidbey-2007%20-%20Information.htm>

Registration is open for the 6th annual Tour de Whidbey bicycle ride to raise funds for the Whidbey General Hospital Foundation. This event is one of the Foundation's major fundraisers, with support from the Auxiliary.

Choose between a challenging 100 or 50 mile route, or a moderate 25 mile ride on beautiful Whidbey Island. Our 100 mile figure eight route will cover both the north and south ends of the island, returning you to the central location of Greenbank Farm at the middle and end of the day. This ride is one of the most challenging century rides in Western Washington.

This is a great opportunity to enjoy cycling on the varied terrain of Whidbey Island while supporting a cause that benefits all residents of the island.

#### **WHEN**

- \* September 22, 2007, rain or shine!
- \* Riders check in between 7:00am and 9:30am (Registration closes at 9:30am)
- \* Pancake breakfast at Greenbank Farm from 6:30am to 9:00am. Free to registered riders.
- \* Break Stations and route support will close at 5:00pm
- \* End of ride chili feed Noon - 4:00pm

#### **WHERE**

- \* Riders start the day at Greenbank Farm
- \* Course maps and directions will be provided at check-in
- \* Greenbank Farm is an ideal place for families to enjoy hiking, antique shopping and wine tasting. There is also a café on site, known for their freshly baked pies.

*Continued page 7*

Tour de Whidbey continued from page 6

### See website for directions to Greenbank Farm

PRE-REGISTRATION--BEFORE SEPTEMBER 1st:

- \* Century Riders: \$60 for an individual rider; \$100 for tandem team, \$40 for military
- \* 25 Mile Riders: \$40 for an individual rider, \$55 for tandem team, \$25 for military

REGISTRATION--SEPTEMBER 1st TO THE DAY OF THE EVENT:

- \* Century and 50 Mile Riders: \$70 for an individual rider, \$110 for tandem team, \$50 for military
- \* 25 Mile Riders: \$50 for an individual rider, \$65 for tandem team, \$35 for military



**Mt. Baker Bike Club Members at Chelan Century Challenge**

## Full Cycle: Cycling Classes

EverybodyBIKE encourages everyone to try biking for transportation. An important part of that is teaching the basics. The everybodyBIKE teaching team of League Cycling Instructors has developed a four-part series of classes called "Full Cycle" designed to bring novice or experienced bicyclists up to speed. It's based on the League of American Bicyclists' "Road One" and breaks up the topics to fit anyone's schedule. All classes are free with prior registration (\$15 for each session, without prior registration).

**Full Cycle - First Gear:** Introduction to bicycling essentials, rules of the road, and gear. A great way to get started for people who want to start bicycle commuting or using bikes for shopping trips. (1.5 hours)

**Full Cycle - Fixing to Ride:** Learn basic bike maintenance, bike fit, and how to fix a flat tire. (2 hours)

**Full Cycle - Traffic and Trail:** Find out the how and why of bicycling and sharing the roads and trails, including tips for getting into the correct lane for intersections, avoiding hazards, and more advanced riding. (1.5 hours)

**Full Cycle - Road Ride:** Practice the skills in a group road ride demonstrating the Full Cycle techniques (3 hours). Optional road test and written test for certificate. (2 hours)

EverybodyBIKE teachers conduct the "First Gear" class once a month, sometimes with business partners such as REI's "Introduction to Bike Commuting." "Fixing to Ride" will be offered on a demand basis, or go to Fairhaven Bike's monthly bike maintenance class that covers the topics in more detail. "Traffic and Trail" will be offered on a quarterly basis along with the "Road Ride."

Check the website for schedules or call 671-BIKE



**Connie Clements BSWD 2nd prize winner**

Whatcom Women's Extreme Ride continued from page 1

### HERE's the schedule -

#### Call to check for confirmation of date, time and location.

Usually we leave at 9:00 am on Saturday morning and stop along the way for a snack/early lunch break. Bring water and food. Sharing snacks can be fun and sometimes as adventurous as the ride particularly when chocolate is involved.

**July 14:** Lummi Island & Gooseberry Point 24-28 miles: Leave from Silver Reef Casino at 9 am

**August 11** Birch Bay/Blaine 27 miles: Leave from Peace Arch Park at 9 am

**September 15** Ride Bellingham 28 miles: Leave from Lincoln Creek Park & Ride at 9 am

#### CONTACTS:

Cindy Madigan: cindymadigan@hotmail.com 360-305-7951  
Therese Kelliher:cascadilla23@yahoo.com 360-303-3946

In March, we rode from Bellingham to Ferndale approx 20 miles, on Marine Drive-Bancroft Road- Ferndale Road, arriving at Pioneer Park.

The April ride went from Lynden/Nooksack River Valley in a 16.5 mile loop through the flat farmland.

