

Mt. Baker Bicycle Club

PROVIDING A HUB FOR WHATCOM COUNTY CYCLISTS

November, 2004 Volume 13, Number 8

COMING EVENTS

MEETINGS:

December 8: Banquet
(Page 3)

January 11: John Whitmer
Across the US

February 15: Tour of
France and Tour de France

March 21: Carol and
Paul's Liveable, Walkable,
Bikable Europe

RECURRING RIDES:

Tuesday Social
Tuesday Training
WWU Club (WWU cycling club)

Wednesday Social
Saturday Donut Ride
Saturday Jelly Donut Ride

SPECIAL RIDES!!:

Thanksgiving Day Ride
New Year's Day Ride

All Details on page 2

Please notify us of your upcoming program or event for inclusion in our schedule. You may email to pagoff@yahoo.com or mail to:

Editor Newsletter
Mt. Baker Bicycle Club
Post Office Box 2702
Bellingham, Washington
98225

CHUCKANUT CYCLING WEEKEND HUGE SUCCESS!

Thanks to the volunteer efforts of MBBC members, the Mt Baker Hill Climb on September 11th and the Chuckanut Century Ride for Cancer Care on September 12th netted record dollars for cancer care in Whatcom County.

There were some amazing performances in the face of devastating weather conditions for the second annual Mt Baker Hill Climb. 152 riders completed the climb in epic conditions. One rider called the conditions, "Old Testament stuff." Facing driving rain and cold conditions, the riders made the 24.5 mile ascent with sheer perseverance. After finishing, many competitors were shuttled to the employee lodge at the ski area to temporarily warm up before riding or getting rides down the mountain. A number of returning riders reminisced about the beautiful clear conditions in 2004, but everyone agreed that the real question will be, "were you there in 2005?"

A huge thanks goes out to our Glacier hosts at Milanos and the Mt. Baker Ski Area for flexibility in the face of changing conditions. Coming in as a late sponsor was Suunto who provided a timing clock and many prizes for competitors. All the businesses in Glacier were helpful in creating a welcome tone in the face of

the roadie invasion and to their credit, the competitors respected the town. This sort of cooperation will help in 2005 when the weather promises to again be beautiful...

On September 12th the Ken Meyer Memorial Foundation and the Mount Baker Bicycle Club welcomed 200 riders for the second edition of the Chuckanut Century Ride for Cancer Care. A beautiful day



dawned on the morning of the century and proved a stark contrast to the heinous conditions we suffered on Mt. Baker the day before. What a relief it was to sit out on the plaza at the Hotel Bellwether and listen to the groovy tunes of Chico's Paradise and enjoy a beer garden.

Riders from the MS150 shared some of the southern route as well as the Skagit Flats Marathon. It is a tribute to all that the events co-existed and (continued page 3)



CLUB WINS \$3000 GRANT

Bicycling is its own reward, but sometimes it generates other rewards, too. That's what happened last month when REI selected the Mt. Baker Bicycle Club to receive a grant to further the work we're doing to promote recreational riding and Bike to Work and School Day. This grant will enable the Club to expand its outreach for events during National Bike Month (May) and in honor of National Trails Day (June) for the annual Coast Millennium Trail Ride. A big thank you goes to the many dedicated volunteers, teachers, and local bike shops whose support has made this success possible. Club to expand its outreach for events during National Bike Month (May) and in honor of National Trails Day (June) for the annual Coast Millennium Trail Ride. A big thank you goes to the many dedicated volunteers, teachers, and local bike shops whose support has made this success possible.

THANKSGIVING DAY RIDE

Join us for about the only opportunity to ride on this fine holiday, Thursday, November 25. We will leave from the corner of Bennett Dr. & McAlpine Rd. (right by my house) at 8 AM for a quick ride to Ferndale, stop for a short cup and a snack and return. Approximate time for the ride will be about 2 hours. Trip length will be about 20 miles or less. Brisk Pace. Of course this depends on the weather. Bob Lindquist, 738-8565

NEWS YEAR DAY RIDE

Time to try it again Well, a different type of Saturday Donut Ride (sorry to miss it). Meet at Fairhaven Park at 10 AM on Saturday, January 1, 2005, for a ride to Edison's Longhorn Tavern or the Edison Tavern for lunch and return. Trip length is about 35 miles. For those wanting a shorter ride (as Kathleen and I did last year, went beyond Edison before rendezvousing in Edison) you can park at the Chuckanut Manor. This ride has gone even in horrible weather and teaches real tolerance. Pray for no ice. What a way to start the New Year. Bob Lindquist, 738-8565

WINTER SHOW SCHEDULE

We've lined up some impressive bicycle travel shows this winter, offered in partnership with the Western Washington University Outdoor Center. (Dates are tentative at press time, please call 734-8540 to confirm.)

