



MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Volume 14, Number 2, March 2005

Events

Meetings

March 2: *Bike to work meeting* (Pg 4)

March 21: *Carol and Paul's Liveable, Walkable, Bikable Europe and Gourmet Italy* (pg2)

Rides (pg 6)

March 12: *McClinchy Mile*

April 9: *Tulip Pedal*

April 26: *Tour de Lopez*

May 2: *Camano Climb*

May 7: *Skagit Classic*

May 14: *Bike Anacortes*

Recurring Rides

Tuesday Social

Tuesday Training

WWU cycling club

Wednesday Social

Saturday Donut Ride

Saturday Recumbant Ride

Saturday Whimp Ride

**Don't forget Bike to School and Work Day
May 20
PARTICIPATE!**

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**

MBBC List Serv--The Quickest Way to Learn What's Happening

Don't miss any news about Bicycling in Bellingham. The Mt. Baker Bicycle Club has an active Email and Web-based presence. People who share an interest in bicycling can keep in touch with our online calendar, Email distribution list, photos, and more. You can view this newsletter in living color, before it gets printed!

To join us, send Email to Mtbakerbicycleclub-subscribe@yahoo.com. Please include your name. We use our real names and do real bicycling in this club! Welcome to all new members!

Mark Wheatley, volunteer site moderator

Bicycle Safety Bill HR1108

This bill offers minimal protection but is a step in the right direction.

HB 1108 – DIGEST Requires the driver of a vehicle approaching a pedestrian or bicycle that is on the right-hand shoulder of the roadway to pass to the left at a safe distance, taking into consideration the width or condition of the shoulder or roadway, the apparent age or condition of the pedestrian or bicyclist, the weather, the time of day, and other conditions and shall not again drive to the right side of the roadway until safely clear of the overtaken pedestrian or bicyclist. Provides that no vehicle shall be driven on the left side of the roadway when a bicycle or pedestrian is within view of the driver and is approaching from the opposite direction, or is present, in the roadway or shoulder within a distance hazardous to the bicyclist or pedestrian due to the width or condition of the shoulder or roadway, the apparent age or condition of the bicyclist or pedestrian, the weather, the time of day, or other conditions.

For more information: <http://www.leg.wa.gov/wsladm/billinfo1/dspBillSummary.cfm?billnumber=1108&year=2005>

How to Hold Your Own on Fast Club Rides

The major activity of any cycling club, racing or touring, is the group ride. As a result, it's important to know how to hang tough on a given ride and make yourself welcome on the next one. Success is often due to more than fitness. Here's a club cycling primer!

Know the group's traditions.

Some clubs like to start all rides, no matter how fast they'll eventually become, with 20 or 30 minutes of easy warm-up. If you're impatient early, you can cause hard feelings by chafing at the bit to go faster. When you know the pattern, it's easier to be patient.

Continued page 3



All Pictures this issue from the Donut Ride 1/29/2005, Courtesy of Alex Brede

2005 MBBC Jersey Vendor--Atac Sportswear, Blaine Washington

Matthew Campbell of Atac Sportswear has offered MBBC the same production schedule as other vendors but with a better price point. Key features of the jersey are:

- breathable and wicking fabric
- 4 color sublimated
- 19 inch hidden zip
- club cut, raglan sleeve
- 3 back pockets
- men and women sizes
- opportunity to support a Whatcom county business; and
- sponsorship opportunity that will save as much as \$20.00 per jersey on our initial order of 24 jerseys.

