



# MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Volume 16: Number 5, May 2007

## Special Rides Pg6-7

May 5: *Camano Climb*  
May 12: *Skagit Spring Classic*  
May 19: *Olym. Cycling Classic*  
May 28: *7 Hills of Kirkland*  
June 3: *Peninsula Metric Centruy*  
June 9: *Chelan Challenge*  
June 9: *Century Apple*  
June 16: *Flying Wheels*  
July 14-15: *STP*  
Aug 17-18: *RSVP*  
Aug 25-26: *RAPSody*

## Events

May: *Everybody Bike Pg1, 3,5*  
June 15-16: *Rocky Mountain Dirt Series*

## Weekly Rides

(See page 2 for complete listing)

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](mailto: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/Mt-BakerBicycleClub/>

Website: [www.mtbakerbike-club.org](http://www.mtbakerbike-club.org)

## BIKEEVENTS

**May is Bike Month: Celebrate! A Month of Fun and Prizes for Biking!**

**(See Event Schedule on page 5)**

Celebrate all month long. 2007 is the 51st annual national bike month, and there are dozens of bike events to make sure you have fun. Enjoy these pedaling adventures as described below and on page 5:

## everybodyBIKE: Team Challenge

It's easier than ever to form an everybodyBIKE Team and win prizes for bicycling during May. Here's how:

1. **Get three to five friends or colleagues to be on your team (maximum team size is six people). If you have more than six, form two teams!**
2. **Dream up a creative team name**
3. **Have each person register her/his bike trips throughout the month at the everybodyBIKE.com or Whatcom Smart Trips website**
4. **Turn in the everybodyBIKE Team registration form by June 7.**

The team that records the most bike trip points wins first prize: the privilege of displaying the coveted Bike Month Trophy for a whole year and the whole team gets a gourmet catered lunch by Ciao Thyme. Second and third place teams win a dozen Bagelry bagels and other runner-up gifts for each team member. Team registration forms are available on the Mt. Baker Bicycle Club website or call everybodyBIKE at 671-BIKE (2453).

### Last year's winners were:

First place: "WhatCommuters?" from the Whatcom Museum of History and Art  
Second place: "Give Pizza Chance" from Woodstone  
Third place: "You Schwinn Some, You Lose Some" also from Woodstone

Continued page 3

## Get your Bike to Work and School Day 2007 T-Shirt!

A deluxe organic cotton t-shirt in earthy tones of brown and cream will feature the donated beautiful artwork of Vince LaLonde for Bike to Work and School Day 2007. These t-shirts will be available for sale at the Community Food Co-op in a variety of sizes for \$15 each. The design is adapted from the artwork used for the 2007 posters. Volunteers who serve as the "lead" for a Celebration Station will receive a coupon for a free t-shirt and one free beverage at the Boundary Bay evening celebration on Bike to Work and School Day. If you'd like to sign up to help at a Celebration Station, call 671-BIKE (2453).

## Pedal with your Politician

Which of the plethora of mayoral candidates supports bicycling? Which of the council candidates? How about state legislators? Find out on the 12th of May when every one of them will be pedaling for political perks (we hope) at the 5th annual Pedal with your Politician ride. Meet at the Bellingham Farmers' Market and ride an easy 2 mile loop ending at the Bellingham Senior Center for reception and refreshments. Be sure to call your favorite elected leader and invite her or him to join you on the ride.

## Editor Wanted!!

After 3 years I've decided it's time to retire yet again, this time from the job of editing the MBBC newsletter.

Over the last several years our community has shown increased bicycle awareness and interest in public policy that improves cycling safety. In parallel, the number of cyclists (and MBBC members) has greatly increased.

The job as editor requires an interest in cycling and what's happening in our community. To do the job you should also have knowledge of a desk-top publishing program. I've found it takes about about 8 hours of work to put the newsletter together each month.

