



# MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Volume 16: Number 3, March 2007

## **Special Rides (Pg6)**

**March 17: McClinchy Mile**

**April 14: Tulip Pedal**

**April 28: Tour de Lopez**

**April 28: Yakima Ridges**

**May 12: Skagit Spring**

**Classic**

**July 14-15: STP**

## **Events (Pg 5)**

**March 5: BTSW Planning**

**March 10-11: Bike Expo**

**March 12: Alaska to**

**Panama--slide show**

**April 21: Whatcom Expo**

## **Weekly Rides (Pg 2)**

**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.mtbaker-bikeclub.org](http://www.mtbaker-bikeclub.org)**

## **Bob Lindquist: Community Treasure**

It was not just a heart that stopped when Bob Lindquist stopped pedaling on the evening of February 7, 2007. It was the heart of the Whatcom bicycling community that went quiet that night. For thirty years Bob has been the center of Whatcom County bicycling and his joy in all types of cycling brought hundreds of us into that bright circle of spinning pedals. He was never quiet about his love of cycling and it's not ever going to be easy getting used to the quiet that he leaves us with: the best we can hope for is to keep the joyful beating heart of bicycling alive and vibrant and growing and strong. That's the tribute he would want, that's the privilege he gave us.

In spring 2000 or 2001, I met Bob at a community meeting for a project called the Coast Millennium Trail. The Mt. Baker Bicycle Club had been in a dormant phase for a few years, but this trail project needed some bicyclists to be involved, so, with Bob's help and the lure of some good refreshments, about 30 of the former club members came together at the Fairhaven Pavilion. Everyone wanted to see the Club get more active again, everyone wanted to see the Chuckanut Century resume its annual role, and almost everyone also felt too busy to take on the project. Bob volunteered, with Kathleen, to edit the newsletter, a job he had done years before - he knew how thankless it was! - and it was largely because of that renewed monthly voice and presence in the community that the MBBC grew as it did.

That kind of behind the scenes strength and solidity is the Bob Lindquist legacy. It parallels his solid reliability in showing up for the Donut ride every Saturday no matter what the weather, in showing up for the Wednesday evening ride, no matter the weather, and in establishing and leading at least three annual holiday rides: the New Year's Day ride, the Presidents' Day ride, the Thanksgiving Day ride. But that legendary strength wouldn't have been worth as much without his other legendary characteristic: cheerfulness.

Being cheerful can mean a lot to someone new to bicycling, or new to the donut ride, or even new to a new kind of bicycling. Somehow Bob was as welcoming to the crazy people who



## **Robert "Bob" Lindquist 1943 - 2007**

I first met Bob sometime in the mid 1990s in a way familiar to many - as an unknown face on the Saturday Donut Ride. As an ambassador for the Donut he had no peer, and after a few minutes at Mount's Café in Ferndale you were unknown no longer. Although I had ridden with the club in the late 1970s, other commitments curtailed my riding for many years, so when returning as a newcomer Bob was there, his quiet encouragement welcome indeed. For the past 6-8 years Bob and I had a weekly ride to Mount's (as some of you know because you occasionally joined us), usually early Tuesday morning although sometimes due to weather or other circumstance at other times. Our last such ride 2 days before his death was on Monday because rain was forecast for Tuesday. (Bob's "boss" at Bob's Map Service was so accommodating to allow him to arrive at work two hours late once a week!) These Tuesdays with Bob - the ride, the conversation, the bagel and coffee - were among the highlights of my week and will remain, as much else about him, firmly in memory.

The roll of those in our community who have made significant and lasting contributions to cycling is long but it holds none more worthy

*Continued page 3 Column 1*

*Continued page 3 Column 2*

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



**New Years Day Riders**

## Weekly and Group Rides

### **Tillicum Series: (Does not run in winter months)**

Departs 12:30 see article page 1

For more information or to sign up, call 734-8540 or e-mail [president@mtbakerbikeclub.org](mailto:president@mtbakerbikeclub.org).