Continued page 3

Upcoming event Rides: More info on page 6

March 12: McClinchy Mile Bike Ride
April 9: Tulip Pedal
April 27: Tour de Lopez
May 2: Camano Climb
May 7: Skagit Classic
May 14: Bike Anacortes

Winter Show Schedule

We lined up some impressive bicycle travel shows this winter, offered in partnership with the Western Washington University Outdoor Center at the presentation room at the WWU Wilson Library. (This last program starts at 7:30 PM)

Monday, March 21: Carol and Paul's "Liveable, Walkable, Bikeable Europe" slide show AND Marie Kimball's bicycle trip to Gourmet Italy



Regular Weekly Rides 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.wwcycling.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: Kai Bretherton at Kaibretherton@aol.com

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 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:

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
Dave Neubeck, Attorney, cyclocross racer
Doug Schoonover, rider extraordinaire

Mt. Baker Bicycle Club officers:

Ellen Barton, President – Transportation Planner, daily bike commuter
Jim LeGalley, Treasurer – bike tourist and commuter
Marie Kimball, Membership – Training to do STP in one day 2005
Newsletter Editor – Paul Goff, slow recreational roadster
Ride Coordinator – Doug Schoonover

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

Jersey Continued from page 1

Jersey logo will be the slightly changed images created by Sean @ Techhaven. By adding additional sponsorship we have been able to cover the graphics production cost to date (thanks Paul @ SSC and Bob @ Bob's Maps for stepping up for all of us). I will provide the finalized artwork in the "File" section of the Mt Baker Bicycle Club Yahoo Group site.

The check is in the mail to hold our production delivery date of April. Current cost projection to be on the safe side including tax should be under \$60.00 per jersey.

It was great to get to meet Matthew Campbell of Atac Sportswear in person at the Bike Expo. He often passes riders out on the Donut coming from the opposite direction (Blaine to Ferndale). He has assured me that he can have demo jersey sizes to Kulshan in March for about 10 days so we can try on jerseys and pick the perfect production sizes.

After this initial order we will be able to order anything we want in lots of six with our logo printed on it to match jersey (arm and leg warmers, long sleeve jersey, vest, shorts, etc.)

Please contact Marie at bikebham@yahoo.net to order your 2005 jersey or leave a phone message at 752-1236.
--Marie Kimball, Membership Chair

More On the Speed of Club Rides

It has recently come to our (me, us?) attention about regular rides on Saturday Morning (Donut) and Wednesday Evening that the pace has been getting ever faster.

This winter Wednesday Evening Light Trail Ride was consistently about twice the size as last year. The ride became quite fast, likely too fast for many riders to enjoy but we did stay together most of the time. This is fine for those who are strong but the pace (I think) had become too fast for most beginning riders, whom we would really like to join us.

Speed prevents newer and less experienced riders from being able to keep up and enjoy riding. "Group Intelligence" should dictate that there is more than one group present. We should, from the beginning, organize ourselves into these groups. This could be the ride leader's job at the beginning to announce/ inquire and encourage attendees to organize themselves into the slow, medium and fast groups. This problem has been around for years and keeps coming back.

In April, the Wednesday Evening ride will again become a road ride and I will assume that it will grow to the same size or larger than it did last year. (Seems to grow every year - this being the 4th season) As a group starting out every Wednesday we need to have more communication before the ride to identify each other's skill level and expectations. The Donut Ride is not a MBBC club ride and will always be around for all who like to suffer at first. Don't worry too much, you will get better, stronger and faster.
.....Bob Lindquist

Club Rides: Continued from Page 1

Know what kind of ride is planned. Will it be a fast training ride? A leisurely spin? Paceline practice? It's disruptive when most of the group is thinking one thing while one or two cyclists are on a different agenda. If an easy recovery ride is scheduled, but you're out for hard training, people are going to get angry. Be certain of the ride's goal before the start.

Don't be a loco locomotive.

If you're having trouble taking your pulls at the front, get off quickly and slide back to get maximum draft in the paceline. It's far better to sit on the back and let others do the work than to slow everyone with valiant but sluggish turns at the front. Use a racing trick if you often get dropped on climbs. As a climb begins, be nestled in the front third of the bunch. Get as much draft as possible. If you can't hold the pace, don't blow up trying. Let yourself slide back through the group but still be in contact at the top.

Accept help on hills.

Stronger cyclists may give you a helpful push as they ride by. Don't be embarrassed by their help. They probably got towed up climbs when they were starting, too. A short push often allows you to regain your breathing and climbing rhythm so you can continue on your own.

Pick a strong rider to follow.

