



MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Volume 15: Number 2, March 2006

Special Rides (Pg 6-7)

March 11: McClinchy Mile
April 8: Tulip Ride
April 23: Daffodil Classic
April 29: Tour de Lopez
May 7: Rhody Tour
May 7: May Day Metric
June 10: Coast Millen. Ride
June 10: Human Race Ride

Events

March 20: Switzerland with teens slide show (pg1)
April 8: WWU Race (pg1)
April 15: Outdoor Expo (pg1)
May 1-31: Bike Month Challenge (pg4)
May 6: Gt. Gear Swap (pg5)
May 17: Ride of Silence (pg1)
May 19: Bike to School and Work (pg4)
May 20: Adaptive Expo (pg 7)

Weekly Rides

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/MtBakerBicycleClub/>

Website: www.mtbakerbike-club.org

Winter Slide Show Series: Switzerland

Switzerland, Germany and Austria with Teenagers--March 20

Mark Wheatley will describe his 2004 family trip, riding directly out of the Zurich airport, exploring Lake Constance (The Bodensee) and future plans to cycle the Mozartweg, a beautiful biking route. Travel with him and the MBBC on Monday, 20 March, 7 – 9 pm, Bellingham Public Library.

For information, call 734-8540. The Winter slideshow series is co-sponsored by the Bellingham Bicycle Pedestrian Advisory Committee as a bicycle safety outreach service. The presentation will include a bike safety quiz and maybe even some prizes. Plus refreshments!

Kulshan Ladies' Night--March 16

Here's a fun evening for women cyclists to enjoy getting specific information and attention that will make it even more fun to bicycle. Women of all ability levels, including those who haven't been on a bike in years, should come enjoy the refreshments, beverages, gifts and entertainment at Kulshan Cycles on Thursday evening, 16 March, from 7 – 9 pm. There will be representatives with equipment vendors including Trek, Descent, Sauk, and a specialist in skin-care to ensure healthy care during all kinds of weather. Learn what types of clothing, helmets, saddles, and gear will best fit your riding needs. Connect with other women cyclists for recreation rides, training, or event preparation bicycling. Mt. Baker Bicycle Club will host a table to help hook you up with Club rides, events, and a chance for early sign-up for the Bike Month Challenge!



Cycling Road One Course

Refine your cycling skills, learn to ride confidently and safely for transportation and recreation, in traffic, on trails – anywhere! Learn how to be visible and predictable, ride between and through intersections, ride with groups and avoid falls and crashes. Road 1 is a ten-hour classroom and on-road bicycling course taught by local League of American Bicyclists Certified Instructors. See the MBBC website or listserve for details and registration brochure. Class size limited to 12, scholarship reimbursements available!

Friday, March 10 4-8pm REI
Saturday, March 11 9-3pm REI (on road skills)
Cost is \$50 for members of MBBC – or free (see below)

The first ten registrants who are MBBC members can get a full tuition reimbursement after successful completion of the course! Register soon.

WWU Cycling Again Hosts Event--HELP!!

Last year MBBC members gave key race support at WWU's collegiate omnium event, the North Shore Circuit Race. The success of that day, both on the race course and associated fundraising propelled the team to a great season. We captured the overall Division 2 conference title, earned a berth at Nationals, and took 3 podium spots out of 3 events, including the crowning of Nick Clayville as National Champion in the D2 road race. We are grateful to MBBC for their support in this effort!

April 8th, 2006 marks another opportunity for WWU to host the team time-trial event starting on Sand Road and have a full line-up of circuit races on Squalicum Road/Y Road loop.

WWU Cycling team is again asking for your club's support. We will need help with registration, corner-marshalling, lead cars, and wheel support. Please contact Ryan Rickerts at (360) 927-2340 or ryanr72@comcast.net with an interest in participating.

We also hope some of you will consider challenging yourself to train & prepare for a race entry in the USCF categories -- a great, hilly opening to your season!"

Ryan Rickerts
NSCR director
WWU Cycling
www.wwucycling.com

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

Wednesday Night Ride seasonal change!!!

Another very successful series (3rd season) of rides throughout the Winter is coming to an end (Changes to road ride the first week in April). This winter there has been a loyal attendance (6 to 19) of riders in rain, fog, snow and cold. Yes, we get very dirty at times but we continued on. Sometimes the group breaks up into smaller, more manageable groups and sometimes the South Loop ride will split as some go to Lake Padden for a longer ride and the others go up Connelly Creek and through Western. At least a 10W light is required, or more if you are on the front.

