



MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Volume 14, Number 5, June 2005

Events

July 10: Padden Mtn Pedal

**August 7: Baker's Cookie
Triathlon**

Rides (pg6-7)

**June 11: Coast Millennium
Trail Ride**

June 18: Flying Wheels

June 25: Ride to Artist's Point

July 9-10: STP

Aug 5-6: RSVP

Sept 17: Chuckanut Century

Sept 18: Mt. Baker Hill Climb

Recurring Rides

Tuesday Social

Tuesday Training

WWU cycling club

Wednesday Social

Saturday Donut Ride

Saturday Recumbent Ride

Saturday Whimp Ride

Saturday Joy Ride

Family Ride

Sunday Road Ride

**Order your MBBC
Jersey
See Page 4**

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

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

Thirteen Years of Padden

Padden Pedal July 10

On a cold and rainy day 14 years ago, mentor Jim Sullivan and prodigy Mark Peterson, straddled bikes at the top of the crossroads officially known as the Drop of Death. We were scouting the potential course for this up and coming new thing called mountain bike racing. Few other than old time WHIMPs and locals even remember the 45% grade, slick as snoot 300 meter chute on the backside of the Padden MTN Pedal Race course. The Drop was so named for it's ability to scare the life out of you. So slick and so steep if you carried any speed into it making the corner at the bottom was sketchy at best.

While we often rode the drop with adept abandon we knew that this type of trail would simply not handle 2,000 laps of mountain bike racers in a week-end. Upgrades would be in order if we ever wanted to host a race at this



Chris Mellick

particular venue which just happens to be smack dab in the middle of a city park. Luckily, for us all and all the future racers, the volunteer hours the WHIMPs had donated around the community were about to pay off. We thought a race in the local areas sounded like a great idea but the question was really up to the Bellingham Parks Department.

Continued page 3



HB 1108 Signed May 11, 2005 by the Governor

I took the time to go down to Olympia to represent the Mount Baker Bicycle Club and The City of Bellingham Bicycle Pedestrian Advisory Committee along with the survivors, Bicycle Alliance of Washington and pedestrian advocates. Since I have experienced similar traffic conditions that unfortunately lead to one woman's death as a "downed" cyclist, I wanted to support the people who had wrote this bill and push for these safety changes for everyone.

Continued page 3

Bike to Work and School Day 2005 Success!

On May 20th over 3000 bicycle commuters enjoyed festivities and fun at 30 Celebration Stations throughout Bellingham, at schools in Ferndale, and at Deming's Mt. Baker High School. Thanks to more than 80 terrific sponsors, the festivities continued all day long with businesses offering bike friendly discounts and Boundary Bay hosting the beer garden and music in the evening. A big thank you to our title sponsor, A-1 Builders!

City Hall Tricycle Relay Race hosted more teams than ever in the challenge to bike the slowest or decorate their helmets the most outlandishly or, of course, to tricycle fastest. The real contest seems to be finding a functioning tricycle as several would-be teams combed through yard sales for weeks. Rumor has it that the winning team actually purchased a brand new tricycle just to ensure their edge. The City of Bellingham wond the largest number of bicycle commuters and the Port of Bellingham won the highest percentage of employees bicycle

Continued page 5

Upcoming event Rides: More on page 6

June 11: Coast Millenium Trail Ride

June 18: Flying Wheels

June 25: Ride to Artist's Point

July 9-10: STP

Social Meetings

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



Holly Street Celebration Station

Weekly and Other Group Rides

Tuesday **Social Ride**: 30-40 miles, 13-16 mph, starts from Pioneer Park in Ferndale, route varies. Contact Robert Parker at rmp4724@az.com or 360-676-6910

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

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

Wednesday **Social Ride**: varied distance, varied abilities; departs meet at 5:45 pm leave at 6PM Boundary Bay Brewery at Railroad Avenue, Bellingham. Ride separates into slow, intermediate, fast groups. Re-group at brewery afterwards (7pm). Contact: 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.

Saturday **Joy Ride**: 10:AM North Bellingham School parking lot. 20-40 miles social pace 14-16 mph. Sonny Meehan at 366-7492 or lesliemeehan@yahoo.com

Saturday **Family Ride goes on May 7, June 11, July 16, August 6 and Sept 10**. Starts at Farmer's Market. Routes and times vary. See article page 1. Rodd Pemble at 734-2441 or rodd@sscinc.com.