If you're really having difficulty keeping the pace, get on the wheel of a good rider and mirror his (or her) technique. Use the same gear, stand when he does, take a drink as soon as he reaches for his bottle, and so on. This teaches you good cycling habits. Plus, emulating his movements takes your mind off your own effort

and helps you past the hard spots.

Don't be afraid to say the pace is too hard.

It's a good bet that other cyclists feel the same way but are reticent to speak up—or can't, because they're breathing too hard to talk! Perhaps even the riders who are setting the pace are having difficulty, but they continue to go hard out of vanity or because they think everyone else expects them to. A little communication goes a long way in making a group ride a more pleasant and productive experience.

If you always have trouble holding the pace, look for different group.

Find one closer to your ability level. There's no shame in rationally assessing your strength and choosing cyclists who share it. You'll actually improve faster if you ride with a group that you are on equal terms with. You'll be able to practice paceline cycling, following a wheel, riding in close quarters, cornering in a group, and other important skills.

Don't let group cycling hurt your progress.

Frequently riding with a too-fast group will make you tired. You won't improve as rapidly as you might with more rest. A pace that's too fast will hurt you mentally, too. You'll begin to associate cycling with pain, misery and disappointment. Don't let your ego overpower your better judgment. An appropriate dose of humility now will pay dividends later.

.....Fred Matheny

Reprinted with permission from www.RoadBikeRider.com.

Advocacy

Summary of Bellingham Bicycle-Pedestrian Advisory Committee
 Minutes of Meeting – January 25, 2005
 Present: Ellen Barton, Brent Baldwin, Carol Berry, Kim Brown, Ashley Fullenwider, Therese Kelliher, Cat McIntyre, Julie Muyliaert, Wendy Scholtz and Freda Tepfer.

Accomplishments 2003-4:

Worked with City

On the Comprehensive Plan
 Suggested projects for the Six Year Plan
 Suggested that bike lockers be moved to the Parkade
 Made recommendations for outdoor dining
 Suggested improvements for bike and pedestrian safety

Worked with neighborhood associations:

Review and Comments on Planning

Suggested to WSDOT sidewalk, signage, lighting, and bike lane improvements for Old Fairhaven Parkway

Commented on draft Environmental Impact Statement

Commented on Lake Whatcom Loop Trail to County BPAC

Education & Outreach

Co-sponsored four sustainable transportation events and Jeff Kenworthy event

Co-sponsored Bike to Work and School Day

Conducted bike skills course at Lynden Fair
 Developed and posted bus signs on bike safety

Co-sponsored Pedal with Politician event

Drafted Great Feets Award; began mailing list/database

Collected new research and information from other cities

Provided materials for, and reviewed, bike map

Provided comments to WWU on South Campus road, bike shelters, and resolution of safety issues on Bill McDonald & West College.



Goals and Activities for 2005

1. Maintain and improve communication with Mayor, City Council, city departments, citizen advisory committees, neighborhood associations, bike clubs, etc.
2. Improve bicycling and pedestrian facilities
3. Improve visibility and increase awareness of bicycling and walking in the City of Bellingham
4. Support bicycling and pedestrian education initiatives

Activities 2005

1. Provide comments on the Comprehensive Plan as it reaches final consideration
2. Decide how to collaborate with Greenways, particularly on Comp Plan
3. Add accessibility for all abilities to our meeting agendas
4. Sustain communications with neighborhoods through website, e-letter
5. Continue crosswalk study
6. Pursue transportation demand management (as opposed to parking on demand)
7. Assure management of bike lockers
8. Enrich the menu of bike/ped improvements & retrofitting projects
9. Conduct Great Feets awards

Cat McIntyre

Bike to Work and School Day 2005!