On May 12 we rode from the Bellingham Waterfront on a circuitous 18-20 mile route to the Marine Trail Park near the airport. June found us biking from Ferndale to Lake Terrell.

### SEE YOU ON THE ROAD!!

## Bike to Work and School Day Winners

Everyone wins biking to work or school, but raffle winners win a little extra. From the almost 3,000 raffle tickets, about 30 prizes were awarded, including trips on Amtrak Cascades and deluxe dinners out. Congratulations to these top bike day prize-winners:

**BTWSD Grand Prize: Trip to Copenhagen. Kelly Mielke** won this top prize by biking his 8 yr. old son to school on their tandem. It's a regular five mile commute from their Columbia neighborhood home to the school in the Puget neighborhood. His secret for winning? His son mapped out a special route to be sure to stop at all the Celebration Stations along their way. Kelly still can't believe he won and his whole family looks forward to their trip to bike friendly northern Europe.

**BTWSD Second Prize: Kona "Joe" Cruiser bike. Gary Malick** is a year-around bike commuter from the northwest of Bellingham who bikes to WWU pretty much every day. He has been part of the Smart Commuter program for years and looks forward to a bike trail network to help kids bike and walk to school.

**BTWSD Kids' First Prize: Norco Bike. Celeste Rehm** is soon to be the kindergarten student at Columbia Elementary with the classiest bike. Columbia school hosted a huge celebration of Bike and Walk to School Day, and the 5th grade class made it a special project under the leadership of student teacher Ben Scherrer.

### everybodyBIKE Bike Month Winners

May 18th celebrates one day of biking, everybodyBIKE Month celebrates biking a few more times. Smart Trips participants who biked or walked at least three trips during May were automatically entered into the everybodyBIKE Month prize drawing. Others entered by completing the paper form and all together there were about 900 entries for the thirty prizes. Congratulations to these winners!!!

**First Prize: Trip to Amsterdam. Ally Hoover** is a dedicated walking and bus commuter who chose to come to WWU without a car because she sees the economic, health, and community benefits from getting around in other ways. She logged 12

Continued page 8

Prizes Continued from page 7

walking trips during May from WWU to her job at the Volunteer Center and won a trip to a place where walking and biking are a way of life. Ally and her sister share a bike and use it to make trips around town.

**Second Prize: Norco Bike.** **Connie Clement** works for the Whatcom Land Trust so she values the many ways that people help preserve our beautiful natural habitats: some through investment in land, others through daily choices like biking instead of driving. She and her husband bike their daughter to school and bike to work all year. She says she's ready for a new bike and is excited to get a high-end Norco, made "locally" in British Columbia. Clark's Cycle and Norco cooperated to make this bike available for an everybodyBIKE Month winner.

Top prizes for kids in everybodyBIKE Month have not been confirmed yet, but we're sure they'll be excited to be winners.

### everybodyBIKE Team Challenge Winners

It's always more fun when you can bike with friends and that's what happens with the everybodyBIKE Team Challenge. Teams of up to six members form at worksites or other affiliations and compete to get the most "points" by making the most biking or walking trips during May. Double points are given for team members who are new to biking or walking, and managers or CEOs who set a good example by biking or walking. This year, the heat was on to see if defending champions, the Whatcom Museum's "WhatCommuter" Team, could hold on to the trophy or if Wood Stone's 2005 winning team, "Give Pizza Chance," would win back the honors. The results are in:

**First Place: Wood Stone "Pizza Wheelers" score 264**

**Second Place: ReSources "ReTreads" score 243**

**Third Place: Whatcom Museum "WhatCommuters" score 196**

Special honors go to Interfaith Clinic which fielded five teams - the most teams for one employment site. SPIE gets honorable mention as the worksite with the best intentions for fielding multiple teams - we're sure the team forms just got lost in cyberspace or something. Judges are divided about the best team name: "Ten Mile Creakers" is tied with "You Schwinn Some, you Lose Some."

### Bike-Car Crash: Cyclist Recovering Well

In mid-spring, long-time local road cyclist Fritz Brune was hit by a car while descending Yew Street hill on his bike. The crash resulted in extensive injuries including broken bones, lacerations, and more. While the injuries are extensive, they are healing and the word is that he'll be able to bike again by the end of the summer.

**Amazing, but also an important reminder: he only survived the crash because he was wearing a helmet.**

Reports about the incident say the car executed an illegal move (stopping in the lane due to distraction by a cell phone conversation) and the cyclist's descending speed prevented evasion. Research shows that road cycling is no more dangerous than driving on interstate highways: both require skill, caution, and the hope that everyone knows and follows the rules of the road.

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

***Get out your bike and ride!!!***

Mt. Baker Bike Club  
PO Box 2702  
Bellingham Wa 98227