Sunday **Road Ride**: Starts April 10. Meet at Fairhaven Park. 25-40 miles, 12-14 mph. Rain cancels. Doug Schoonover, mbbcridecoord@prodigy.net or 733-1402.

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.



Recumbant Formal Attire

Mt. Baker Bicycle Club vision:

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

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

Mt. Baker Bicycle Club goals:

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

Mt. Baker Bicycle Club Board of Directors:

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

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

Padden Pedal continued from page 1
 With an eye to the future the Bellingham Parks Department and Advisory Board decided to give us a trial run contingent upon our suggestion of re-routing the Drop of Death. And so began over a decade of race course upgrades that turned a rarely used outer trail loop into a popular route for hikers, bikers and equestrians alike. Annually for 10 years the WHIMPs trail crew did some major upgrades, re-routing too tight of switchbacks or overly steep chutes prone to erosion from weather and trail users.

Many of the upgrades were met with much enthusiasm but none more so than the revamp of the infamous Muddy Mile. This 500 yard stretch on the backside of the course was so deep with thick, gooey, stinky, swamp mud it would literally suck the shoes off of the racers. Depending on demeanor and fortitude some racers would pull out of the race spewing expletives that would make a sailor blush. Others would simply don a smile and revel in the encouragement offered by the crowd stoked to see someone gutting it out with one shoe.

But alas the day came when 35 WHIMPs volunteers, Gerry Wilbur and a bit of help from the parks department dropped two tons of gravel, ditched the uphill side of the trail and installed four culverts. It was a sad day for many and a glorious day for others. Some felt that this was the place where men were men, women were women and the boys and girls dropped out of the race.



Dale Plant

I'll have to admit I see it both ways. I'll never forget watching the Canadian contingent led by Andreas Hestler ride the whole thing clean, legs churning like an old steam locomotive. It was a sight to behold the power, balance and gritty determination. But I can also say I don't miss the whining of folks saying running mountain bikes isn't mountain bike racing. One thing is for sure everyone respected the Muddy Mile. May it rest in peace.

Over the years the times have changed no doubt. So has the date of the race moving from early season May to mid season July. Many miss the almost guaranteed mud fest Padden was once known in exchange for the what will it be this year type feeling. Lots and lots of rain means racing like the muddy technical days of old. Little rain and some sun mean racing like it is often now fast and furious. Regardless of how the racers feel the volunteers sure like the change. If it is raining these days at least it is over 60 degrees and raining instead of 45 degrees and raining. Much happier volunteers means happier racers too.

As the years have gone by the race has taken on subtle changes and additions that keep the race fresh. The sport of mountain bike

BE PART OF THE SOLUTION

racing has progressed and so has the Padden MTN Pedal. Five years ago we added the BellyBIG Air Contest where participants launch off of huge piles of dirt pulling off high flying aerials that defy gravity (most of the time). This has become the must see spectating event of the week-end. Once again the WHIMPs have played a hand in venue and helped spearhead the new venue.

The Civic Field Dirt Jump Park makes the old trucked in dirt and ramps of the in parking lot Contest look like mole hills. The Dirt Jump Park provides for a much better contest with jumps as tall as 7 feet high and riders attaining heights of 15 feet, pulling back flips with ease. The spectating is second to none and the DJ and the music keep it all happening. Last years inaugural Civic event saw over 150 spectators this year we'll see even more spectators and participants for sure.

The latest addition to the event is the Clark's Cycles Freeride Challenge, where riders negotiate obstacles such as skinny bridges, teeter-totters, ramps and 5 foot drops. Each rider gets two runs at the balance challenging course with the combined lowest time winning the event. Once again a great crowd pleaser and a good thing to do while the cross country riders make there way around the Padden MTN Pedal Course.

While many things are different some don't change. There's always been and always will be a FREE kids race for ages 10 and under. The spectating for the cross country racing is second to none with plenty of places for fans to cheer on their mom, dad or child and enjoy the beautiful surrounding forest. The race, prizing and organization are top notch and the volunteers are second to none.

I guess you don't become the oldest continuous race in Washington now in it's 13th year for nothing.
For more information visit www.whimpsmtb.com

Legislation continued from page 1

Its still only a small step and the hard part as Barbara Culp and I discussed while waiting to do the signing, is going to be educating the public on these changes and what they means for every aspect of road user. The good news is that everyone who rides a bicycle in Washington will be safer largely due to the tireless efforts of advocates from across our whole state.

