



MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Volume 15: Number 4, May 2006

Special Rides (P 6-7)

May 7: Rhody Tour
May 7: May Day Metric
June 10: Coast Millen. Ride
June 10: Human Race Ride

Events

May 1-31: Everyone Bike (p1)
May 6: Gt. Gear Swap
May 17: Ride of Silence (p7)
May 20: Adaptive Expo
May 19: BSW day
July 15-16: STP (p6)
Aug 4-5: RSVP (p7)
Aug 19-26: RAW (p 7)
Sept 17: Chuckanut Century

Weekly Rides (pg 2)

Tillicum Series (p1)
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

May is Bike Month: EverybodyBike!

Bicycling for recreation is its own reward, but bicycling for transportation can get you rewards!

Bicycle from home to the store, from work to lunch, school to the gym, or any kind of trip that replaces a car trip and you can win prizes with EverybodyBike, the month long celebration of National Bike Month. Walking, skateboarding, and more are also included. If you already bike or walk regularly for transportation, consider this a big "thank you."

Participating in EverybodyBike gives our community a measure of how many people regularly or occasionally bike or walk for transportation. There's a lot of data counting cars on the road, there's hardly any for biking or walking: your EverybodyBike entry is an important way for us to show that bikes count!

Chuckanut Century--Sept 17 Volunteers needed!!!!

We have a date, Sunday, September 17th and a location, Fairhaven Park. We will use the same route as last year with some minor changes due to the change of starting point. We are now in need of some volunteers to do some of the planning, fund raising and any other tasks necessary to make this a successful event. Please contact Doug Schoonover, 733-1402, mbbcridecoord@prodigy.net, Ellen Barton, 734-8540, Ellen@wcog.org, or Marie Kimball, 752-1236, bikebham@yahoo.com for more information.



May Tillicum Ride Schedule

Sunday, May 7: Nooksack River Loop (about 35 miles) Depart from Ferndale's Pioneer Park at 12:30 pm, Route description: Portal Way to Enterprise to Willeys Lake Road, Rathbone, Birch Bay-Lynden to Front Street in Lynden. Continue on Hampton, Timon, and Stickney Island Roads to Everson.

Rest and refreshment stop at Riverside Park then return via Nolte, Van Dyke, Wisner Lake Roads, Paradise Road to Ferndale.

Sunday, May 14: Lummi Peninsula (30 miles) Depart Bellingham to Marine Drive and Lummi Shore Road south on Lummi Shore to Gooseberry Point north on Haxton to Kwina return to Bellingham via Country Lane, Marine Drive

Sunday, May 21: Lake Louise Loop (about 25 miles) Depart Bellingham Public Market, Lakeway to Cable Street, Lake Louise Road to Lake Whatcom Boulevard, return via Electric and the railroad trail (or Alabama).

Sunday, May 28: Birch Bay Ferndale (about 30 miles) Depart Ferndale Pioneer Park, Douglas Road to Lake Terrell to Henry Road and Cherry Point, north on Pt. Whitehorn to Birch Bay State Park. Return via Bay Road and Vista.

Sunday, June 4: Coast Millennium Trail work party (about 15 miles) Bike from Bellingham Public Market to the Nooksack River Dike Trail work party at Slater Road and the river. Help build the trail!

Saturday, June 10: Coast Millennium Trail National Trails Day Ride (10 to 40 miles, depending on ability) Depart from Maritime Heritage Park with the Human Race and ride the trail either south (10 miles) or north (20 miles).

Both rides return in a loop for lunch and festivities with the runners and walkers at the Human Race. Or, skip lunch, and ride the whole trail to Blaine (35 miles) maps will be provided (but no support vehicle).

Note: **NO Ride scheduled on Sunday June 11.** Call 734-8540 ahead of time to ensure there are not changes due to weather, road conditions or illness.