If interested in helping, Please contact Ellen Barton at [raleigh3speed@hotmail.com](mailto:raleigh3speed@hotmail.com) or Paul Goff at [pagoff@yahoo.com](mailto:pagoff@yahoo.com) for further information

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



## Weekly and Group Rides

**EverybodyBIKE Community Bike Rides:** Call 671-BIKE to find out about fun family rides in your community

**Tuesday Ride;** Starts in April: Starts from the parking lot of Whidbey Island Bank at 920 W. Bakerview Road, Meet at 5:45 and depart at 6:00 p.m. For more information contact Doug Schoonover, at [ridecoordinator@mtbakerbikeclub.org](mailto:ridecoordinator@mtbakerbikeclub.org) and Kathy Foster at [kafoster@hinet.org](mailto:kafoster@hinet.org), 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 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. Contact: [mbbcridecoord@prodigy.com](mailto:mbbcridecoord@prodigy.com) 360-733-1402

**Thursdays @5:30 pm Womens' mountain bike ride** We'll meet at the parking lot at Whatcom Falls Park. This ride is for the intermediate rider. 2-3 hours riding and playing on Galbraith. No heavy downhill bikes please. Heavy rain cancels Contact Kulshan for more info.

**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.

**Saturday 8:00 am Womens' road ride** from Kulshan Cycles- two groups according to speed and skill. Heavy rain cancels

## 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 - [ridecoordinator@mtbakerbikeclub.org](mailto:ridecoordinator@mtbakerbikeclub.org) (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**

## everybodyBIKE Month Prize Drawing

everybodyBIKE is a month-long celebration of National Bike Month in May. There are lots of fun activities to encourage bicycle commuting and using bikes for transportation. Great prizes, especially for people who are new to bicycling. People of all ages can participate. Anyone who bikes or walks instead of driving at least three times during the month can enter to win. Prizes will be drawn on the 8th of June and winners will be notified. You could win a trip to Amsterdam, a new Norco bike, a deluxe dinner or trip, or many more prizes.

To participate, just record your bike trips at everybodyBIKE.com or at the Whatcom Smart Trips website. If you don't have internet access, or if you're under 18, use a paper entry form available around town or by calling 671-BIKE (2453). People who record bike trips during May at WhatcomSmartTrips.org will be automatically entered to win.



### Campus

5. "Bob's Station" Marine Drive and Bennett
6. Sehome Village Mall: Bill McDonald Parkway and Samish Way
7. Barkley Village: Off Woburn Street (at Haggens Gazebo)
8. Sunnyland Elementary School: James Street
9. Dupont and Broadway: Lettered Streets Neighborhood
10. Guide Meridian and Birchwood Avenue
11. North Cascades Cardiology: near St. Joseph Hospital
12. Whatcom Community College: Kellogg Road
13. Shuksan Middle School: Northwest Avenue and Alderwood
14. Lakeway and Lincoln: Carl Cozier Elementary
15. Lummi Fitness Center: Kwina Road, Lummi Nation
16. Downtown Ferndale: Main Street
17. Blaine at H Street in the City of Blaine
18. Port of Bellingham: Roeder Avenue
19. Public Market: Cornwall Avenue at Lottie Street
20. Southside Food Pavilion: Old Fairhaven Parkway and I-5
21. North Bellingham Elementary School

## Bike to Work and School Day is Friday, May 18th!

Whatcom County's biggest annual one-day bike celebration is Bike to Work and School Day, presented this year by SSC. Enjoy treats, gifts, and chances to win big prizes by stopping by one of the over 40 Celebration Stations throughout Bellingham and Whatcom County. If you're already bicycling regularly, this day is a big "Thank You" that recognizes you're doing something wonderful for our community all year around. If you're new to bicycling, this day says "Thanks for giving biking a try!" You'll be delighted to find it's fun, healthy and could even save you money.

If you know someone with a bike in the garage with a flat, bring it to the Farmers' Market Pump You Up booth for free repair and a basic mechanical check. The Pump You Up booth can give you tips on the best bike route for your commute, safety advice for riding on trails or in traffic, and you can order free or low cost helmets.

To get a list and map of Celebration Stations, go to the Mt. Baker Bicycle Club website. A big thank you to Kathleen Suit for donating production of the map of Celebration Stations, based on the map annually prepared by her late partner (and our much missed friend) Bob Lindquist. Here's a list of some of the most popular stations:

1. Downtown Bellingham: Railroad and Holly
2. The HUB Community Bike Shop: 903 1/2 N. State (behind Bellingham Divers)
3. Fairhaven Village: 11th Street and Finnegan Way
4. WWU Red Square: Western Washington University Main

## Whatcom Youth Cycling

The YMCA, in partnership with Whatcom Youth Cycling, offered a kids bicycling camp during spring break in April. With low registration, the camp was cancelled, but will be offered again in the summer or autumn. The goal is to give youngsters a chance to try a variety of types of bicycling and learn standardized road rules to give them the opportunity to consider more advanced bicycling.