Three bills passed the 2005 legislature that will help make bicycling safer for all users. The bills include:

- HB 1108 which prohibits passing when bicyclists, pedestrians, law enforcement or farm equipment is in view and approaching from the opposite direction.
- HB 1254 creates a Share the Road license plate available for purchase in late '05 or early '06 with the funds to be used for bicycle and pedestrian education and safety programs; and
- SB 5186 calls for comprehensive plans to include an inventory of bicycle and pedestrian facilities.

Please forward you ideas on how best to handle the education aspect of this to Barbara Culp at the Bicycle Alliance of Washington.

.....Marie Kimball

Advocacy

Trails Day Trail Building Work Parties

REI is celebrating National Trails Day on June 4 with a trail clearing work party along the Coast Millennium Trail in the Larrabee State Park area. Contact Charlie at REI at 647-8955 to get more details. Lynden Trails Group is celebrating National Trails Day with a work party to clear a section of the Lynden Trail near Fishtrap Creek. Lynden Parks and Trails Commission is getting approval from Lynden City Council on an expanded network of community trails that will connect to the future Nooksack River Trail.

2005 MBBC Jersey Initial Order Placed

I placed an initial order for 28 jerseys and can still order items in blocks of six items (mix-and-match). I have not been given a product delivery date but will keep you posted by the website and/or Yahoo Group.

Due to the website updates (that Tim has been so kind to donate his time on), I have answered emails from people who are not club members in Bellingham and people who visit Bellingham that want jerseys. I think once we receive and wear the jersey that this will create more interest.

I must have payment in full prior to receipt of your jersey and the price point is currently \$55.00 each. I hope that we will be able to extend this price to future orders as well, but I have not received confirmation on this item from Atac Sportswear yet.

I received clarification on the sizing and for the club cut jerseys we are ordering, they only come in unisex sizing. Most people who tried on the jerseys felt that they sized small so they had to go up a size so keep this in mind. The sizing jerseys are no longer at Kulshan but I do not mind asking Atac for assistance.

.....Marie Kimball

MBBC Membership Form

New Member Renewing Member This is a change of address

Last name: _____ First name: _____

Address: _____

City: _____ State: _____ Postal Code: _____

E-mail: _____

Home telephone: _____ Work telephone: _____

Associate member: _____

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

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

Ride Leader Newsletter Mailings or Data

Bike to Work and School Day Chuckanut Century

Special events Website Maintenance Education

I can provide discounts on _____

Mail to:

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

County Trails in Transportation Improvement Program

For the first time, the Whatcom County Public Works Engineering Department has included in the annual work plan – called the Transportation Improvement Program – a line item for creation of a system of Non-motorized Transportation Arterials. Most of the rest of us might call these “Trails.” The semantic difference is important: the largest share of funding available for construction of trails is from transportation sources, so it is essential to identify these routes as transportation corridors linking residences with businesses and schools and commercial sites.

The County Bicycle Pedestrian Advisory Committee has identified a basic initial core of Non-motorized Transportation Arterials that include the Nooksack River Trail from Bellingham to Everson and the Bay to Baker Trail from Everson to Cedarville to Dewey Valley, returning to Bellingham. The County Parks Department reports that agreements with the Department of Fish and Wildlife are in place to ensure that the Nooksack River dike trail from Marietta to Ferndale is complete.

The next important step is a trail route from Bellingham to Marietta. Two feasible route alternatives exist: a trail through publicly owned land adjacent to the airport (stalled since the 2001 terrorist attacks) or an at grade signalized trail crossing over the BNSF rail line on Old Marine Drive (the County owns the right-of-way at the crossing). Larry Daugert of the County Bicycle Pedestrian Advisory Committee expressed confidence that, with these existing publicly owned alternatives, the County should move forward with constructing a trail connection to circumvent the narrow Marine Drive/BNSF bridge.

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.)

Questions?

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

commuting. County Executive Pete Kremens presented the awards and emphasized his support for bicycling.