**Tuesday Jekyl and Hyde;** Run in July and August. The rides start at the Jekyl and Hyde Deli and Ale Restaurant on Orchard Street. Meet at 6:00 and depart at 6:15 p.m. Call Kathy for directions at 733-0563 home or 303-6702

**Tuesday Social Ride: 30-40 miles, 13-16 mph,** starts from Pioneer Park in Ferndale, route varies. Contact Robert Parker at [rmp4724@az.com](mailto:rmp4724@az.com) or 360-671-6910

**Tuesday Training ride:** 30-40 miles, 18 mph (race pace), self-supporting ride departs from Kulshan Cycles at 6 PM to a practice road race course (summer months)

**Wednesday Fanatik Off road rides:** Weekly group rides on Wednesdays leaving their shop or other sites around town between 5-6pm. contact Kathy Salisbury at Fanatik Bike Shop at (360) 756-0504 or [kathy@fanatikbike.com](mailto:kathy@fanatikbike.com) for more information and before attending any ride please call the store to sign up.

**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: [mbbcridecoord@prodigy.com](mailto:mbbcridecoord@prodigy.com) 360-733-1402

**Really Social Wednesday Ride--Chako Ride: (Does not run in winter)** Chako Rides are a social paced ride (10 to 13 mph) departing from Boundary Bay every Wednesday evening at about 6 pm.

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

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

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

## **We're Much More Than a Club!**

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

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

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

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

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

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

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

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

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

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

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

Marie Kimball, Real Estate professional, recreational rider

Doug Schoonover, rider extraordinaire

Marc Ambers

Rodd Pemble

Mike McCauley

Pamela Robertson

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

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

Marie Kimball--Vice President – Did STP in one day 2005, still truckin [bikebham@yahoo.com](mailto:bikebham@yahoo.com) (752-1236)

Cathie Gerlicher--Treasurer

Mike McAuley Treasurer

Doug Schoonover--Ride Coordinator - [mbbcridecoord@prodigy.net](mailto:mbbcridecoord@prodigy.net) (733-1402)

Paul Goff--Newsletter Editor --slow recreational roadster-- [pagoff@yahoo.com](mailto:pagoff@yahoo.com)

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

ride antique cruisers as he was welcoming to the crazy people who ride fast up Mt. Baker. And the mountain bikers, cyclocross, and the Hub's welded monstrosities: Cheerfully welcoming all kinds of people on bikes. Not many other Donut riders rode the Ski to Sea Parade following the nutty lady with the balloons on her helmet, but he did. Laughing the whole way.

In these days following his much-too-early departure I circle back to the question, "How can we go on?" He was that important in some unquantifiable way. The answer is, we will go on by remembering that he is with us, that his example is out there pulling us along: we can best honor him by drafting, by following his example, by making even friendlier this Bike Friendly Community that he made possible.

.....Ellen Barton

### Bob Lindquist Memorial Fund

Thirty years of a labor-of-love is worth a lot to the bicycling community. You're invited to be a part of the memorial to honor Bob Lindquist. It's impossible to quantify the many small and big ways Bob supported bicycling: he donated his time and his talents and even his map royalties to the Mt. Baker Bicycle Club for many years. The MBBC board has set up a special fund for donations in memory of Bob in order to commemorate what he meant to all of us.

Suggestions for the memorial include a permanent installation/display of his Whatcom/Bellingham Bike Map at Boulevard Park, a bicycle sculpture installation at a trail or park or public area in Bellingham, an award or scholarship to help a young person who bike races or bike commutes, and other ideas. A sub-committee of the Board is going to work on this and welcomes your ideas or suggestions and assistance. Please make donations payable to Mt. Baker Bicycle Club with a note indicating "Bob's Fund" and send to Post Office Box 2702, Bellingham, Washington 98227.



than Bob. His infectious enthusiasm, generous spirit, and unbridled optimism touched many among us and in memory will continue to do so. Malcolm Gladwell, in his recent best seller, *The Tipping Point*, describes what he terms "connectors" - those who effectively engage people of diverse backgrounds and interests, quietly cultivating numerous relationships at many levels, and harboring a special gift for bringing people together without seeking the limelight themselves. Bob was a connector.

Cycling has many aspects and subcultures (racing, road riding, mountain biking, commuting, etc.) and he was an effective presence in all. His tape collection, stretching back many years, of the Tour, the Giro, and the Vuelta - generously and widely loaned - is probably among the best in Washington. His knowledge of local bike trails was extensive and his marvelous maps are unequalled. And many aspects of his life style - not only in cycling - would put our society on a much better course were they more common. I doubt we will see his like again anytime soon.