Bellingham/Whatcom Bike to Work and School Day (BTWSD) will be on May 20, 2005. May is National Bike Month and we can make this bigger than ever. The sponsor committee is working on getting special BTWSD prizes just for bike club members. Events could include: Bike Rodeo (May 7), Bike Safety Classes (Parks & Rec and REI, dates TBD), Pump-U-Up at Farmers' Market (May 7 & 14), Procession of the Bike Species Parade (May 8), Bike to Work Week Challenge (May 15-20), Family Greenways Trail Ride (May 7) and more. If you'd like to help or just find out more, come to one or all of the planning meetings at Bellingham Public Library Meeting Room from 6 - 8 pm, first Wednesday of the month: March 2, April 6, and May 4. Contact Ellen Barton for more information.

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:		
<input type="checkbox"/> Ride Leader	<input type="checkbox"/> Newsletter	<input type="checkbox"/> Mailings or Data
<input type="checkbox"/> Bike to Work and School Day	<input type="checkbox"/> Chuckanut Century	
<input type="checkbox"/> Special events	<input type="checkbox"/> Website Maintenance	<input type="checkbox"/> Education
<input type="checkbox"/> I can provide discounts on _____		

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.)

Mail to:

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

Tour de Hawks

The 'Tour de Hawks' ride (February 20) began at Edison School with David Drummond a notable biologist in the area, and myself and four other cyclists. David started the 'Tour' with a short 20 minute talk about the geological history of the area, before we cycled out of Edison at the start of a 15 mile ride. We stopped frequently to view the many eagles and hawks 'working' the Skagit Flats for food, as well as many of the smaller birds and ducks which could end up as food for the raptors. The highlight of the day was probably the young male Gyrfalcon (the largest North American falcon), which obligingly sat around while we stared at this magnificent bird with our binoculars and telescopes. We also saw a Peregrine Falcon, Kestrel, Rough-legged Hawk, Red-Tailed Hawks and Northern Harriers, and various ducks, geese, swans and song birds. David kept our interest throughout the day with his tremendous in-depth knowledge, and observations about the inter-relationship of the land and wildlife (and occasional terrible puns). A highly interesting ride which I would recommend to any cyclist with an interest in the natural history and birds of this area. The main research by David has been a 22-year study of Merlins (a small falcon) in the Pacific North West, which can be viewed at www.merlinfalconfoundation.org.

.....Dennis Adam

Bike Expo 2005 "Bikes, Beer and Bob" Saturday Feb 19 7:30-10:30 PM

I expected this event to be fairly well attended but it was literally as packed as the Tour itself...standing room only and not because people who were cycling home wanted to drink beer but because they wanted the opportunity to hear Bobke talk. Why? Because they are as he called us all, Tour Junkies! Okay...so it was nice to have a beer with him too!

I knew he was funny but I had "no" idea just "how" funny! He is a master of not only verbal but physical humor...must be hanging out with Robin Williams a lot during the Tours!

He started off with the 3 most asked questions people wanted to know during last years "Ask Bob" feature via email. They were:

1. How do they go to the bathroom during the Tour?
2. Why don't woman race in the Tour?
3. How come you cannot pronounce the Tour de France? (He calls it the Tour Day France.)

With hilarious detail he elaborated on #1 and #3. Either due to his great respect of female racers or the fact that 1/2-1/3 of the audience was female, choose not to make glib of #2 (not to mention that Marla Streb was in the audience near the front and is a woman he stated he has a tremendous amount of respect for!)

I learned a great deal on what is was like to race especially in the early 80's before the sport was so "glamorous" and what it's like to race with people from various areas of Europe...albeit with a very humorous spin! Bobke was the first to volunteer why he ended up in the back...he joked and jabber too much to get really serious once they asked him to speak Italian with a Texas drawl during the Giro!

I've spent more money on a ticket to a major comedy venue and had fewer laughs then I had that evening. Well worth the cold airplane hanger, lack of food and late hour beyond the Expo!

.....Marie Kimball

The Presidents Ride, 4th Edition

1st Edition, 2002: a decent day with two riders making a trek to Birch Bay for lunch.

2nd Edition, 2003: a slight drizzle, one rider showed (myself), oh, good, I can go home now.

3rd Edition, 2004: an excellent turnout for a ride north into the county with a stop in Ferndale for some snacking.