Where: Boundary Bay Brewery on Railroad

Time: 6 PM

Duration: less than 2 hours

Difficulty: depends on your skill level

Speed: sometimes very quick

The remaining schedule:

March 1 South Loop

March 8 North Loop

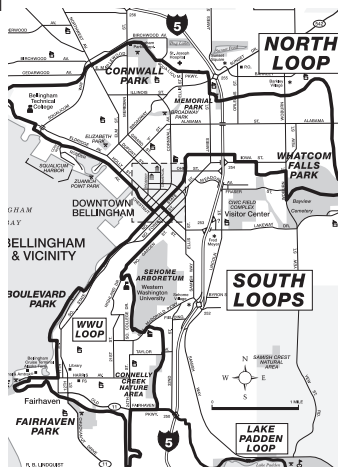
March 15 South Loop

March 22 North Loop

March 29 South Loop

The last ride ends with a big party at Boundary Bay Brewery where we have a separate section devoted to us.

Bob Lindquist



Weekly and Group Rides

Tuesday Social Ride: 30-40 miles,

13-16 mph, starts from Pioneer Park in Ferndale, route varies. Contact Robert Parker at rmp4724@az.com or 360-671-6910

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

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

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

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

We're Much More Than a Club!

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

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

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

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

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

Mt. Baker Bicycle Club vision:

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

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

Mt. Baker Bicycle Club goals:

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

Mt. Baker Bicycle Club Board of Directors:

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

Doug Schoonover, rider extraordinaire

- *Marc Ambers
- *Chris Covert-Boulds
- *Rodd Pemble
- *Mike McCauley
- *Pamela Robertson

*Board Members Elect

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 - mbbcrdecoord@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

Cross Country and Almost Across Country Bicycle Trips***

Adventure Cycling Association--www.adventurecycling.org/tour/index/cfm

Supported Cross Country Ride (30th Anniversary Event): Seattle, WA to Washington, D.C; 6/21 - 8/07, 48 days. 3300 miles, \$4999. Catered and van supported, mix of camping and indoor. (This trip is sold out, check back next year)

Southern Tier: San Diego. CA to St. Augustine; FL; 3/23 - 5/26, 65 days, 3160 miles; \$2549. Self-contained, camping, shared cooking.

TransAm: Williamsburg, VA to Florence. OR; 9/18-11/21, 93 days, 4248 miles, \$3899. Self-contained, camping/10 motel nights, shared cooking.

Northern Tier: Anacortes, WA to Bar Harbor, ME; 5/27 -8/27, 93 days. 4304 miles, \$3899. Self-contained, camping, shared cooking.

Southern Tier Plus: San Diego, CA to St. Augustine, FL; 3/23 - 5/26, 65 days, 3160 miles; \$2549. Self-contained, camping, shared cooking.

Other tours available

America By Bicycle--www.abbike.com

Fast America South Ride: Costa Mesa, CA to Savannah, GA; 4/23 to 5/20. 27 days, 2899 miles, \$3495 (triple) - \$5115 (single). Sag support. 2 meals a day, and AAA rated lodging.

Cross Country Challenge: San Francisco to Portsmouth, NH; 6/3 to 7/25, 52 days, 3836 miles, \$5750 - \$8870. Sag support. 2 meals, and AAA lodging.

Across America North: Astoria, OR to Portsmouth, NH; 6/18 to 8/7, 50 days, 3637 miles. \$6150 - \$9150. Sag support, 2 meals, and AAA rated lodging.

Other tours and partial tours available.

American Lung Association® of Washington --www.alaw.org

Big Ride Across America: Seattle to Washington, DC; 6/26 -8/12, 48 days, 3,300 miles, \$150 registration fee plus minimum \$5500 in pledges. Sag support. 3 meals a day on riding days. and camping.

Bike and Build --www.bikeandbuild.org/index.html

Mission Statement: Bike & Build is pedaling to end poverty housing. Tours limited to young adults 18-24 years old. Fund raising (\$6000) and sweat equity (16 hours) requirements. Unclear how you become a cyclist participant, and if trip is self-supported or sagged, probably camping? Five 2006 trips.