Three instructors for the Cycling Camp completed the League of American Bicyclists' Road One course in preparation for teaching. These instructors are bicyclists with years of experience and hundreds or thousands of annual miles to their credit, and they each found value in the Road One course's standardized system. With the Road One certificate, they'll be teaching the students the many right answers to the question, "Where on the road should a cyclist ride?"

## Bicycle Babies--Birth Announcement

Quincy Pearl Rickerts, a.k.a "Quin"  
Born: Wednesday, April 11th  
Weight: 8 lbs 2 oz.  
Length: 20"  
Cyclist Dad: Ryan Rickerts  
Photos: rickerts.typepad.com

Oscar Henry Fegley, a.k.a. "Ozzie"  
Born: Thursday, April 5th  
Weight: 9 lbs 11 oz.  
Length: 21.5"

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- Aldous Huxley

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# Community Car Share

## Most Community Car Share Members Are Also Avid Bicyclists

Most of Community Car Share's 16 members use alternative transportation (walking, bicycling, and public transportation) as their primary means to get around, using the car share vehicle only when they really need it. Car sharing has helped its members get rid of their personally owned vehicles altogether, or helped them downsize by one vehicle.

Car sharing has overwhelming benefits. Individuals save money, get more exercise through walking and biking, and have less car hassle and responsibility. Car sharing reduces traffic, noise, and need for parking in communities. The environmental benefits of car sharing include better air quality, less water pollution, and fewer miles driven. For every car share vehicle, 6 to 23 cars are removed from the road, and 4 to 10 privately owned vehicles are replaced. In North America, the average car-sharing individual drove 44% fewer miles and reduced their greenhouse gas emissions by 40% to 50%. All of these benefits will make our roads and neighborhoods safer, cleaner, and more enjoyable for bicyclists.

Community Car Share offers affordable car sharing to the Bellingham public and business community. Their first car, a 2004 Toyota Prius hybrid, became available on August 1, 2006. A second vehicle is waiting in the wings, a 2002 VW Beetle powered by Biodiesel fuel. The second vehicle will go into use as soon as the membership needs it. General Manager, Lorraine Wilde, says that Community Car Share's next goal is to find a donated truck to offer members for the few times a year they need one. A truck could help many Bellingham 2-vehicle families downsize by a truck.

Community Car Share's Prius is located at the Bellingham Public Market by the bus depot. The location of the second vehicle will depend on where members live. "We plan to expand to neighborhoods as membership increases because having the vehicle close to home makes it more convenient", says Wilde, "but we want to put them on the bus lines and near bicycle racks so that members can easily blend their modes of transportation".

Wilde says, "Its easy to share the vehicle because you can reserve it on-line and see when its being used with your personal log-in. The keys are secured inside the vehicle and it has a designated parking space so you always know where to find it."

Qualified individual members pay a low annual membership fee, a small initiation fee, and a refundable security deposit. Then they only pay for when they use the vehicle, \$4 per hour and \$0.25 per mile. "These fees include gasoline and insurance so are much cheaper than owning your own car", says Wilde.

Community Car Share supports one business with 6 drivers and has affordable rates for businesses, including a discount for non-profit organizations. Most drivers can begin driving regularly within a week.

Says Wilde, "Car sharing is just one of the many ways we can truly live our values, and I'm proud to be a part of that." See Community Car Share's web site ([www.communitycarshare.org](http://www.communitycarshare.org)) for details.

2712 Victor Street Bellingham, WA 98225  
[www.communitycarshare.org](http://www.communitycarshare.org)  
 360.389.6551  
[info@communitycarshare.org](mailto:info@communitycarshare.org)  
 Contact: Lorraine Wilde  
[lorraine@communitycarshare.org](mailto:lorraine@communitycarshare.org)



### 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: \_\_\_\_\_

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 \_\_\_\_\_

### MBBC Membership

### 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.)

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

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

### Questions?

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

## everybodyBIKE Schedule Whatcom Smart Trips

(360) 671-BIKE (2453)  
www.EverybodyBike.com

**Bike or walk for transportation on three or more days during May and enter to win big prizes. Form a team and win even more.**

### Celebrate National Bike Month in May!

**everybodyBIKE Month Kick-off Reception**, Tuesday, May 1st, 5:30 - 7:00 pm, State Street Depot, Bellingham. Celebrate all month long and start by enjoying a kick-off treat and getting your entry form for the EverybodyBike Month raffle.