.....John Whitmer

editor's note--More about Bob

*I became active in the club through the donut ride. Bob welcomed me (I don't ride an antique cruiser), rode with me at times as I clung on to the back of the line, offering encouragement and at times pulling me along.*

*He was a character, bigger than life, living a bicycling lifestyle and having fun doing it. He essentially invented the MBBC newsletter and edited it for for three years. During my tenure he provided terrific articles, including the memorable struggle with a bicycle thief in the Home Depot parking lot. He will be missed.*

.....Paul Goff



**Bigger isn't better....**

.... stand up for our environment!

"We cannot build our way out of sprawl. Building new roads will not solve our traffic problems - just as buying bigger pants will not help us lose weight." - Daniel Silverman

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**QA** Working up an appetite  
 What some active people are doing over Thanksgiving weekend



**The Nod  
 Affirming Health**

Amidst the long list of accolades that biking offers, I find 'the nod' to be right up there at the top. There's something so special about seeing a fellow rider approaching across the way and acknowledging their presence, their gift, with a simple nod of the head. It's so pure and simple, much like the joy of biking.

2006 is the first year I've commuted by bike. It's also the first year I had my company – A-1 Builders – become a major sponsor of Bike to Work and School Day. Both commuting and sponsorship will continue into 2007 and beyond.

While 'painting oneself into a corner' is an expression usually reserved for finding oneself in some bad place, my personal corner – being a commuter and sponsor – is a wonderful place. I love my corner.

Just a year ago, my chronic back problem found me unable to walk or stand for any significant amount of time. Thankfully, though, biking proved pain free. So while this mountaineer could

hardly walk, I felt like a bird when I was in the saddle of my bike. I could stay in shape. Then, as the weather grew worse, I kept biking by layering myself with the very same mountaineering equipment that was sitting idle in my closet.

Unfortunately I couldn't figure out how to adapt my crampons or snowshoes onto my Trek, so snow and ice are the only constraints to my peddling, every working day.... and then some. I had painted myself into a corner..... I had become a bike commuter. And I found myself joyously nodding to others on the road, affirming health.

Deciding to sponsor Bike to Work and School Day simply oozed out of the nod. (So be careful, nodding can be expensive!) It's hard to imagine something more community-building then helping others experience the pure and simple joy of spinning. Community-building drives so much of what we do at A-1 Builders and Adaptations, our design division. After all, working on homes is, by its very nature, building community..... one structure at a time. Beyond structures, though, are people. And healthy people are more important than healthy structures.

We choose to promote both.

.....Rick Dubrow A1 Builders



**MBBC Membership Form**

New Member     Renewing Member     This is a change of address

Last name: \_\_\_\_\_ First name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Postal Code: \_\_\_\_\_

E-mail: \_\_\_\_\_

Home telephone: \_\_\_\_\_ Work telephone: \_\_\_\_\_

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

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

**Membership type:**

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

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

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

to support bike safety education

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

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

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

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

Mail to:

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

**Questions?**

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

## BIKEEVENTS

### Winter slide show series

Come visit exotic places by bicycle through the vivid photographs and personal stories of local bicycle adventurers.

Each month this winter the Club hosts a bicycle travelogue slide show highlighting the where and how and fun of bicycle touring. This winter we are honored to welcome the Bellingham Parks and Recreation Travelogue program as a co-sponsor.

**March 12: "Phase V: 4 Friends, 4 Bikes, 4,000 Miles"** - from Alaska to Panama by bike, by Eric Christensen

All shows will be at the Bellingham Public Library meeting room --210 Central Avenue. Tell your friends and plan to attend. Refreshments will be served!

### Bike to Work and School Day Planning Meetings

**The Next Meeting is Monday, March 5th!**

The Bike to Work and School Day committee would like to invite the public to volunteer and participate in the 2007 planning meetings held the first Mondays in March, April and May. The meetings will be held in the conference room of the downtown Bellingham Public Library located at 210 Central Avenue from 6:30pm to 8:30pm.

Bike to Work and School Day is an annual event held on the third Friday in May (this year it is on May 18th) in which people are encouraged to try bicycling to work and school as a way to promote optimum health, strong community and minimal car dependency. The planning meetings will help prepare for the event through PR, school contacts, event day set up, etc.

If you can't make it to the meeting, call 676-6974 or e-mail [Margaux@wcog.org](mailto:Margaux@wcog.org) to find out how you can still help!