BikingX Teen Tours--www.bikingx.com/coasttocoast.html

Coast to Coast: San Francisco CA to Yorktown, VA; 6/21 - 8/19; 60 days, \$3500*. Group cooking, self-supported, camping and some indoor stays. Teens age 15 to 17 riding across the US and raising money for kids with cancer; Also, all participants are encouraged to raise \$2000 in donations to Camp Quality. Some need-based scholarships are available.



CrossRoads Cycling Adventures--<http://crossroadscycling.com>
Cross Country Tour: Los Angeles, CA to Boston, MA; 5/13 - 7/1, 50 days, 3,415 miles. \$7295 (double) - \$9255 (single). Quality hotels and motels. Breakfasts, snacks, and dinner.

Partial tours available

CycleAmerica--www.cycleamerica.com

Coast-to-Coast: Seattle, WA to Boston. MA; 63 days, 4200 miles, dates and tour fees to be determined. Van supported. Camping, but motel options. Breakfast, picnic lunch and dinner on ride days. Charitable options.

Other tours and partial tours available

PAC Tour--<http://www.pactour.com/>

Southern Transcontinental: San Diego to Savannah, GA; 9/9 - 10/5, 26 days, 2,913 miles, \$3,495. Motels, sagged, 2 meals. "Toughest!"

Other activities available, some already full.

Student Hostelng Association--www.bicycletrips.com/

Cross Country America: Barnegat Lighthouse, NJ to Cannon Beach. OR (Seattle, WA); 6/27 - 8/25. 60 days, 3800 miles; \$4140 base price. Shared cooking, 3 meals, camping with hostel in Portland, OR.

Wandering Wheels--www.wanderingwheels.org/

Spring Coast To Coast (63rd Crossing): Near San Diego, CA to Brunswick, GA; 3/24 - 5/3. 2,600 miles. \$3,395 plus non-refundable \$200 deposit. Fully supported. Four tent camping nights, churches, schools and motels. Ten meals per week. One day off per week. Religious

orientation.

Other tours available.

Woman Tours--www.womantours.com/

The Southern Tier: San Diego. CA to St. Augustine, FL; 3/9 - 5/5, 58 days, 3098 miles. \$7,690 (includes a nonrefundable \$200 registration fee). Includes lodging, most breakfasts and dinners, snacks, and van support. This tour is for WOMEN only. Other tours available.

2006 Cross Canada Trip Cycle Canada--www.cycledcanada.com

Tour du Canada: Vancouver, BC to St. John's. NB; 6/24 - 9/3; 70 days, 4,660 miles; \$25 membership plus \$3,700.00 (Canadian), surcharge may apply in the event of significant increases in fuel prices. Gear shuttle, mostly camping, group cooking.

Partial tours and other tours available.

We'll complete this article next month--it is on the list serve at <http://sports.groups.yahoo.com/group/MtBakerBicycleClub/files/>

*****Note: This listing was developed by Judy Murphy. We thank her for her initiative!!! ed.**

Be a crank.....

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

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

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3310 Northwest Ave., Bellingham, WA 98225

Advocacy

Bike to Work and School Day is Friday, 19 May!

2006 will be the 50th consecutive year that the League of American Bicyclists has declared May as National Bike Month. Bellingham has celebrated Bike to Work and School Day since 1998, and 2006 will be our 9th year. The idea is to make it fun for people to start bike commuting, with the hope that they will be inspired to continue. The 19th of May is Bike to Work and School Day this year.

Last year we counted 3500 bicycle and walking commuters on Bike to Work and School Day (BTWSD). That success came from the great work of 40 volunteers who had lots of FUN. The founder of Bellingham's BTWSD, Donna Merlina, is in Thailand as a Peace Corps volunteer, but we will do our best to handle the event without her phenomenal leadership and support. There will be monthly planning meetings, subcommittees, sponsors, donated prizes. Last year we had our highest donations of funds, paid for our first ad series in local papers, we sold professionally-designed t-shirts, and expanded the Bike Week Challenge. More schools participated than ever, including the first ever in Deming at the Mt. Baker High School.