Great Feets Awards:

Bellingham Bicycle Pedestrian Advisory Committee announced the winners of the first annual Great Feets awards for projects, people or groups that have made notable improvements in conditions for walking and bicycling in Bellingham and Whatcom County. Winners include:



- Commute Trip Reduction program manager Susan Horst whose innovative marketing and promotions have helped businesses reduce drive-alone commuting.
- Founding Coordinator of Bike to Work and School Day, Donna Merlina, whose tireless volunteer work and cheerful encouragement helped grow the event from 200 participants to over 2000 in the course of seven years.
- Taylor Street Dock walkway project won an award, received on behalf of the City of Bellingham by Kim Brown, Bicycle Pedestrian Coordinator for Public Works. The Dock provides a showcase pedestrian and bicycle connection and has become a destination in itself.

Boundary Bay Celebration and raffle prize awards were hosted by the entertaining team of Marie Kimball and Pamela Roberts with a variety of prizes for those who attended the celebration. Some of the winning questions: Who biked with their kids today? Who rides the oldest bike (other than Ellen)? Who rode the farthest commute? The grand prize was won by Jeff Smith, teacher at Bellingham High School, a regular bike commuter. The kids' grand prize was won by Katy Waddell, age 12.

A partial listing of the counts at each station:

- Downtown (Railroad and Holly) 472
- Fairhaven (Finnegan Way and 12th Street) 128
- Western Washington University Red Square 134
- Barkley Village (at the Gazebo) 128
- Dupont (Dupont Street and Broadway) 202
- Whatcom Community College (Cordata) 47
- Carl Cozier Elementary School (Lincoln and Lakeway) 130
- Sehome (Samish Way at Bill McDonald Parkway) 110
- Birchwood (Guide Meridian and Birchwood Street) 131
- Sunnyland Elementary School (James Street) 165
- The HUB Community Bike Shop (South Bay Trail off North State) 235
- Bennett Drive (Marine Drive at Bennett) 59
- Sehome High School (count not received yet)
- Bellingham High School (count not received yet)
- Fairhaven Middle School (count not received yet)
- Shuksan Middle School 70
- Vista Middle School (Ferndale) 38
- North Bellingham Elementary School (near Ferndale) 46
- Parkview Elementary School 130
- Port of Bellingham (Roeder Avenue at the Marina) 31
- Columbia Elementary School 273

A Thank You pizza party for volunteers who helped with Bike to Work and School Day is being held on June 1, at La Fiamma on Railroad Avenue in Bellingham.

Bike Week Challenge

The Bike Week Challenge contest attracted 24 teams and individuals competing to bike the most days of the week and accumulate the highest point score. Team members who don't often bicycle commute racked up double points. Teams could "pad" their point score with cash donations supporting Bike to Work and School Day. The top three highest scoring teams were:

Team Name	Total points	Team Captain
WoodStone Roller	95	Joselynn Plank
Punchy Pedalers	44	Marie Kimball
Shuksan Bike Group	42	Ira Hyman

Winning team WoodStone Rollers received the coveted Bike Week Traveling Trophy, a unique kinetic work of art hand-crafted by Hub Masterworker Kyle Morris. WoodStone Rollers also wins a free gourmet catered lunch for the team from Ciao Thyme Catering. In addition, each member of these top three teams wins a free Bellingham/Whatcom Bicycle Map. The full list of teams, members and scores will be posted on the Mt. Baker Bicycle Club website at www.bikefoothills.org/club.

Congratulations, Bike Week Challengers! The competition looks like it will be even stronger in 2006.

.....Ellen Barton

Tour de Wellness

On Saturday, May 21st, 3 of us rode the Tour de Wellness Century which travels the roads west of Yakima. We went hoping for warm weather, smooth roads and challenging climbs. We got the challenging climbs. This ride has about 5400 feet of elevation gain and most is in the second half, starting with the



Tour de Wellness

Naches Grade which is a little over a mile long and averages about 7% the whole way. About 10 miles further there is another steeper climb but is only .7 of a mile long. The weather was disappointing as it stayed cloudy and cold all day. I don't think it ever got to 60 degrees. The quality of the chip seal was second to none. There

was at least 80 miles of the roughest, bone jarring, butt numbing road I have ever been on. It made Mark complain, even with his new all carbon Orbea. Dennis and I, with our aluminum bikes suffered through it. It made us appreciate the roads we have in Whatcom and Skagit county.

On Sunday, there was another ride that goes up the canyon towards Ellensburg on the old highway which is closed for the day. This is a good family ride as it is relatively flat and only up to 35 miles long. We opted out of this ride and visited some wineries southeast of Yakima instead. Everybody needs a recovery day once in a while.