### Seattle Bike expo--Volunteers Needed

**March 10 - 11, 2007**

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

At Warren G. Magnuson Park in Seattle. Sponsored by Cascade Bicycle Club Event

We are having a booth at Bike Expo this year. The dates are March 10th and 11th, Saturday and Sunday. Volunteer for a 2 hour shift and get free admission. Hours are 9:00AM to 6:00PM on Saturday and 10:00AM to 4:00PM on Sunday. Sign up soon as the spots are going fast. Contact Doug Schoonover, Doug. [Schoonover@gmail.com](mailto:Schoonover@gmail.com) or 733-1402 to reserve your spot.

This is a great way to spend the day, check out the new equipment, check out rides in other areas, attend seminars and demonstrations, and maybe even find a bargain or two.





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## Whatcom Outdoor EXPO

**Saturday, April 21st 2007**

Website: <http://www.whatcomoutdoorexpo.com/>

Kick-off the Spring season with an action packed Expo featuring dozens of the area's best recreation companies. It's a Home Show for outdoor fun!

Whatever we can do outdoors in the Northwest will be here... Kayaks, Mountain Climbing, Sailing, Scuba, RVs, Sky Diving, Boats, Tours, outdoor clubs and much, much more!

This is an Outdoor, hands-on Expo... held mostly indoors.

This Expo will be held indoors at Bloedel Donovan Community Building--9 a.m. - 4 p.m.

Admission is only \$4 at the door (15 and under are free). Or pick up FREE tickets at any Banner Bank Branch.

## EverybodyBike

Check out the list of delicious and delightful bike rides for early spring in the EverybodyBike listing in the Bellingham Parks and Recreation Leisure Guide. Details and dates on the fun and functional bike events are at [EverybodyBike.com](http://EverybodyBike.com) where you'll want to register right away to ensure your place in the Sweet Streets ride (with chocolate and dessert treats) or the Mystery Ride (you never know how much fun you can have on a bike) and more.

EverybodyBike is part of Whatcom Smart Trips, the program that helps people make smart trips and rewards them when they do. Smart trips are when you bike, walk, take the bus or carpool instead of driving. During May, EverybodyBike will award big prizes for bicycle smart trips, so be sure to start registering your daily trips at [www.WhatcomSmartTrips.org](http://www.WhatcomSmartTrips.org).

## Adventures Northwest Magazine Features MBBC

Pick up a copy of Adventures NorthWest magazine in March and check out the feature article on the Mt. Baker Bicycle Club.

## RideNews McClinchy Mile

**Date:** Saturday, March 17, 2007

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

Snohomish County BIKES Club invites you to explore the peaceful river valleys, rolling hills and picturesque farms of Snohomish County.

3 Loops: 4 foodstops, a flat 34, a 20 with some hills, 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.

**WHERE:** Haller Middle School  
600 East First St.  
Arlington, WA.

**TIME:** Registration open 8-11am  
Contact: 360-658-2462  
Email: [mcclinchymile@bikesclub.org](mailto:mcclinchymile@bikesclub.org)

## Tulip Pedal

**Date:** Saturday, April 14, 2007

[http://www.skagititems.com/tpedal\\_main.htm](http://www.skagititems.com/tpedal_main.htm)

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

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

The 2007 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 2007 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.

More than 500 riders came out to the Tulip Pedal 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 6, 2007. T-shirts will be mailed at a nominal fee to those who register after April 6 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.



## Yakima Ridges

**Date:** April 28, 2007

[http://www.active.com/event\\_detail.cfm?event\\_id=1400992](http://www.active.com/event_detail.cfm?event_id=1400992)

<http://www.desertvalley.com/rides>

<http://www.desertvalley.com/rides/07YakimaRides.pdf>

Apple Valley Kiwanis of Yakima is pleased to present the fifth annual Group Health Yakima Ridges century. Back by popular demand! Featuring 25, 45, 70, and 100 mile loops. New Staging area in the parking lot at Fred Meyer's in Yakima.

All profits go back into community and youth service projects.

**Price:** Group Health Yakima Ridges Century: \$35.00

**Online Reg. Closes:** April 26, 2007 11:59 PM Pacific Time  
Winding over the ridges of upper Yakima Valley, each route features rewarding landmarks of the area. Starting from Northwest Yakima, the routes go past Painted Rocks, Longmire Immigrant Trail, Wenas Lake, the Naches River, the Ahtanum Mission, and numerous peaks and canyons.