Mt. Baker Bicycle Club has contracted with Emily Johnson as the Assistant BTWSD Coordinator. One of three candidates who were interviewed for the job, she has excellent credentials in environmental education with elementary and middle school students in Bellingham and in Idaho. BTWSD and the Bike Club are very lucky to have her exceptional talent and organizational skills! She has already assembled curriculum materials from successful programs in Bellingham and around the country. In affiliation with the Whatcom SmartTrips project, WCOG has donated the use of office space and equipment for Emily's work this year. WCOG is funding Ellen Barton to work 20 hours per week as Coordinator for Bike to Work and School Day through funding from the Federal Enhancements Grant "Whatcom Bike Month."

Bike Month Challenge

Get ready for the Bike Month Challenge! Get prizes for bike commuting as many days as possible from 1 May to 31 May, 2006. On 10 June, prizes will be awarded to individual and team winners in these and more categories:

- Most days bike commuted
- Most days bike commuted by a new bike commuter
- Longest distance commuted (cumulative through month)
- Most days bike commuted by a work-site team
- Most points for biking to designated special events

Make as many bike trips daily as you can, but only one trip a day counts toward the contest. It could be your commute to work or school, but also includes trips you take at lunch, on the weekend, and after work (if you would have normally driven a car instead). If you're an infrequent rider (biked for transportation less than once a month in 2005), you may be eligible for double points! Get additional points for riding to or in other bicycling events starting in April including:

- YMCA Healthy Kids Fair (1 April)
- Whatcom Outdoor Expo booth (15 April)
- Earth Day Bike Month Celebration (22 April)
- Greenways Trail Bike Ride (29 April)
- Haggen's Bike Skills Course (29 April)
- Bike Safety Courses with REI and Parks Department
- Great Northwest Gear Swap (6 May)
- Farmers' Market Pump-You-Up Stations (6 & 13 May)
- Procession of the (Bike!) Species Parade (6 May)
- Pedal with your Politician (13 May)
- Ride of Silence Celebration of Trail Bridges (17 May)
- Bike to Work and School Celebration Stations on 19 May!
- Adaptive Cycles Expo (20 May)
- Bike Cavalcade in the Ski to Sea Parade (27 May)
- Bike Ride and Bike Month Award Celebration on Human Race Day (10 June)

Individuals can win trips for two on Amtrak Cascades, luxury dinners, and more. Details will be available on the website in mid-March and instructions for how to register your bike commutes on-line will be available in late April as part of Whatcom Smart Trips. Watch for details.

MBBC Membership Form

New Member Renewing Member This is a change of address

Last name: _____ First name: _____

Address: _____

City: _____ State: _____ Postal Code: _____

E-mail: _____

Home telephone: _____ Work telephone: _____

Associate member: _____

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

Membership type:

Individual: \$15 _____

Family/Associate: \$25 _____

Additional Donation: _____

to support bike safety education

Total enclosed: \$ _____

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

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

- Ride Leader Newsletter Mailings or Data
- Bike to Work and School Day Chuckanut Century
- Special events Website Maintenance Education
- I can provide discounts on _____

Mail to:

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

Questions?

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

Co-op Community Shopping Day award

Bike to Work and School Day has been awarded a 2006 Community Shopping Day at the Community Food Co-operative grocery store. On Community Shopping Day, Saturday, September 16, the Co-op will donate 2% of all sales income to the Mt. Baker Bicycle Club for the Bike to Work and School Day project. This is a tremendous honor and a competitive accomplishment: dozens of non-profits apply for the chance and each year only twelve can be chosen. Tell your friends to start saving up their shopping errands for September 16.

New Year's Day Ride Report

The New Year's Day ride had a tremendous turnout of 22 riders: Congratulations to everyone who showed up in spite of the weather forecast! Photos from the ride were posted on the MBBC listserve within a couple days – thanks, Chris! The really poor weather waited until the ride ended. Unfortunately this time, one of Bellingham's best riders fell on the return of the ride at the entrance to Fairhaven Park when the heavy rain and wind commenced.

Bicyclists in Whatcom County are champions at helping in a tough spot and everyone responded with attention, knowledge, and care. Andrew Spain was delivered to St. Joseph Hospital for what appeared to be a hip fracture. Riders visited him in the hospital and gave the following update:

Andrew broke off the ball atop his femur in his fall and that is what had to be pinned together via surgery. The surgery happened as soon as possible and Andrew was out of surgery and recovering by 7:00 PM. Andrew was released from the hospital within a few days and is recovering well.