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



Tokyo Delivery truck--the ultimate in fuel efficiency work

Weekly and Group Rides

Tillicum Series: (pg 1 and 8)

Sunday, 7 May: Nooksack River Loop
Sunday, 14 May: Lummi Ride
Sunday 21 May: Lake Louise Loop
Sunday 28 May: Birch Bay Ferndale
Sunday 4 June: Coast Millennium work party
Saturday 10 June: Coast Millennium Ride
For more information or to sign up, call 734-8540 or e-mail president@mtbakerbikeclub.org.

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

*pending membership

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

Bike to Work and School Day is May 19!

Get ready to celebrate! There will be more than 25 Celebration Stations all over Bellingham, and in Ferndale, Blaine, and possibly even Lynden on May 19th. Many more schools are hosting Celebration Stations, too. On your way to work or school, stop at one or more of these stations to get treats, prizes, refreshments and other goodies and sign up for the raffle prize drawings.

Those of us who bike year-around sometimes wonder why bother with all this hoopla. There are at least two very important reasons why we should all participate:

1. It's a thank you for the valuable gift we give our community by not driving for every trip.
2. Bike to Work and School Day is one of the only systematic counts conducted of how many people use bicycling as a mode of transportation.

Your raffle ticket includes a box to check for regular bike commuting--this helps create a baseline data to show the trend of increasing bicycling (and walking) so that investments in better facilities continue to increase, too.

Check out the Celebration Stations map and the list of station locations below and plan your morning route to get the most goodies!

Bike to Work and School Day Volunteer Thank You Party

Dozens of volunteers make Bike to Work and School Day better every year and they all deserve big thanks for making 2006 terrific. Everyone's invited to come celebrate and thank the volunteers and their great work on Thursday, June 15, at La Fiamma from 5-7 pm. Volunteers will get a free slice and beverage.

EverybodyBike Teams Prize Lunch

Win a gourmet catered lunch for your whole team, beautifully prepared and presented by Ciao Thyme catering. Just round up 5 friends, give them each an EverybodyBike entry form, dream up a creative name, and register your team.

Complete instructions are on the EverybodyBike website at EverybodyBike.com, follow the links for Teams. Or call 676-6974 x 16 to get details. Team members should include at least two people who are new to bike or walk commuting. They can make bike trips, or they can support your team with financial donations instead.



EverybodyBike

Sponsors



Pedal with your Politician

Join the eminent group of elected officials and bicycle enthusiasts as we take a ride around Bellingham to thank our leaders for their support of improved bicycle facilities on Saturday, May 13.

This is an important chance to show politicians how many of us appreciate this work and it's also a chance to encourage them to do more. The route will depart from the Bellingham Farmers' Market at noon and will return there about one hour later. All ages and abilities are welcome. Call Ellen at 734-8540 for more information.

Schools Love Bike Month

More than eleven schools are holding bicycle education programs during Bike Month thanks to the dedicated work of Mt. Baker Bicycle Club's contract Assistant Bike to Work and School Day Coordinator, Emily Johnson, and the schools committee volunteers.

Elementary and middle schools are hosting in-class presentations, after school skills courses and even bike rodeos. High school students have assisted with promoting the environmental benefits of bicycling as service learning and senior projects. Volunteers are needed to help staff the rodeos.

Call Emily at 676-6974 to find out more about how you can help.

Customer Appreciation at Kulshan

Thursday, May 4th is, "Customer Appreciation Night," from 7-9 p.m. at Kulshan Cycles. We'll be serving up some goodies, and we'd like to provide you with another fun and educational night. We'll have 4 different seminars for you to float around to. Fixing a flat, Womens Specific Design Bicycles, Bike composition, and Trek travel. Come join us for in store specials and prizes.

Friday, May 5 is, "Ride the Best Bike Demo Day," at the south end of Lake Padden, from 10-4 p.m. This is your chance to ride your dream bike from Trek, Gary Fisher and Lemond. There'll be 2 truck loads of road and mountain bikes for you to choose from. Please bring your helmet and feel free to bring your own peddles and we'll get you set up.