**Holland Days Bike Rodeo and Ride**: Friday, May 4, 5-7 pm Lynden

**Holland Days Pump-You-Up Booth**: Saturday, May 5, Lynden

**Procession of the Bike Species**: Saturday, May 5, Dress up your bike as a wild animal and ride with the Species.

**Pump-You-Up Booth** at Bellingham Farmers' Market: Saturday May 5 and 12, 10- 3 pm, get your flats fixed for free, get advice about good bike routes for commutes, and order your free or low cost helmet - stop by the booth and get pumped up about Bike to Work and School Day

**Bike with your Politician**: Saturday, May 12, noon to 1:30, gather at the Bellingham Farmers' Market, ride an easy two mile route through Lettered Streets Neighborhood, and enjoy refreshments at the Senior Center at the end. Ride and encourage our political leaders to make our community even more bike friendly.

**Bike Rodeo**, Saturday, May 12, 10 - 3. Enjoy a day of community celebration at the Kendall Elementary School where kids can test their ability in a challenging bike skills course and rodeo. Order low cost or free helmets, learn bike handling tips, and have fun.

**Grizzlies on Bikes Week**, Monday to Friday, May 14-18. Watch for Grizzly Bears biking throughout Bellingham during Grizzly Awareness Week.

**Ride of Silence and Celebration of Trail Bridges**, Wednesday, May 16, 6 -8 pm, Gather at the Fairhaven Village Green and ride to honor the memory of cyclists and pedestrians injured or killed on our roadways. We'll also celebrate trail bridges like Taylor Dock and Railroad Trail Alabama St. Bridge that help improve safety and accessibility for all.

**Bike to Work and School Day 2007** presented by SSC, Friday, May 18, 6:30 -10:00 am, Bike or walk to one of the 20 or more Celebration Stations and get treats, prizes, refreshments, cheer, and a chance to win a trip to Amsterdam.

**City Hall Tricycle Relay Race**, Bellingham City Hall, Friday, May 18, noon to 1pm. Round up your team and enter the annual hilarious contest of humor and tricycling skill at this event honoring the City, County, and Port for their support of Bike to Work and School Day.



**Bike to Work and School Day Evening Celebration**, Friday, May 18, 5:00 -7:00 pm, Boundary Bay Brewery and Bistro, Railroad Avenue, Bellingham. Show your "I biked" sticker and get free entry to the music, fun, and prizedrawing Whatcom County's most popular bike day.

**Adaptive Cycles Expo**, Saturday, May 19, Bellingham City Hall. Try a fun assortment of different designs of bikes that make it fun and easy for anyone to pedal.

**Bike Cavalcade in Ski-to-Sea Parade**: Saturday, May 26, noon to 2 pm. Dress up your bike as your favorite animal or historical figure and enjoy an entertaining cruise in the Grand Parade.

**everybodyBIKE Prize Drawing**: Friday, the 8th of June, winners of the everybodyBIKE raffle prizes will be announced by Whatcom Smart Trips. Grand prize: Trip to Amsterdam, Kona bike, luxury dinners at Anthony's and more.

Plus dozens of school bike rodeos, community rides, and free bike clinics and classes throughout the month.

**Whatcom Smart Trips**  
(360) 671-BIKE (2453)  
www.everybodyBike.com





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# RideNews

## Camano Climb--

**Date: SATURDAY, May 5th**

**SPONSORED BY: STANWOOD-CAMANO KIWANIS**  
FREE SPAGHETTI DINNER INCLUDED

This ride is fast becoming one of the true classic rides in Western Washington. Now in its 11th year, it has become a tune-up ride for both STP and Ramrod. Come join us on this great ride!

Start/Finish will be at the Camano Center on Camano Island. Free spaghetti dinner for all riders following the ride at the Camano Center.

**THE RIDE:** 44 miles of scenic bicycling around the perimeter of Camano Island (approx. 1 hr north of Seattle) with an escape route of about 28 miles for those who wish a shorter ride. Spectacular views of Cascade and Olympic Mountains, Skagit Bay, Port Susan, Saratoga Passage and Whidbey Island. No Ferry ride required.