4th Edition, 2005: a very different ride as Kathleen and I showed up with our mountain bikes for a nice leisurely ride on our wonderful trails. Fortunately all four riders were prepared for such a ride so no one was left to ride alone. We set a nice leisurely pace from Cornwall Park on the Bay to Baker Trail to the beach, wandered our way thru town to the South Bay to Fairhaven, down to Marine Park and then up the trail to almost Fairhaven Park before heading back to downtown and Cornwall Park. It was such a beautiful day that we we in no hurry.

.....Bob Lindquist



Television Cycling Season Opens March 6 on OLN

OLN introduces Cyclism Sundays, a new, weekly program dedicated to competitive cycling. Airing every Sunday at 5:00 PM ET, Cyclism Sundays will feature same-day coverage of many of the major cycling races and will be hosted by the rotating team of cycling experts Phil Liggett, Paul Sherwen and Bob Roll.

Lance Armstrong has said he will compete in Paris-Nice, The Tour of Flanders, The Tour of Georgia and the Tour de France, all of which are part of OLN's cycling schedule.

In addition to race coverage, Cyclism Sundays will feature a weekly update on Lance Armstrong and the Discovery Pro Cycling Team; training tips from the personal coach to Armstrong; and coverage of the National Championship Series, a U.S.-based cycling series in which the top domestic cyclist is crowned at the end of each season. In June the show will focus mainly on previewing the Tour de France.

The race schedule for Cyclism Sundays follows (same-day unless indicated);

- March 6th Paris-Nice (France)
- March 13th Paris-Nice (France)
- March 20th Milan San Remo (Italy)/Tirreno-Adriatico (Italy)
- March 27th Criterium International (France)
- April 3rd Tour of Flanders (Belgium)
- April 10th Paris-Robaix (France)/Redlands* (USA)
- April 17th Amstel Gold Race (Netherlands)
- April 24th Liege-Bastogne-Liege (Belgium)/Sea Otter* (USA)
- May 1st Tour de Georgia* (USA)
- May 8th Giro d'Italia (Italy)**
- May 15th Giro d'Italia (Italy)
- May 22nd Giro d'Italia (Italy)
- May 29th Giro d'Italia (Italy)
- June 12th Road to the Tour (Tour de France preview)
- June 19th Road to the Tour
- June 26th Road to the Tour
- July 3rd - 24th Tour de France (France)***
- Sept 18th Vuelta a Espana (Spain)
- Oct 15th Giro di Lombardia (Italy)

* Tape delay

**Giro d'Italia coverage may be expanded to include Saturday Coverage

***Tour de France will include daily coverage

Upcoming Rides

McClinchy Mile Bike Ride: March 12

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

How long is a McClinchy Mile? An in-depth search of Irish folklore by B.I.K.E.S. Touring Committee could not yield an exact distance contained in a McClinchy Mile. However, we have narrowed it down to somewhere between 25 and 81 miles. We leave its exact distance for you to determine. We have established three loop rides which begin and end in Arlington. Come join us and ride as many of the loop rides as you fancy through some of the most beautiful farmlands and gentle hills our river valleys have to offer at a time when the weather is warming and the spring colors are their finest. Beggorah it's the Northwest in March and wisdom dictates layered clothing!

BIKES of Everett invites you to explore the peaceful river valleys, rolling hills and picturesque farms of Snohomish County. 3 loops: A flat 34, a hilly 27, or a challenging 47 which finishes off on the expanded Centennial Trail. Come join us and ride as many of the loops as you fancy.

This ride supports the Bicycle Alliance of Washington, recreational cycling and bike safety in Snohomish County.

Location: Arlington Post Middle School, 1220 E. Fifth St., east off I-5 exit 208.