I want to thank everyone who participated in the New Year's Day Ride and also thank everyone for the the supportive cycle community we have in Whatcom County.

--Marie Kimball

Friday Harbor Ferry and Bike Ride

On Monday, 2 January, five MBBC members took the new walk-on ferry from Bellingham to San Juan Island for a winter bike ride. Separating into two groups from the Ferry dock at Friday Harbor, they went clockwise around the island and met at Roche Harbor for lunch. Since it is the "off season" for tourists it seems that things shut down a bit early and the main Ale pub near the ferry is not even open on week days – an egregious problem for this group! We went to the tavern one block up and enjoyed the consolation of Guinness on tap, like the Longhorn.

Very little traffic and pretty nice weather made it a fun outing.

Mark Wheatley, great bike commuter that he is, cycled in from his home in Geneva to the ferry and back. And we were not charged for bikes so round trip was \$20.00.

--Marie Kimball

Cozy Comforts on Vancouver Island

Anne Fearon-Wood writes to MBBC to invite bicyclists to her private accommodations in Sidney-by-the-Sea, near Victoria, British Columbia. Their accommodations are on the Trans Canada Trail System which is a bicycle and pedestrian trail that winds through the hills, farms,

forests and cities of southern Vancouver Island, in British Columbia. Many cyclists from Washington and Oregon enjoy staying at this scenic and cozy place.

Annie's on Third – Private Accommodation Suites
Sidney-by-the-Sea, British Columbia, Canada
Wecoma Consulting Ltd. – Biological Services

Seattle Bicycle Touring Club web resource

The Seattle Bicycle Touring Club website is a tremendous resource for recreational bicycling. It has over 300 pages, over 100 maps/cue sheets for area recreational rides, 60 start map pages telling cyclists how to get to good starting points for cycling, 40 historical articles by the League of American Cyclists related to cycling, links to every publicly available bike map in the Pacific Northwest and listings for most every on-road cycling map book as well as one of the most sophisticated bulletin boards available today. Seattle and King County are both promoting the website as a terrific community service and the SBTC invites MBBC to utilize and give comments on it.

Jim, Webmaster - Seattle Bicycle Touring Club
jimenes@seattlebiketours.org 206.217.7556 phone

NorKa Recreation Opportunities

+ **Gear Swap** on May 6th. The Great Northwest Swap was created to fill the need for the outdoor community in Bellingham and Whatcom County. It provides a means for the recreational enthusiasts to come together and trade their wares. It is a joint effort of multiple groups. The event organizers are Charlie Heggem (NorKa Recreation) and Todd Elsworth (Bellingham Traverse). Info at www.greatnorthwestswap.com or contact: charlie@norkarecreation.com, totde@bellinghamtraverse.com

The swap will also host the start/finish for the non-competitive "Bellingham Tour de Parks" A self-guided journey through 21 parks within the Bellingham city limits. Different route courses good for all levels of riders. Enjoy Bellingham's Greenways, backroads, front roads and parks while you tour some parks you may have never even heard of.

+ **RIDE Program** (Rider Instruction Development and Education) – NorKa is working with the Bike to Work and School Day Assistant Coordinator Emily Johnson to assist with developing and implementing a multi-level bicycle education curriculum for various ages and purposes both for school presentations and community events.

+ **Cycling Classes:** NorKa is putting together several Cycle Coaching options including: Urban Riding, Commuting, Racing/Training, Beginner and Rider Specific, and two "Introduction to Cycling" Road Safety Courses this spring.

+ **Criterion:** NorKa has reserved the date of July 30 on the USCF regional race calendar, however details are not finalized.

Location may be downtown near Library or Broadway Park – it doesn't look like the Fairhaven course will be available in 2006. A bike-related movie (Triplets of Belleville?) will be shown at the Fairhaven Outdoor Cinema on 29 July and NorKa may host a Taylor Street Hill Climb that day as well for both runners and cyclists.



ISBN 09711206-09, \$15

An American Sin

Award-Winning Multicultural Novel
by fellow MBBC member Frederick Su*

"In fitness is the preservation of your self—body and mind."

Fitness, psychotherapy, and love help alleviate David Wong's psychosis, caused by the great sin he committed in Vietnam. Touring cyclists will appreciate descriptions of the landscape of the American West (Washington to Montana) as Wong drives across country to visit the Vietnam Veterans Memorial.