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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Advocacy

Community Transportation Advisory Group needs you

Are you a bicyclist who lives in a rural part of Whatcom County or one of the smaller cities? If so, the Community Transportation Advisory Group (CTAG) is a terrific opportunity for you to make a big difference in improving bicycle and pedestrian facilities and policies. CTAG advises the Regional Transportation Planning Organization on investment priorities for a coordinated and balanced transportation system. Since its inception in 2003, CTAG has succeeded in adjusting the criteria by which transportation projects are scored for funding, adding increased weight to projects that serve multiple modes rather than motor vehicles alone. Expanded funding for Bike Month is just one of the benefits that in some measure stemmed from CTAG. The terms of office for three of the four bicycle specialists on the committee have expired and it is a great time to consider adding your expertise to this important group. For information about how to apply, call Ellen at 676-6974, x 16.

County Bicycle Pedestrian Advisory Committee Priorities

The committee approved a priority project list for the update of the County Bike Plan. The list was developed based on a review of all facilities, policies, and needs throughout the County, and the list includes the top twenty projects. Committee members ranked projects using a weighted scoring system for projects that would improve bike and walk access to schools, residential areas, commute routes, recreation areas. The committee will use this priority list to assist the engineering department to invest in projects that deliver the greatest benefit.

The top ten projects are listed below:

1. Old Marine Drive BNSF trail crossing or airport trail
2. Drayton Harbor Road trail conversion
3. Nooksack River Trail Ferndale to Lynden
4. Kendall-Sumas Road separated multi-use trail
5. Nooksack River Hovander to Pioneer Park trail bridge
6. North Shore Road multi-use trail
7. Tye Drive separated multi-use trail

8. Haxton Road separated multi-use trail
9. Birch Bay Backshore Berm trail
10. Lake Terrell to Hovander trail acquisition and construction

Bicycle Education Opportunities

The season for bicycling is here and it's a good time to take a little time to get familiar with the rules of the road - both as a cyclist and as drivers sharing the road with bikes. Courses for road riding are offered free at REI on Tuesdays and Thursdays in early May. At the end of May and early in June, you can take the Street Smart Cycling course, and it will be offered again in July in cooperation with the County Bicycle Pedestrian Advisory Committee and County Parks.

If you can't take time for a full course, check the safety tips published by Whatcom Transportation Authority (WTA) in their "Cycling Safely on City Streets" brochure available by calling 676-7433 or on their website: www.ridewta.com. Or read the safe riding tips on the Bellingham Whatcom Bicycle Map. Bike Buddies are available to work with you one-on-one, by calling the Club at 734-8540.

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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.mtbakerbicycleclub.org
or email us at bikebham@yahoo.com
or call at 7521236

New Bellingham Whatcom Bike Map

Has your bike map gotten soggy since last year? Maybe the creases have ripped or the tape just isn't holding? There's a new solution: the updated Bellingham Whatcom Bike Map has just been published on a non-rip PolyArt paper that is water-resistant, too. The cost of printing on this type of paper is higher, but the durability is worth it if you use your map out in the weather. An added bonus: the cover features photos of three prominent local cyclists. Buy the new map at any local bike shop - proceeds from sales help fund bike safety education.

Bike Rodeo Training Orientation

Whatcom Safe Kids in partnership with Whatcom County Fire District 4 and Mt. Baker Bicycle Club have organized and conducted the first bike rodeo training for community volunteers who help with or host bike rodeos. The training appears to be the first of its kind in the region and safety professionals from as far away as Olympia expressed interest in attending. Pamela Robertson, lead organizer of the Kendall Bike Rodeo in 2005, designed the curriculum with Emily Johnson, BTWSD Assistant, and presented the training on April 24. The training will be offered again during the summer or autumn.

Ride Leaders Wanted

Here is your opportunity to make a difference. We are looking for people to lead rides for the casual rider. The rider that feels that most of the existing organized rides are too fast or too competitive.

Why become a ride leader you ask? As the leader, you get to choose the route, the pace, and the food stops. This means that you get to share your favorite destinations and routes, ride at your preferred pace, and bring a lot of people to your favorite eateries.