Tuesday, January 11, 2005: John Whitmer's solo bike trip **across the USA**

Tuesday, February 15: Two of local bicyclists will share their pictures of the 2004 **Tour de France** and describe the pleasures of bicycling in France.

Monday, March 21: Carol and Paul's "**Liveable, Walkable, Bikeable Europe**" slide show

REGULAR WEEKLY RIDES AND OTHER GROUP RIDES

Tuesday **Social Ride**: 30-40 miles, 13-16 mph, starts from Pioneer Park in Ferndale, route varies. Contact Robert Parker at rmp4724@az.com or 360-676-6910

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

Wednesday **WWU Club Ride**: 25 miles, 13-15 mph (casual, social pace), departs from Boulevard Park on South State Street, Bellingham, length varies, 1-2 hours. details: www.wucycling.com/club_info.html

Wednesday **Social Ride**: varied distance, varied abilities; departs 5:45 pm Boundary Bay Brewery at Railroad Avenue, Bellingham, Ride separates into slow, intermediate, fast groups. Re-group at brewery afterwards (7pm). Contact: Kai Bretherton at Kaibretherton@aol.com

Saturday **Donut Ride**: 20 – 45 miles, race pace, departs from Kulshan Cycles, 7 am, to Ferndale for coffee and return, or continue to Birch Bay. (Runs every week of the year!!)

Saturday **Jelly Donut Ride**: Once a month at 10 AM. 14 mile intown course. For more miles bike to Kulshan Cycles starting point. Contact Robert Parker at rmp4724@az.com or 360-676-6910

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 by instructors certified by the League of American Bicyclists. 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 in Whatcom County
 - 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:

Jamie Starks, Physical Activity professional, daily bike commuter
Donna Merlina, Educator, car-free advocate
Marie Kimball, Real Estate professional, recreational distance rider
Jim LeGalley, Industrial Safety professional, bike tourist and commuter
Dave Neubeck, Attorney, cyclocross racer

Mt. Baker Bicycle Club officers:

Ellen Barton, President – Transportation Planner, daily bike commuter
Cathie Gerlicher, Treasurer – Computer Educator, recreational bicyclist
Marie Kimball, Membership Chair – Training to do STP in one day 2005 (Vacant), Newsletter Editor –(this could be you)



BIKES AS TRANSPORTATION FUNDING

The annual grant cycle call for projects for federal highway administration funds is underway (even though the new federal bill has not yet been reauthorized) and engineering departments throughout the state are lining up. Called Statewide Transportation Program (STP) Regional funds, they fund most of the big roadway construction projects. They can also fund bicycle facilities projects if the Regional Transportation Planning Organization (RTPO) considers them a priority. Who is the RTPO? It is a board composed of elected officials from throughout the county. With advice from the public works engineers, they select which projects will get funding.

The County Bicycle Pedestrian Advisory Committee (BPAC), under the tenacious leadership of Scott Thompson, is this year proposing a non-motorized arterial project to compete for these funds. "It's time the non-motorized transportation infrastructure got more attention," says Thompson. The project would garner federal funds to conduct preliminary engineering for an east-west trail system along the Nooksack River. Such an arterial would connect the population centers of five of the County's small cities. This is an ideal time for such a project because the County is coordinating flood, wetland and critical areas protection and riparian habitat buffer development that could offer unprecedented opportunity for trail co-location.

NOVEMBER SLIDE SHOW

Real bicyclists don't necessarily let darkness and rain dampen their enthusiasm for riding. But this is the season that we start our in-door slide shows showcasing the bicycling trips and adventures of the past year, whetting our appetites for interesting summer rides next year. Come hear of the adventures of Jim LeGalley as he describes the amazing 500 mile bike trip from Bellingham to Montana and all his adventures along the way! A dedicated bicycle commuter, Jim plans his trips carefully in advance to take advantage of the best roads, trails, camping, and camaraderie. Monday, November 15, 7 pm at the Wilson Library Presentation room at Western Washington University (call 734-8540 to confirm location).

DECEMBER MEMBERSHIP THANK YOU BANQUET

The December meeting will be a celebration and a thank you for all the wonderful work of our members and volunteers in 2004. Club members who have volunteered during the past year will be treated to a special toast and reward at Boundary Bay Brewery and Bistro after the weekly Wednesday evening ride on December 8, 7 pm. Come enjoy a bicycle evening as we honor the important contributions we've made as cyclists to make this a better community. Awards for those special individuals whose dedication helped create successful events: You've earned the applause. Guests welcome -- those who join or renew that night will get a special bonus.



CHUCKANUT (cont'd from page 1)

worked together to ease bicycle congestion on the route.