**WHEN and WHERE:** Registration and the course starting point is at the Camano Senior Center. Registration will be from 7:30 am - 10 am, start from 8 am - 10 am. Course to close by 4 p.m. Date - May 5th

**SERVICES:** Map, 2 food stops, mechanical support, plus free spaghetti dinner for all participants in the ride.

**COST:** \$20 pre-registration post marked by April 28, 2007, \$25 day of ride registration.

## 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.

## Olympic Cycling Classic

**Date: May 19 2007**

<http://www.olympiccyclingclassic.com/>

The century/metric ride through the foothills of the Olympic Mountains and along the Strait of Juan de Fuca - a 6,500-foot elevation gain - is not for the faint of heart.

Don't forget to bring your family to the 8-Mile Family Fun Ride beginning at the City Pier following the waterfront trail to Ediz Hook. With its view of Port Angeles and the harbor, it is geared to riders of all ages.

All proceeds go to the combined schools: Roosevelt and Stevens PTOs.

For information, phone the event director, Wendy Hoine, at 360.477.9842 or 360.457.6027.

## The Seven Hills of Kirkland

**Date: Monday May 28**

<http://www.7hillskirkland.com/index.htm>

Whether you choose the traditional 7 Hill Route (approximately 40 miles), the popular Metric Century Route, or the challenging Century Route, you'll enjoy the scenery and support KITH. Travel at your own pace through urban, suburban and rural roads on a holiday when cyclists seem to outnumber vehicles. Follow the signs and "Dan Henry's" to great food stops, challenging ascents and

wonderful descents. Climb Winery Hill and be rejuvenated by the applause of your own cheering section and the lovely strains of a bagpiper. All of this for such a great cause.

The traditional 7 Hills course is approximately 40 miles long with about 3,000 feet of climbing.

The Metric Century route extends eastward from the 7 Hills course. The Metric Century and has 11 hills, with 4,600 feet of climbing.

The full Century course continues eastward from the Metric route, through rural King County into the Snoqualmie valley and north into Snohomish County. The Century course has 14 hills, with about 7,000 feet of climbing.

## Peninsula Metric Century (PMC)

**Date: June 3, 2007**

<http://www.twbc.org/events/peninsula/>

This is a challenging ride through the scenic Kitsap Peninsula.

Enjoy panoramic waterfronts views, rural countryside, and lots of rolling hills. Choose from routes of 50K, 100K or 100 miles at two convenient start locations. Riders will enjoy a well-marked course with cue sheet and map, support vehicles, fully stocked rest stops, and dessert at the finish line.

**Online Reg. Closes:** July 12, 2007 11:59 PM Pacific Time

There are two start/finish locations for your convenience. In Gig Harbor:

Gig Harbor Medical Pavilion  
6401 Kimball Dr NW  
Gig Harbor WA 98335

Southworth Start/Finish

Southworth Ferry Terminal  
11564 SE State Hwy 160  
Southworth WA 98386

On-Site Registration: If you miss the online registration deadline, you may register in person on the day of the event from 7:00am - 11:00 am at either start location.

On-Site Registration Fees: Adult (age 18 and up): \$20.00. Youth (age 7-17): \$10.00 , Child (age 0-6): \$0.00 Family: \$45.00

## Chelan Century Challenge

**Date: June 9, 2007**

<http://www.centuryride.com/>

This is a challenging ride sponsored by the local rotary-- see site for full details.

**\$40 fee** includes maps, support, refreshments, and souvenir shirt.

**Segment 1:** Beginning in the scenic Don Morse Park on the shore of Lake Chelan (just minutes from anywhere in Chelan) we pedal out of town along the south shore of the lake. At the landmark Pat and Mike's Minimart we bear left up the Knapp Coulee (Hwy. 97A), down through the tunnel to the Columbia River and almost immediately climb up and up through the Navarre Coulee. After 8 miles of nearly constant climbing, thrill to a mile of downhill with great lake views and then follow the southshore back to town.

**Segment 2:** The Manson Valley loop is gorgeous! Winding along the lake and up through some heart throb hills to the local ski area we climb. Then down out of the mountainous terrain past vineyards, apple, pear and ripening cherry orchards we rest. Climb again and then some more before descending through the town of Manson returning to Don Morse Park along the scenic North Shore Drive.

**Segment 3:** This segment must be done last if one is to claim that they met the CHALLENGE. After 80 miles of a great ride, the final 20 includes 14.5 miles of half torture and half exhilaration. Crank pitches of 12 to 15% most of the way to the top. But then

the VIEW of the Chelan Valley (see picture above right) and mountains surrounding the lake glimpsed through misting eyes as one thrills to that dizzying descent, is a fitting climax to this great ride. This final loop includes a coulee, a few miles along the Columbia River and then the Canyon with 2000' elevation gain before a final hill with only 5 to 6% grade.