.....Doug Schoonover

HELP

I need suggestions for monthly club rides for July, August and September. One idea that has been discussed is meeting at Samson winery in Everson and doing a ride in the east part of the county and come back and tour the winery. This provides a good starting point as there could be up to 3 different routes of distances from 20 to 50 miles. Would you be willing to pay for this ride, no more than \$10.00, if we were to have a bar-b-que after the ride? Would you be willing to lead a group?

What other ideas do you have for other club rides?

Please contact Doug Schoonover, mbbcrdecoord@prodigy.net

Upcoming Rides

Need a Lift?

In past years there have been a number of us who have car pooled to the various organized rides in the area. For more information, contact Doug Schoonover, Ride Coordinator, at or 733-1402.

Coast Millennium Trail National Trails Day Ride: June 11

Celebrate the beginning of summer with a coastal bike ride from Larrabee State Park to Peace Arch Park along the scenic Coast Millennium Trail. In honor of National Trails Day, and in partnership with the Whatcom Volunteer Center Human Race, the Mt. Baker Bicycle Club will host the annual Coast Millennium Trail Bike Ride on Saturday, June 11, 2005. The ride will feature two sections, a 10-mile family-style trail ride from Larrabee State Park along the Coast Millennium Trail to Maritime Heritage Park where a festive lunch with music and entertainment will greet riders, runners, and walkers.

After lunch, cyclists who choose to can continue on a supported 30 mile ride to Blaine's Marine Park. A special attraction of this year's ride is the option of a return dinner cruise on board the Great Orca Adventures ship, to return to downtown Bellingham (bicycles will be transported via shuttle truck separately). Sign up soon – we have to meet the minimum 30 passengers by May 11 to reserve the cruise boat! The ride is part of the Human Race fund raiser so when you register, be sure to designate Mt. Baker Bicycle Club as your non-profit beneficiary. Call 676-6974 to find out more.

Flying Wheels: June 18

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

Get out of the city and enjoy Puget Sound's finest rural riding! This is a true celebration of cycling with a finish line featuring food and beverages, track racing and much more! Check the updated schedule of events.

Each route takes you through rural scenery and some great rest stops. For those that want hills, come ride the 70- and 100-mile loops. For riders not into hill challenges, the 25 and 50-mile loops have only a few.

25-mile loop - around Lake Sammamish through Bellevue - no major climbs just rolling hills. Great for the beginner and younger riders.

50-mile loop - Redmond to Carnation to Fall City to Issaquah to Redmond - three climbs between 1/2 to 1 mile in length. Perfect preparation route for the two-day Group Health STP rider.

70 - mile loop - take the 50-mile loop and add in Duvall and one more 1-mile climb.

100 - mile loop - take the 70-mile loop and add Snohomish and Monroe and another 1 mile climb for a total of 5 good climbs. Finish this route and you will be ready to ride Group Health STP in one day!

Family Ride Bring the whole family and enjoy our family ride! It all starts with a jaunt down the Burke-Gilman Trail followed by some laps on the Velodrome.

Start Line: Marymoor Park Velodrome, Redmond, WA (Limited parking, plus County fees to park, so ride to start line if possible)

RIDE TO ARTIST POINT – June 25

Are you getting ready for RAMROD or another big ride? Come join us for a ride to Artist Point (Mt Baker). Meet at 6:00AM at Bloedel Donovan Park. We will stop for breakfast at Frosty's in Maple Falls. This is a strenuous ride of about 120 miles. For more information contact Doug Schoonover at 733-1402 or mbcrideord@prodigy.net.

Seattle to Portland (STP): July 9-10

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

This 200-mile bicycle ride is the largest multi-day bicycle event in the Northwest, with up to 8,000 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 7,999 other riders

oldest rider: 81

youngest riders: 28 under 10

Last year riders came from 38 states - plus Australia, Brazil, Canada, Denmark, Japan, and Switzerland

Register now at the website!

RSVP: Ride from Seattle to Vancouver, BC & Party: August 5-6

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

Come celebrate the 24th 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 the former Sand Point Naval Air Station pass through Bellingham for the night and finish in downtown Vancouver, Canada on Saturday; the finish line festival includes a no-host bar and live music.