We need someone that will be committed to making the ride successful. Training materials are available and a training session could happen if there is enough interest. I have mapping software and am willing to spend time with someone to determine routes and make maps.

Please call the Mt. Baker Bike Club Ride Coordinator, Doug Schoonover, at 733-1402.



Tokyo bicycle rack

Feet First Ferndale

Ferndale School District was one of the select few recipients of a grant for state Safe Routes to School funds, a new funding source to help make things safer for kids walking and biking to school. The project, Feet First Ferndale, includes funding to install a signal crossing on busy Main Street to help kids access Mountain View Elementary School. Along with construction, there are funds for education for students, teachers, and staff about traffic safety for walking and bicycling and sharing the road as drivers. Mountain View principal Georgia Dellinger and the District Superintendent deserve commendation for taking the lead on this innovative and life-saving project. Special thanks go to Bob Cecil, Ferndale

Public Works Director, for his enthusiastic and pro-active support: engineering funds have already been budgeted as match to carry out the construction.

EZ Tire Installation

Talc is the key ingredient to mounting any bike tire, particularly folding road tires with tight Kevlar beads. Talc (baby powder) allows the tube to move freely inside the tire so it doesn't interfere with the tire/rim interface. Tubes get pinched and punctured when they become trapped between a tire lever and the rim. Generous use of talc (corn starch works too) dramatically reduces this risk. Always dust the tube with talc!

---Place one side (bead) of the tire on the rim. That should be pretty easy. Align the label with the valve hole to look pro. Add just enough air to the tube to give it shape. Push the valve stem through the rim and feed the rest of the tube into the half-mounted tire.

---Back at the valve hole, start seating the other bead, working with both hands around the rim in opposite directions. If the tube has too much air it'll become obvious. Let out a little. Use your thumbs to push the bead onto the rim. That's what thumbs were designed for.

---At a certain point it'll become difficult, leaving a small section of tire unseated. Breathe in and let out a Ninja cry. Won't go? Squeeze the seated beads together all the way around the wheel so they go into the rim's deeper center.

Let out any remaining air. Breathe deep again and try Ninja cry No. 2. If your thumbs are shot, grip the stubborn section with both hands together and try to push/roll it on with your palms.

--- Still won't go? Then you must resort to the dreaded tire lever, a sure sign of weakness and a troubled childhood. When I use them (hey, I never said I had a perfect upbringing) I slide the lever (plastic preferred) along the braking surface of the rim under the bead so I don't pinch the tube, then I gently pry the bead the rest of the way. "Gently" may not be part of your repertoire at this point. Thumbs or palms are best, and patience is a virtue, but a tire lever does have its place.

---After the tire is on, push the valve stem up inside, then pull it down again. Go around the wheel, flexing the tire side to side as you look into the rim to be sure the tube isn't trapped under a bead.

---Start pumping air, then stop every 20 psi or so to check for places where the tire might be lifting off the rim. That means the tube is caught under the bead. If you ignore it, the explosion will be loud enough that you'll need to change your chamois and have your hearing checked. Let the air out and massage those sections to get the tube inside. Then gas 'er up!

By Al Ardizone, from Road Bike Rider newsletter--it's free and you can sign up at <http://www.roadbikerider.com/>



Buy your new map now!!

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

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 13

<http://www.skagitbicycleclub.org>

The Sixteenth Annual Skagit Spring Classic will be held on Saturday, May 13, 2006. This year's ride through northern Skagit and Southern Whatcom Counties features splendid rural forest and marine views.

The ride includes homemade cookies and as well as regular "ride food". Additional amenities include: SAG vehicles and assistance, showers (just remember to bring a towel) and an All-you-can eat spaghetti feed at the end.

All routes start at Bayview Elementary School west of Burlington:
Century: This scenic route travels through the Skagit Flats around Lake Samish then heads south on Chuckanut Drive. Approximately 3700' total elevation gain. Century riders are required to be on the course by 8:30 Am.