"Wow! It's so powerful! And healing!" Julie Ward, Bellingham.

"May this story bring us all a broader understanding and a greater appreciation for history and our multicultural society." Former Governor Gary Locke.

Available at Village Books, RunningShoes.com, and Oriental Grocery Store.

More info at www.bythewrite.com

*Fred and his wife Gail bicycled across country in 1979 under the auspices of Bikecentennial.

Upcoming Rides

McClinchy Mile Bike Ride: March 11

<http://www.bikesclub.org/html/mcclinchy/mcclinchy.htm> Email: bikesclubboard@hotmail.com

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 8

http://www.skagititems.com/tpedal_main.htm

What: 60 miles of scenic views all from your bicycle seat!

When: Saturday, April 8, 2006

Where: La Conner Middle School
305 N. 6th St.
La Conner, Washington 98257

The 2006 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 2006 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.

Nearly 500 riders came out to the Tulip Pedal in 2005. We expect even more riders in 2006!

Tulip Pedal will again offer two rides – a 20-mile course around the tulip fields between Mount Vernon and La Conner, and a 40-mile course that will begin and end near the tulip fields, and also will take cyclists past breathtaking views of Samish and Padilla bays, Mount Baker and the Cascade foothills. Both rides begin and end at the La Conner Middle/High School complex.

All riders are required to wear a bike helmet and obey all traffic laws. All riders will pay \$20. Children 14 and under ride free.

Shirts will be guaranteed for all riders (with the exception of children) who register prior to April 1, 2006. T-shirts will be mailed at a nominal fee to those who register after April 1 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.

Tulip Festival time isn't very fun in the car. Most of the thousands of people who flock here in April every year content themselves with driving by our beautiful tulip fields.

You will not be one of those people, will you?

Daffodil Classic April 23

Yes, all riders are welcome to register the day of the event! The cost is \$20 the day of the ride. We encourage pre-registering by offering registration at \$16 if paid by April 14th. The terrain is varied on both 50-mile rides, with a few hills, rolling slopes, and flat areas. Expect a little of everything, including fantastic scenery, lakes, farmland, forests and small towns.

You will be given a map at registration, but there will also be arrows painted on the pavement as well as signs for key turns. The Rails to Trail project has completed paved trail from Orting City Park to South Prairie in one direction and to east of Puyallup in the other direction. The trail goes along the Puyallup River, past a buffalo farm with emus, through woods and farmland.

The Daffodil classic will be held rain or shine. If you dress properly, the rain shouldn't deter you from having a fun ride with a real sense of accomplishment at the finish line.

There will be "mobile mechanics" from various bicycle shops at the start in Orting and at the Buckley rest stop to help you with mechanical problems. In addition, "Sag Wagons" will patrol the route looking for stranded cyclists. Have your bike in good repair before you come and bring a patch kit and pump. Waiting for help is not as much fun as riding.

All the rest-stop food, including a special dessert at the finish, is included in your ride registration. Rest Stops will feature energizing, high-carbohydrate snacks such as fruit, bagels, peanut butter, jelly, and cookies. There will also be plenty of fresh water.

You can also purchase a delicious breakfast at the start (benefiting Orting Preschool Co-op) or a delicious barbecue hamburger at the finish to benefit the Orting Lion's Club.

Tour de Lopez: April 29

www.lopezisland.com Or call 1-877-433-2789

The Lopez Island Chamber of Commerce is hosting the third annual "Tour De Lopez" on Saturday April 29, 2006. This ride is a non-competitive road tour with 10, 17 and 31 mile routes through the scenic landscape of Lopez. Participants are encouraged to consider making this a weekend getaway. There will be several other events and activities for you to enjoy on the island.

Washington State Ferries are offering a discounted fare for Tour De Lopez participants. Check-in for the ride will be from 9:30-11 am at Odlin County Park – a short ride from the Lopez Ferry landing. Pick up your route map, lunch voucher, and details about the day's ride.

The tour routes will include marked designated halfway points with snacks, water and restrooms available. The Port Stanley Schoolhouse is your first rest area and will feature an art show by 23 members of the Lopez Artist Guild.

Your ride will conclude in the Village Park, next to Lopez Village Market, with a BBQ 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.