Chuckanut Century: September 17

<http://www.meyermemorial.org/century05.htm>

Why do we do it?

Raise funds to help Whatcom County cancer patients through the Laurendeau Foundation and the Community Cancer Center at St. Joseph Hospital. This ride helped the Ken Meyer Memorial Foundation raise \$8000.00 in 2004, doubling our contributions from 2003. Help us to continue to increase our pledge in 2005.

Where will you ride?

Begin your scenic tour of Whatcom and Skagit Counties at Bellwether on the Bay near Downtown Bellingham (see link to map at left). With a world class hotel and quaint shops to enjoy before or after the ride. We will be awaiting your return at Bellwether on the Bay with a complimentary post-ride feast and a no host beer garden with all proceeds going directly to cancer care in Whatcom County.

When will you ride?

Begin your ride anytime before 9:00 AM and we will be ready for you on the road. Our well stocked food stops open at 7:30 and stay open until we are sure everyone has had their fill.

How Far will you choose to ride?

We have 25, 50, 62, 100 and 124 mile routes clearly marked. Ride for a few hours or ride all day, it's your choice. With these options everyone can find a distance suited to their riding style.

Head North for either 25, 50, or 62 mile routes. Ride toward Birch Bay and enjoy the rural roads of Whatcom County. An unsurpassed view of Mt Baker and Bellingham as you turn the corner on Lummi Shore Road wows even the locals.

Head South for a ride down one of the most scenic roads in all of Washington: Chuckanut Drive. With beautiful views of the San Juan Islands and the Skagit Flats, this road is worthy of naming a century ride for. South loops include 50 and 62 mile options.

Link the North and South loops together from your hub at Bellwether on the Bay to create the best Northwest cycling adventure.

What is in it for you?

Enter and receive a commemorative event shirt. You will also enjoy a post ride feast like no other at Bellwether on the Bay and there will be a no host beer garden with live music for your enjoyment. Plus, you will be entered into a raffle to win prizes provided by our many local sponsors. In 2004, we gave away more than \$600.00 worth of prizes including certificates for lodging at Hotel Bellwether, The Inn at Mt Baker, a kayak trip with Elakah Kayaks and many other fun prizes. Additional tickets are available for \$1.00 each with all proceeds going directly to cancer care.

Mt. Baker Hill Climb

<http://www.meyermemorial.org/hillclimb05.htm>

What is it?

24.5 miles of the best road climb in Washington State. 4,300 feet of climbing. A true test of your season end fitness. Although the overall records stand at 1:27:04 for men and 1:39:12 for women, most people ride for the accomplishment and to challenge themselves. Set your own personal record and chase it every year.

Why do we do it?

Raise funds to help Whatcom County cancer patients through the Laurendeau Foundation and the Community Cancer Center at St Joseph Hospital. This ride helped the Ken Meyer Memorial Foundation raise \$8000.00 in 2004, doubling our contribution from 2003. Help us continue to support cancer care in 2005.

When is it?:

Sunday September 18, 2005

Recreational Riders start at 8:00AM

Competitive Women start at 8:30 AM

Competitive Men start at 9:00 AM

Categories are self seeding and your decision should be based on your fitness and your expectations. In general, men should ride in the competitive division if they expect to finish in under two hours. Similarly, women should ride in competitive division if they expect to finish in under two and one half hours.

Where is it?

Registration will be at Milano's restaurant in downtown Glacier. The community of Glacier has been kind in hosting this event, please help out by carpooling and respecting the quiet nature of the town. Parking is tight and your cooperation is necessary. Glacier is approximately 30 miles east of I-5 on Highway 542. From north or south I-5, take the Sunset Drive exit in Bellingham and head east. You can't miss us in Glacier.



Rest Stop

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. You'll find easy, at-home bike maintenance procedures in *Bicycling's Basic Maintenance and Repair*, a paperback sold in the online bookstore at RoadBikeRider.com.

Punctures

It's every rider's fate to flat. But it's relatively easy to limit the frequency.

- 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, first checking behind for traffic. 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.

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- **Jump your bike over a pothole, if you have the skill and are unable to ride around it because of traffic or adjacent riders.** Learn this move on a grassy field. 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.
- **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. Wet metal tracks are incredibly slippery. 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. They use the same technique that works for potholes, but with more speed and lift because they must clear two rails. 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. The danger is worse when the paint is new.
- **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

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