Tulip Pedal: April 9

www.skagititems.com

The 2005 Tulip Pedal will attract hundreds of cyclists from British Columbia to California and all places elsewhere to ride amidst our beautiful Skagit County tulip fields during the 2005 Skagit Valley Tulip Festival. This is Skagit County Medic One's premier fundraiser. Every dollar from this ride goes toward injury prevention efforts in Skagit County, with emphasis placed on preventing head injuries in children who ride their bikes in our area. Riders will be pleased that we have dropped the cost from last year. All riders will pay \$20. Shirts will be guaranteed for all riders (with the exception of children) who register prior to April 2, 2005. T-shirts will be mailed at a nominal fee to those who register after April 2 and on ride day. Along with a T-shirt, riders will receive a tulip from Washington Bulb Company -- one of the world's largest growers of tulips. There are two courses. One is 20 miles and the other is 40 miles; both begin and end near the Skagit Valley tulip fields.

Starts at the Rexville Grange, Mount Vernon

Tour de Lopez: April 27

<http://www.lopezisland.com/tour.html>

The Lopez Island Chamber of Commerce is hosting the second annual "Tour De Lopez" on Saturday April 23, 2005. This ride is a non-competitive road tour with 10 & 26 mile routes through the scenic landscape of Lopez. We encourage participants to consider making this a weekend getaway. Why not come Friday and stay thru the weekend? There will be several other events and activities for you to enjoy on the Island. More information and details will be available soon. Please browse our website for more information on accommodations and camping options available. The tour is open to bicycle clubs and individual participants throughout the Pacific Northwest. "Tour De Lopez" will start at 10:00am at Odlin County Park -- a short ride (.5 mile) from the Lopez Ferry landing. Check-in will be in the park to pick up route map details and lunch vouchers. The tour routes will include marked designated halfway points with snacks, water & restrooms available. The Port Stanley Schoolhouse is your first rest area and will feature an art show by members of the Lopez Artist Guild. Your ride will conclude in the Village Park, next to

Lopez Village Market, with a lunch presented by the Bay Cafe from 1-3pm for bicyclists as well as local residents. For those on a day trip, the ride back to the ferry landing is about 4.5 miles from the Village. Registration forms will be available online at www.lopezisland.com after Feb. 15th. If you would like to have a registration packet mailed to you, please fill out the attached form and one will be sent.

Camano Climb: May 2

http://www.stanwoodvelosport.com/Camano%20Climb/camano_climb04.htm

This ride is fast becoming one of the true classic rides in Western Washington. Now in it's 8th year, it has become a tune-up ride for both STP and Ramrod. Some of our participants make it into a century by riding two laps. Come join us on this great ride!

Start/Finish will be at the Camano Senior Center on Camano Island. Free Spaghetti dinner for all riders following the ride at the Camano Senior Center. This start location eliminates the bridge leaving Stanwood resulting in a safer course. Registration will be from 7:30am - 10am, start riding from 8am - 10am. Course to close by 4pm. Cost is \$20 pre-registration post marked by April 23, 2004, \$25 day of ride registration.

The Ride: 50 miles of scenic bicycling around the perimeter of Camano Island (approx 1 hour north of Seattle) with an escape route of about 35 miles for those who wish a shorter ride. Spectacular views of Cascade and Olympic Mountains, Skagit Bay, Port Susan, Saratoga Passage and Whidbey Island. No Ferry ride required.

T-Shirts: Camano Climb 2004 T-shirts will only be available with completed registration postmarked by April 23, 2004. The cost of this year's T-shirt will be \$14.00. No T-shirts will be available on day of event.

Directions: Take the I-5 Stanwood/Camano Island exit #212. Take Hwy #532 west approximately 11 miles on to Camano Island. Turn right at traffic control light at Cross Island Road and immediately right again on Arrowhead Road. Go approximately 300 feet and turn right into the Camano Island Senior Center and Utsalady Elementary School parking lots.

Skagit Spring Classic: May 7

www.skagitbicycleclub.org

The 2005 Skagit Spring Classic will be held on May 7th. More details coming soon! This is an enthusiastically supported ride through the Skagit flats and foot hills. Last year 25, 40, 62 and 100 mile routes were included. Used to be known as the Cookie Ride because of the home made cookies at the rest stops.