Pre-registration fees are: \$20 adults (includes lunch), \$15 children 12 & under (includes lunch) and \$50 per family (2adults, 2 kid's lunch included) Fees the day of the event will be \$25 adults, \$20 children, and \$70 family.

Supporting sponsors of the event are the Bay Café, Lopez Islander Marina & Resort, Lopez Village Market, Spencers Landing- all locally owned and operated businesses on Lopez Island, North Cascade Cardiology and The Cardiovascular Center, St. Joseph Hospital in Bellingham.

Christa Malay, renowned artist and Lopez resident, has designed original artwork for this event. Her work has been incorporated into commemorative posters, T-shirts and sweatshirts that will be available for sale.

Continued page 7

Rides continued from page 7

14th Annual Rhody Bike Tour Metric and Half-Metric Century--May 7

<http://www.ptguide.com/rhodytour/>

Registration is from 8:00 am until 10:00 am in Port Townsend on Sunday. The registration fee for the RHODY TOUR is \$20 individual and \$40 family for non-members. We offer a member discount of \$5 for individual and \$10 for families. Membership is \$15 for individual and \$25 for families. You can join PTBA and help support cycling in Port Townsend and East Jefferson County! You may register in advance--see website!

Start and Finish at the Haines Place Park and Ride and will have a new feature at the end of the ride, so stay tuned! There are three route choices, 32, 45 and 62 miles. The ride route follows the varied terrain of east Jefferson County's rural roads and will be similar to the routes of last year. The few hills on the Half Metric Century make for a pleasantly challenging ride for those getting a late start in their season or for the new long distance rider. The full Metric Century is a great ride for those training for STP or other long distance rides. It is a fast rolling ride with a few good hills. We'll provide the new map on the day of the ride. Here is an past example of our route (not for navigational purposes).

The ride is fully supported, with food/water stops, grocery/convenience stores along route & SAG. Route is marked with pavement markings plus route map and cue sheet. We'll also be providing PTBA/Rhody Tour waterbottles to registered riders. The route is uncontrolled and you must stop at all stop signs and follow all traffic laws. We would like to specially note the crossing of Highway 20 at Four Corners Rd. You must stop as all cross traffic does not!

May Day Metric--May 7

May Day Metric 2006 is just around the corner! A spring classic bike ride - this year's ride will be held Sunday May 7, 2006.

This year you can again choose from three challenging routes:

- * 50 Mile "Ho Ho-ville" Route
- * 100+K "Twinkie-Land" Route
- * 100+Mile "Ding Dong-Station" Mountain Route

All three routes will challenge your strength and stamina. The May Day Metric is a challenging recreational ride that is designed for the road cycling enthusiast. This supported ride has three routes which will guide you through the lesser traveled backroads, byways and bike trails of the South Sound region. Both routes begin and end at Phil's South Side Cyclery in Federal Way, Washington.

A portion of each registration fee and any residual funds will be donated to our benefactor, The Bicycle Alliance of Washington. The mission of the Alliance is to give cyclists a voice in the legislative, planning, and educational processes. The Alliance works with cyclists, clubs, organizations and governments to increase the freedom and safety of bicyclists State-wide.

Day Of Ride Registration: Open from 6:00 - 10:30 a.m at Phil's South Side Cyclery
2310 SW 336th Street
Federal Way, WA

Skagit Spring Classic: May ??????

www.skagitbicycleclub.org

I'm told it's happening date to be announced.

Coast Millennium Trail Nooksack River Trail--\$500,000 grant!!

After a few years of discussion, Whatcom Council of Governments, County Parks, and the Public Works Department reached agreement about how to use half a million in federal grant funds for building a key link in the Coast Millennium Trail. The funds will be used to reconstruct and resurface the Nooksack River dike-top trail from Marine Drive to Ferndale. Construction will include repairing ruts and adding sub-base along the 4.5 mile distance and establishing a trail link within Hovander Park where there's currently a grassy gap. Parks is already working on the next step to get a long term agreement with the state Dept. of Fish and Wildlife, owners of the south section of the dike trail.