## Tour De Lopez

**Date:** Saturday April 28, 2007

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

**Location:** Lopez Island, WA

**Type of Event:** Touring

The Lopez Island Chamber of Commerce, in cooperation with San Juan County Parks, is hosting the third annual TourDe Lopez on Saturday April 29, 2006. This ride is a non-competitive road tour with 10, 17 & 31 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.

## Camano Climb

<http://www.stanwoodvelosport.com/The%20Bike%20Shop.htm>

No information on web site as of Feb.21.

## Skagit Spring Classic

**Date:** Saturday, May 12, 2007:

<http://www.skagitbicycleclub.org/articles/658>

17th Annual Spring Classic Bike Ride, Burlington, WA.

4 road routes 25, 45, 62 & 100

A great ride through N Skagit and S Whatcom counties. Ride includes rest stops with Skagit Bicycle Club's famous homemade cookies (informally known as the cookie ride), spaghetti feed & more.

\$30 pre-register & receive event t-shirt or \$30 Day of ride & \$10 to order t-shirt. A family 10-12 mile trail course will be available too. Pedal back soon as more information & registration form coming.

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

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

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

Online registration is open!

Welcome to the 28th annual Group Health Seattle to Portland Bicycle Classic official web site. This 200-mile bicycle ride is the largest multi-day bicycle event in the Northwest, with up to 9,000 participants riding from Seattle to Portland in one or two days. The route takes you through the scenic valleys, forests, and farmlands of western Washington and Oregon. Come join what Bicycling Magazine has listed as one of the best cycling events in the nation!

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



## Ride hard at the YMCA

### Indoor cycle classes are now included in YMCA membership.

Challenging drills, great music, and a group environment will help pull you through the last days of winter and keep you going through the year. Nine weekly class times, including early and mid-morning, noon and evening classes. For more information, contact Michele Anderson, YMCA Fitness Coordinator and (as she's been told) unforgiving cycle instructor at (360) 733-8630.

## What ails you--Medical advice for cyclists

*Dr. Robert Curtis is an avid road and mountain cyclist, completing his first Mt. Baker Hill Climb this year. Dr. Curtis provides sports, injury and wellness chiropractic care along with soft tissue treatments related to acute and chronic injuries. He can be contacted at [drrecurtis@yahoo.com](mailto:drrecurtis@yahoo.com) with questions or topics of interest.*

## Cycling injuries – What they are and how to beat them

Most cyclists at one time or another suffer through cycling-induced injuries. There can be one or more causes, such as overtraining, shoe-pedal misalignment, bike fit, crashing, and others. The next few articles will focus on one region of the body and their types of injuries and treatments. Condition and treatment information were partially taken from Andy Pruitt's, Complete Medical Guide for Cyclists.

### Knee Pain

Cycling-related knee pain is one of the more common injuries. The following are several injuries and some ideas on how to get them better and keep riding. A few caveats: Seek professional care if the pain does not resolve within a few weeks. Remember, it could be due to many things, and narrowing the search will speed recovery and keep you ready for your next event.

### Patellar Tendonitis

Also known as infrapatellar tendonitis or "jumpers knee", which is located at the lower end of the patella. This is a common overuse injury with early season weight training, jumping, and early season power training. The tendonitis causes pain and discomfort with walking, riding, and many times, descending stairs or hills. There may even be localized swelling and tenderness.

Cycling fixes consist of pedaling easy and making sure you seat is at the proper height.

The treatment for patellar tendonitis is ice, anti-inflammatory medications, rest, soft tissue work, and possibly bike fit issues. Icing should be done several times per day for 15-20 minutes at a time. If you continue to exercise, ice before and after to reduce inflammation and swelling. Reduce the frequency, duration and intensity of the activities that induce your pain to allow your body to heal. Natural anti-inflammatory agents would be Bromelain

(pineapple root) and vitamin E. Over the counter medications are also an option for reducing pain and inflammation. If the pain persists, a musculoskeletal/biomechanical evaluation may be necessary to identify the cause of your injury.

### Supra-patellar Tendonitis

The four quadriceps muscles come together at the top of the patella to form the supra-patellar tendon. An injury to this area is called supra-patellar tendonitis or "Spring Knee". It is called "Spring Knee" because of all the early season cross-training that cyclists like to do, but is too much, too soon. It is a symptom of overuse in the early season and puts a lot of working pressure on a tendon that is not fully ready.

Cycling fixes consist of raising your saddle slightly, wearing leg warmers and increasing blood flow to the knee before activity (icy hot).