Metric Century: This challenging 62-mile route heads north to include Chuckanut Drive and other popular riding areas. Over 2400 feet in elevation gain.

Rolling 45 Miler: Route loops north and east for a very scenic ride for social riders and those ready to move up to longer distances. About 40% flat and 60% rolling hills.

No Sweat 25 Miler: Mostly flat route which travels through northern Skagit County by the Samish River with scenic views of Padilla Bay and the San Juan Islands. A great reason to get that bike out of the garage on a spring day.

Family trial ride: The course will be open between 11:00 AM and 3:00 PM. This is a 10 to 12 mile course through the woods around the Bayview Airport on hard packed crushed gravel trail Mt Bikes or Cross Bikes with wider tires are recommended. The price is \$10.00 a person or \$25.00 for a family. The price includes the Spaghetti Feed as well as rest stops on the route. There will be bike safety kiosks and fun activities along the trail. Day of race registration.

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

Group Health Seattle to Portland Bicycle Classic --July 15 - 16, 2006

<http://www.cascade.org/Home/>

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!

Who Else Will Be On The Road With Me?

Up to 8,999 other riders

oldest rider: 83

youngest riders: 29 under 10

Under 18: 4.6%

18 - 24: 5.4%

25 - 34: 20.0%

35 - 44: 29.2%

45 - 54: 24.4%

55 - 64: 14.4%

65+ : 2.1%

continued page 7

STP continued from page 6

2005 riders came from 36 states - plus Canada, England, Japan, and United Arab Emirates

Pedal Power

In previous years, motivated riders have raised hundreds of thousands of dollars by riding the STP for charity. Through Pedal Power, you, too, can raise money for your favorite organization while riding your bike. Turn your miles into money with Pedal Power today!

RSVP: Ride from Seattle to Vancouver (BC) and Party!--August 4-5, 2006

<http://www.cascade.org/Home/>

Come celebrate the 25th anniversary of a bicycle classic: Ride from Seattle to Vancouver, BC and Party. Enjoy 183 miles of scenic Pacific Northwest back roads. You start on Friday in Seattle at Warren G. Magnuson Park at Sand Point and finish in downtown Vancouver, Canada on Saturday; the finish line festival includes a no-host bar and music.

This challenging event should be the highlight of your year!

- o In 2005, RSVP riders came from 22 states - plus Canada!
- o The oldest rider is 76 years old; the youngest rider is 9.
- o Median age is 47.
- o 35% are women; 65% are male.
- o 44% of the riders are members of Cascade Bicycle Club.

RAW--August 19 - 26

<http://www.cascade.org/Home/>

There are only a few roads that stretch in one continuous line from Canada to the Columbia where it forms the southern boundary of Washington. There is I-5 in the west and US 395 in the east.

For 2006, the RAW route splits the difference between those two, generally following SR-97, the alignment of which comes close to the geographic middle of the state. Daily mileage will vary from roughly 50 to 95. This is a hilly RAW, but the route is planned so that big climbs mostly (but not always) come early in the day.

The tour will start on the shores of Lake Osoyoos near the Canadian border, in the town of Oroville. The first day's route takes a westward trip to visit the beautiful Sinlahekin valley. After cruising past Palmer Lake and through the town of Loomis, the route returns to the Okanogan valley at Tonasket, and heads south to end in the Okanogan area.

Day 2 will also veer westward, up to Loop Loop Pass on SR-20. Once over the pass, we will ride down the lower Methow valley to return to SR-97 at Pateros, on the banks of the upper Columbia River. Once by the Columbia, we follow the river south to the day's end in Chelan.

On the third day we follow the south shore of Lake Chelan to Lake Chelan State Park. We climb out of the Chelan valley and return to the Great River by way of Navarre Coulee. Once again south along the Columbia to Wenatchee, where we will say goodbye to the river until the end. Turning right up the Wenatchee valley, we will ride past Ohme Gardens and through Cashmere by way of available back roads, to come to rest in Leavenworth.