Bike Anacortes: May 14

www.pioneernet.net/pool and fitness

The Fidalgo Pool and Fitness Center will be sponsoring a biketour through the streets of beautiful Anacortes as a fundraiser to renovate the fitness center. There are three routes to choose from: 1) a challenging, hilly, 24-mile ride, 2) a challenging, hilly 12-mile ride, and 3) a 3+ mile, flat, family fun ride. The cost is \$25 per rider (for the 24- or 12-mile rides) and that includes a lunch from Gere-A-Deli to be enjoyed after the ride. The day of the event, the cost will be \$30 and your lunch will not be provided. The family fun ride is free but you must still register to take part in the ride and no lunch is provided. Stop by the Fidalgo Pool and Fitness Center for an entry form or download the registration form from the FPFC site.

Notes from the Back of the line



An collection of facts, anecdotes and reviews from my usual location.....at the back of the line.

Bicycle Seats and impotence?

Are male cyclists jeopardizing their reproductive health?

Road bike seats are narrow and balance a rider on a small area. This concentrates pressure on the blood supply and nerves that go to the the genitals. There has been concern that this can led to sexual dysfunction, i.e. impotence, in men.

Studies have not been fully conclusive of a problem. But, researchers at Boston University have reported that a group of healthy male cyclists in their 20's and 30's had a higher rate of erectile dysfunction than a comparable group of runners.

Elsewhere it has been reported that mountain bike riders who rode for over two hours a day for six days a week had lower sperm counts than comparable non cyclists.

On the other hand, a recent study, surveyed 688 bikers and found, after adjusting for age, that the occurrence of erectile dysfunction was similar to controls.

At this point the jury is still out and we are uncertain of any definitive effect on sexual funcion. Riders should be aware though that laboratory studies have actually measured pressure and blood flow in subjects seated on bikes and found that arteries are compressed while riding.

You can minimize this phenomenon by by pointing the saddle downward a bit, standing while riding and adjusting the seat height so the knees are just barely bent at the bottom of the pedal stroke. A wider, ergonomically designed seat can also help; extra padding, one study found, does not.

FLASH!!!! It has also been reported: "New medical research is about to hit the technology industry below the belt; a provocative U.S. study has concluded that the last place any male should use a laptop computer is in his lap. Research published yesterday in the journal Human Reproduction has found that laptops, combined with the thighs pressed-together posture needed to balance them, give off enough heat to raise the temperature inside testicles by nearly three degrees celsius."

The Bottom Line: Don't use your laptop while cycling.

Book Reviews

The Memory of Running by Ron McLarty

This book has everything: romance, tragedy, quirky characters and a quest in the form of a cross county bicycle ride.

"Meet Smithson "Smithy" Ide, an overweight, friendless, chain-smoking, forty-three-year-old drunk who works as a quality control inspector at a toy action-figure factory in Rhode Island. By all accounts, including Smithy's own, he's a loser. But when Smithy's life of quiet desperation is brutally interrupted by tragedy, he stumbles across his old Raleigh bicycle and impulsively sets off on an epic journey that might give him one last chance to become the person he always wanted to be. As he pedals across America—

with stops in New York City, St. Louis, Denver, and Phoenix, to name a few—he encounters humanity at its best and worst and adventures that are by turns hilarious, luminous, and extraordinary. Along the way, Smithy falls in love and back into life."

Bicycle the History by David Herlihy

A coffee table book history of the bicycle.

From Publishers Weekly: "Each day, in cities from Bangkok to Baltimore, millions of people mount their bicycles, strap on a helmet and ride off to school, to work or just to get away, giving little thought to the hundreds of years of invention, evolution and development that afford them this simple pleasure. Herlihy has dedicated many years of research and study to uncovering this history, and the result is a comprehensive genealogy of the two-wheeled savior of mass transit. In the late 1700s, when transportation was ruled by the horse and buggy, inventors challenged one another to develop a human-powered vehicle to replace the inconvenience and expense of the horse-drawn carriage and make man, once and for all, self-sufficient. It took nearly 200 years for the four-wheeled, multi-person machines first thought to be the answer to this dilemma to evolve into the two-wheeled speedsters we know today. The author's vivid account of this story could not be more detailed if Herlihy himself had personally lived through every experience he recounts. Each chapter is filled with eye-catching illustrations and photographs spanning nearly two centuries, and colorful sidebars like "The Velocipede in the Service of Love" and "Women and the Velocipede" add character to the often technical, textbook-style prose. In uncovering interesting characters like 1860's racer James Moore, who predicted bicycles would soon be "as common in homes as umbrellas," and documenting hundreds of little known facts, Herlihy takes what could have been just another history book and makes it a story worth telling your friends about."