ADAPTIVE CYCLE EXPO--May 20

Celebrate National Bike Month and discover why cycling is for EVERYONE! SKIFORALL will be bringing a small fleet of adaptive cycles that will allow people of all abilities to enjoy cycling. "Have a go" on these unique "bikes" which includes handcycles for riders with limited or no leg movement; 3 - 4 four wheel cycles for those who need more stability; and tandem cycles for those who want a guide while cycling. We will have bikes for kids and adults. The SKIFORALL staff is skilled at selecting the right type of bike to meet your needs. ALL MEMBERS OF THE COMMUNITY ARE WELCOME!

If you require assistance and/or accommodation to participate, please call at least two weeks prior to the meeting. This event is cosponsored by St. Joseph Hospital Center for Rehabilitation Medicine.

AGES: all ages!

DAY/DATES: Saturday, May 20

TIME: 11 a.m. - 2 p.m.

LOCATION: Lottie Street (in front of City Hall)

COST: FREE!

COORDINATOR: Amanda Grove

Ride of Silence--May 17

Bicyclists and pedestrians share the outrage in lack of justice for vehicle-caused deaths.

Motorists in Bellingham have killed pedestrians legally crossing the street in marked or signalized crossings and the drivers were not charged with any crime. The justice system does not have a mechanism for charging drivers as criminals when they kill using their cars or trucks -- unless they are drunk or drugged. Locally and state-wide, groups are working on getting better-written laws, but it will be a long haul. Bicycle Alliance of Washington and Feet First have begun the fight.

The Ride of Silence, on Wednesday, 17 May is an occasion to honor and remember bicyclists and pedestrians who have been killed by motorists. The plan is tentatively to ride from the Taylor Street Dock to the Alabama trail bridge crossing where a silent ceremony will be conducted, then bicyclists who wish will continue on a trail/road ride back to Boulevard Park. Pedestrians will walk from Roosevelt Elementary School to the trail bridge for the ceremony. If you would like to help coordinate a ride and ceremony for the Bellingham/Whatcom area, contact president@MtBakerBikeClub.org or call 734-8540.

--Ellen Barton

Thunderhead Alliance

Mt. Baker Bicycle Club is a new member of the national Thunderhead Alliance, the only national coalition of state and local bicycle and pedestrian advocacy organizations devoted to helping change communities to make them better and safer places for biking and walking. Thunderhead provides resources and networking to help local organizations like MBBC to get grants and improve strategies for local bicycle and pedestrian improvements. Training sessions provide forums for the 120 member organizations to share successful tactics and develop leadership among volunteers, staff, and advocates. MBBC will need a volunteer to keep in touch with Thunderhead and monitor new opportunities on the list serve – contact E. Barton (734-8540) if you are interested in helping.

Whatcom Outdoor Expo April 15

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

Encourage your friends and neighbors to stop by the MBBC booth at the Expo and register for the National Trails Day annual bike ride of the Coast Millennium Trail on 10 June.

Board election process

The by-laws of the MBBC provide for members to vote for board nominees at the annual meeting in December. There was some confusion about voting procedures from the last newsletter, so instead members will receive a postcard ballot in their March

newsletters. Please use the postcard to cast your vote for up to five board members. There are 12 seats on the board and seven open seats, therefore it is possible that all nominees will be elected.

--Ellen Barton

Cycling on TV--spring schedule

As the cycling season gets underway, viewers can turn to OLN for race-to-race updates on training efforts, race results, and Discovery Channel Team news, as well as 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. The Sunday race schedule for spring cycling on OLN follows (same-day unless indicated; subject to change):

March 5 & 12 Paris-Nice (France) 5 p.m. ET
March 19 Milan San Remo/Tirreno-Adriatico (Italy) 5 p.m. ET
March 26 Criterium International (France) 5 p.m. ET
April 9 Paris-Roubaix (France) 5 p.m. ET
April 23 Liege-Bastogne-Liege/La Fleche Wallone (Belgium) 5 p.m. ET
May 7 & 14 Giro D'Italia (Italy) 5 p.m. ET
May 21 & 28 Giro D'Italia (Italy) 4 p.m. ET
July 1 – 23 Tour De France TBA

In addition, OLN will offer an exclusive option to view streaming, live world feed of Monday through Saturday stages of the Giro D'Italia on its Web site, OLNTV.com. Access and pricing information will be released as details become available

For Sale

TREK lightweight hybrid bike, 7700FX, 17.5 inches. Excellent shape.\$500.7348337.

SPRING'S COMING SOON

Mt. Baker Bike Club
PO Box 2702
Bellingham Wa 98227