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Day 4 is a day of serious cycling, and it's the longest day (95 miles). We take SR-97 south over the Wenatchee Mountains, hopefully by the old Blewett Pass road (if it's passable), or by way of the present road. Once over the pass, we will continue south into the Kittitas valley, and through Ellensburg to the Yakima River. The day ends with a glorious ride down the river canyon along SR 821, through the folded Basalt ridges to Yakima. Day 5 swings east to cross the Rattlesnake Hills by way of Konnowac Pass, then travels down the Yakima Valley using SR 22 to Mabton. From Mabton, we'll turn south to climb over the Horse Heaven Hill to end the day in Bickleton, the Bluebird capitol of World, and site of the Bluebird Inn.

The final day continues southwest on the scenic Goldendale Bickleton Highway, then south for a final 4-mile plunge to Maryhill State Park. Along the way we may visit the Goldendale Observatory, Godendale (it's Rodeo weekend), Stonehenge Memorial and possibly Maryhill Museum. We'll rest the final evening in the shade of the Park by the shores of the Columbia before heading back to Seattle on Saturday.

Chuckanut Century--September 17

A Whatcom Country Tradition, sponsored by the Mount Baker Bicycle Club, details in the next issue!!

For more information or to help please contact Doug Schoonover, 733-1402, mbbcridecoord@prodigy.net, Ellen Barton, 734-8540, Ellen@wcog.org, or Marie Kimball, 752-1236, bikebham@yahoo.com for more information.


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Bicycling on TV--OLN

May 7, 14, 21 & 28 @ 5pm ET

The Giro d'Italia is Italy's version of the Tour De France. Instead of yellow the race leader in this race will wear a pink jersey or the "Maglia Rosa". This years edition starts in Wallonne, Belgium will feature a team time trial and an 11 kilometer uphill time trial to Madonna Del Ghisallo. The 21-stage race is 3,553,2km long, with an average daily stage length of 169.2km. The 2006 Giro consists of ten flat or rolling stages, four stages of medium mountains, four mountain stages, three individual time trials and one team trial, with two rest days.

June 4 & June 11 @ 5pm ET

Dauphine Libre--One of the last races for Tour de France contenders to test their form. The weeklong race has all the elements of The Tour de France including a prologue time trial, flat sprinters' stages, a long climbing time trial and mountain top finishes. This year's edition should give us a glimpse into who to keep an eye on in this year's Tour de France.

June 18 Time TBD

The Tour de Suisse is one of the four most prestigious cycling tours in the world, with the Tour de France, Giro d'Italia and Vuelta a Espana. The 10 stages consist of 1,462km. The event allows competitors to maintain their form coming out of the Giro d'Italia and warm up for the Tour de France. It is the final race before the Tour De France and will certainly provide an exciting arena for Tour contenders to showcase their form.

Tokyo Bicycles

When traveling to different countries, I find it interesting to observe how bicycles are used and the riding habits. I was surprised when in Tokyo recently. There were very few road and mountain style bikes. The bikes were designed for commuting. It was not unusual to see a bike with a basket on the front and one on the back that were designed for a dual purpose. One, to carry a child or if empty, to carry groceries. With the exception of a few bike messengers, everybody rode on the sidewalks weaving in and out of the pedestrians. I was surprised that I did not see any accidents.

While it did not seem that many people were riding their bikes, they were parked all over. The grocery store had a parking area, there were designated areas by the train stations and sometimes the bikes were just lined up along the side roads. Always very orderly. All the bikes had kick stands so no bike racks were needed. And none of the bikes were locked to a post or fence or some other immovable object. If there was any lock, it was of the type that would prevent the rear wheel from turning.

And the strangest thing happened while at the Starbuck's at the Tokyo airport on the way home. I was in line to order and someone says "Don't I know you?" I look up and say "Maybe?" And he says "Mount Baker Bike Club, Wednesday night ride from Boundary Bay". Join us on Wednesday at 6:00 PM as you never know where in the world you may meet a fellow rider.

.....Doug Schoonover

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