Go to website for more info.

## Wenatchee Sunrise Rotary Century Apple Bike Ride

**Date: June 9, 2007 (note date change!!)**

<http://www.applebikeride.com/>

Over 900 riders participated in the 2006 ride. The ride is a scenic and sunny tour from Wenatchee, Washington to Silver Falls campground along the beautiful Columbia River. Set in the heart of apple country you can ride either 50 or 100 miles. All of the funds raised from this event goes to help needy individuals and families in our community and around the world through our many Rotary club projects. Including the Challenge Scholarship Program for "at-risk" students.

### Early Registration

Hurry and register early! You pay only \$50 by completing and mailing the registration form with your check or by registering online before May 27, 2007. Entry fees include T-shirt, all pit stop food, beverages, and the Finish Line Fest.

## Flying Wheels Summer Century

**Date June 16, 2007**

[http://www.cascade.org/EandR/flying/FW\\_Details.cfm](http://www.cascade.org/EandR/flying/FW_Details.cfm)

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

Each route takes you through rural scenery and some great rest stops. For those that want hills, come ride the 65- and 100-mile loops. For riders not into hill challenges, the 25 and 50-mile loops have only a few.

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

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

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

**100 - mile loop** - take the 65-mile loop and add Snohomish and Monroe and another 1 mile climb for a total of 5 good climbs. Finish this route and you will be ready to ride Group Health STP in one day!

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

## 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.

## RSVP

**Date: August 17-18**

[http://www.cascade.org/EandR/rsvp/RSVP\\_details.cfm](http://www.cascade.org/EandR/rsvp/RSVP_details.cfm)

Come celebrate the 26th anniversary of a bicycle classic: Ride from Seattle to Vancouver, BC and Party - Friday and Saturday, August 17 - 18, 2007.

Enjoy 183 miles of scenic back roads (103 miles on Friday and 80 miles on Saturday). 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.

### Start Line

The ride starts on Friday, August 17, from Warren G. Magnuson Park which is 2 miles Southeast of the University of Washington just off Sand Point Way. Overnight parking is available for \$10. The start line is open from 6:30 - 7:30 a.m. Please be prompt, groups along the route have been notified of departure times.

### Bellingham Midpoint

Camping and Midpoint information not available at this time. It will be posted as soon as it becomes available.

### Finish Line & Party

Finish your two-day adventure in downtown Vancouver, B.C. on Saturday, August 18, at the The Coast Plaza Suite Hotel. A bicycle parking area will be set up in the hotel garage. RSVP participants may store their bicycles in the hotel garage corral. Join us from 1:30 - 6:30 p.m. on Saturday at the hotel for the outdoor reception and a no-host cash bar.

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## Ride Around Puget Sound (RAPSody)

**Dates: August 25-26**

<http://www.rapsodybikeride.com/>

Enjoy the scenic back roads of five Washington counties while supporting statewide bicycle advocacy and education on the Ride Around Puget Sound.

With 165 miles of rolling hills, doing RAPSody in one day is hard, two days is challenging fun. RAPSody is sponsored by five Puget Sound area bike clubs in support of the Bicycle Alliance of Washington's statewide advocacy and education.

The 4th Annual Ride Around Puget Sound is organized and supplied by B.I.K.E.S. of Snohomish County, The Capital Bicycle Club, Tacoma Wheelmen's Bicycle Club, Seattle Bicycle Club, and West Sound Cycling Club in support of the Bicycle Alliance of Washington's statewide advocacy and education.

**What's Included:** Luggage support, overnight campsite and showers, rest stops with food/drink/water, sag support along the route, cue sheets/maps, ride souvenir, ferry fares, lots of music, special treats, and great community involvement and support.

**Ride Proceeds:** All registration proceeds are donated to the Bicycle Alliance of Washington (BAW). This ride can be used as your own fundraiser for a non-profit organization. More information can be found on the registration page.

## 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.*

It looks like I will take a month off from writing a sports-related column because my wife is about to have a new baby!! What I would love in the future is some cycling/sports related questions and inquiries that I can answer as best as possible. Please send me an email at [drrecurtis@yahoo.com](mailto:drrecurtis@yahoo.com) and I will publish the information in future newsletters. Thanks for the opportunity to write, and I hope the past information has been useful.

.....Robert Curtis D.C.

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

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