Two Wheels North by Evelyn Gibb, Victor McDaniel, Ray Francisco
An exuberant narrative of a trip to Seattle from California.

"Gibb, winner of the Pacific Northwest Writers Association Nonfiction Book Award, retells this wonderful rite of passage culled from interviews with her father about his bicycle trip from Santa Rosa, California, to Seattle, Washington, with his best chum, Ray, in 1909. Peddling north to the Alaska-Yukon-Pacific Exposition with only a few dollars, these two encounter one adventure after another. In 54 days, they ride and walk more than 1,000 miles and mail accounts of their trip back to their sponsor, the Santa Rosa Press Democrat. With excerpts of these accounts heading each chapter, one has to wonder if the readers back in 1909 were gypped of this more detailed, revealing record. Adventures, written in the dialect of the times, highlight every other page--a snake attack, crossing dangerous train trestles, fending off thieves. Of course, no story would be complete without meeting the pretty girl and falling in love or interesting characters and generous folks willing to offer a place to sleep and a home-cooked meal. This book will surely appeal to all ages and is a true delight."

.....Paul Goff

Person to Person Cycling Stuff

Individuals wishing to sell their used equipment can advertise here!!
email editor pagoff@yahoo.com with you offerings

Erickson Custom Built Bicycle For Sale

Glen Erickson (Seattle's premier frame builder) custom built bicycle. This bike was built for me – I'm 5'10" with a 30" inseam. This is the closest thing to sculpture that you'll find in a bike! It has been meticulously maintained and continually upgraded in near mint condition. It has a triple fade paint scheme (metallic cobalt blue/purple/silver) with a matching painted Look carbon fork, Zefal frame pump and custom built Erickson stem. Shimano Ultegra Flight Deck triple 9 speed component group (with integrated shift lever controlled computer), Chris King headset, ttt handlebar, American Classic seat post, Selle Italia Gel Flight Saddle with titanium rails, a phenomenal set of wheels (Chris King 32 hole hubs, Salsa quick release levers, DT Revolution 17 gauge spokes, Mavic CXP 33 clincher rims and new Gommitalia Kevlar belted tires) and new Cinelli cork handlebar tape.
\$2600 Call Jerry at (206) 356-6968 or wasser1@raincity.com



Santana Arriva Tandem For Sale

Santana Arriva Tandem in immaculate condition. Rare factory color: Santa Fe Purple with chrome fork. Santana size medium (I'm 5'10" and my stoker is 5'2"). Many upgrades with high quality performance in mind! Control tech stems (with telescoping stoker stem for great adjustability in stoker height and reach), XTR drive train (8 speed triple configuration) components including long cage rear derailleur, Dura Ace barcon shifters, double right pull DiaCompe lever (with Shimano cantilever brakes front and rear), left pull DiaCompe lever for Arai drum brake, GoreTex derailleur cables, 40 hole Edco hubs with Mavic rim front and Araya rim rear, Cateye Astrale computer, new Cinelli cork handlebar tape and Vittoria tires, and much more!
\$2500 firm (and a bargain at the price!). Call Jerry at (206) 356-6968 or wasser1@raincity.co

Kreitler Rollers For Sale

Kreitler Challenger Rollers. Almost new -- ridden a maximum of 12 times (approximately nine hours total)! Includes fork stand. These are top of the line rollers from the premier manufacturer. I paid almost \$500 and am willing to sell them for \$250! Contact Jerry at (206)356-6968 or wasser1@raincity.com .

Bike Maps make great gifts!

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