Treatment for supra-patellar tendonitis is the same as above. Ice, rest, anti-inflammatory medications, soft tissue work and bike fit issues. Consult a professional if the symptoms do not go away in a few weeks.

### Iliotibial Band Syndrome

The iliotibial band (ITB) is located on the outside of the thigh and is its lateral support. The pain starts most often near the outside of the knee joint as a dull pain, then increases to a sharp, stabbing pain that stops you from activities! With cycling, a poor bike fit is most often the problem. Shoe-pedal alignment, seat to high, and narrow pedal position are some of the causes with cycling. Biomechanics play a big part in how the ITB rubs along the side of the knee. Hip and low back misalignments can cause asymmetrical tension in the muscles, tendons and fascia that contribute to ITB syndrome. Also, if you have flat feet, high arches, bowlegs, and leg length discrepancies, then a biomechanical evaluation is necessary.

Cycling fixes consist of adjusting your pedal float to put your heels closer to your crank arm, widen your stance with a washer on your pedal spindle, and lower your saddle up to 6 mm.

Treatment for ITB should occur sooner than later, as this condition can be a nagging one. Ice, anti-inflammatory medications, rest, stretching and soft tissue treatments are a must to get this one better. Stretching the ITB is best done crossing one foot over the other, and bending down to touch your toes. You should feel a pull on the back/outside of the leg in the back. To increase your stretch, dip the hip of the back leg to that side (left leg back, left hip to the left) and hold for 30-60 seconds. Soft tissue treatments consisting of cross-fiber friction, the Graston Technique and trigger point therapy. These will also release muscle tension and adhesions of the ITB. Again, consult a professional if the symptoms do not go away in a few weeks.

### Plica Syndrome

Synovial plica is the tissue that lines and surrounds a joint, and supplies the much needed synovial fluid that allows our joints to glide freely. When the plica tissue gets pinched, it generally creates pain in the medial or inside portion of the knee, right along the inside edge of the patella.

Cycling fixes are to raise your saddle up to 3 mm, as a saddle too low can cause this condition.

Treatment for this is rest, ice and a change of activities. Allowing the plica to "reset" it self with rest and other activities is very important. Once you are able to do other activities without pain, go back to cycling and see if you can ride without pain. Start slow so you don't aggravate it any further.

Continued page 8

Injuries continued from Page 7

**Medial Patellar Femoral Ligament**

This ligament goes from the kneecap to the medial femoral head, and most commonly becomes irritated with cyclists. This is pinpoint pain on the medial (inside) side of the kneecap. Cycling related causes include low saddle, pedals with too much float, and tight iliotibial bands.

Cycling fixes consist of raising your saddle, having a professional bike fit, getting fit for orthotics and rest.

Treatments consist of foot/ankle adjustments, hip/low back misalignments, ice and rest.

**Pes Anserine Bursitis/Tendonitis**

The tendons of the medial hamstrings attach on the medial side of the knee, on the tibia. A bursa is a small, fluid filled sack that sits between the tendon of a muscle and the bone that is rubs against. Irritation to the tendon or bursa is hard to differentiate, but much of the treatment is the same. This shows up as a sharp pain at the insertion of the tendons, and may be swollen and tender to the touch. Cycling causes include pedal float, bike fit and saddle height. Hip/low back misalignments and leg length inequalities may also lead to this condition.

Cycling fixes consist of lowering your saddle a few millimeters and getting professional bike fit. Treatments consist of ice, rest, anti-inflammatory medications, massage and higher cadence cycling. If this continues, it may progress to a weak hamstring

muscle, and with lots of use, may become a hamstring strain. The Graston Technique also may help.

**Biceps Femoris Tendonitis**

The biceps femoris is the lateral hamstring muscle that can at times be confused with IT band syndrome. Pain on the outer side of the knee below the knee joint is most common. Cycling causes may be a saddle too high, riding a fixed gear bike, being bow-legged and excessive pedal float.

Cycling fixes are to lower your saddle a few millimeters, different pedals, and higher cadence.

Treatments consist of ice, rest, anti-inflammatory medications, massage and higher cadence cycling. The Graston Technique, has also been used with success. Again, if this continues, it may progress to a weak hamstring muscle, and with lots of use, may become a hamstring strain.

There can be more injuries, but most are related to the muscles due to the nature of the knee joint and the action of cycling. If you have any questions or concerns, feel free to email or call. Have a great early riding season!

.....Robert Curtis

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

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