Riders commended the food stops and the clear road markings: no one got lost. Tom Dorman who rode both the Saturday and Sunday events commented that it was like someone was, "...screaming at me to make sure I took the correct route, and I needed it after Saturday!" Thank you to the many MBBC members who marked the route and staffed the stops, especially: Alex Brede, Mark Steinberg, John Whitmer, and super volunteers Mark Ambers and Doug Schoonover. Of course the legendary Bob Lindquist provided route maps and spent part of the day at the stop in Ferndale. What a great crew!

Thanks to sponsor Microsoft and longtime cycling supporter Sanitary Services Company, who together underwrote the entire cost of the event, we will be able to donate all entry fees to local cancer care organizations. Microsoft has created a business partner retreat centered at the Hotel Bellwether around this event and we hope to keep that relationship strong as we plan for the 2005 event. Thanks to Mocer Construction for their support of all of our events in 2004 and 2005, the Hotel Bellwether, Elakah Kayak Tours, Suunto and the Mt. Baker Inn for providing raffle prizes. www.meyermemorial.org shows all raffle winners. Remember to support the businesses that support our events!

David Fayram and Charlie Heggem deserve special recognition for their help with all five of the 2004 Ken Meyer Memorial Foundation events. We're proud of the community and volunteer support that helps us fund better cancer care and improved bike education. Ride Safe and Live Strong.

RSVP: BELLINGHAM'S WELCOME PARTY

The day was wet and the riders were soaked all the way to city limits, but the delicious spread served at Civic Field, put warm smiles everywhere at the end of the day. Everyone complimented the Mt. Baker Bicycle Club on the terrific welcome party we threw for the riders from Seattle to Vancouver, stopping over night in Bellingham. The welcome included live jazz music, camping, delicious choices of desserts, and even the option of a relaxing rejuvenating massage! "This reception made RSVP more fun than STP!" enthused one rider. The great job we did this year will make things even better next year. Thank you to all the volunteers who made this possible!

CLUB ADMINISTRATION NOTES

Is the Club doing the things you want? Should it be doing other things? Become a board member and help correct the course! The updated bylaws stipulate that we hold elections for new Board members at the annual meeting in December. Terms of office are two years and there are currently 3 open seats on the Board. The members of the Board elect the President and other officers. The Board members should represent various interests -- consider nominating yourself or encouraging others to run so that the Club can serve your interests better. The Club is sorry to report that the newsletter editor has moved away from Bellingham. We were not able to find a replacement in time for the September and October newsletters. Please pardon our less-than-professional approach as we search for a new editor.

TOUR DE HAWKS bicycle birding

Each Autumn/Winter...our temperate western Washington river deltas are graced with migrant and resident birds of prey. These beautiful hawks, eagles and falcons are delight to behold and important parts of the regional

biosphere. Here is an opportunity to blend learning their field identification, habitat associations and behavioral ecology with some eco-aerobic exercise! We will safely ride the backroads of Samish Flats of Skagit County in search of these wild raptors. David Drummond, a noted raptor biologist/naturalist will lead this fun exploration. Please call to register and for info at: 360-671-3804

Saturday, November 20th 8:00 AM (sharp!) to 2 PM

Meet/End at Edison Elementary School parking lot.

Cost: \$ 25- includes friendly guidance, raptor expertise/ references and spotting scope. Bring a friend, bicycle in good condition, binoculars, warm clothes, lunch with hot beverage, your curiosity and sense of humor!

BIKE CLUB JERSEYS

Isn't it time the Club members could boast their membership with an attractive and eye-catching new bicycling jersey? Contact Marie Kimball to order yours 752-1236.

GOOD SIGN: Have you noticed the expanded bike rack parking at the Bellingham Public Library?



Why join the Mt. Baker Bicycle Club?

Whether you've been riding forever or are only beginning, the best thing about bicycling is just being out there: enjoying the outdoors, the fun, the sense of discovery, the freedom. A membership in the Mt. Baker Bicycle Club helps you just get out there and ride.

How does the Club make riding more fun?

We help **smooth the road** for bicycling in many ways -- even literally! -- by working with the local bike committees and engineers to get streets and shoulders swept regularly and maintained properly.

Club membership can help make sure you purchase the right equipment for your needs

The Club **eases the stress** of traffic for bicyclists by helping educate drivers and other cyclists on sharing the

road safely and legally. When you become part of the Club, you help **spread the fun** by introducing bicycling to new people of all ages through recreational rides and community events.

And most important, through the Mt. Baker Bicycle Club we can make sure that bicycling remains a **safe and fun** part of growing up **for children**. We all want to see cycling as a big part of America's future.

When it's a beautiful day and you want to get out and ride, you don't want to worry about the big picture. That's why your **club membership** is important:

together we can do all of this so you can **just ride**.

For more information, contact

Mt. Baker Bicycle Club

Post Office Box 2702, Bellingham, Washington 98227
(360) 734-8540; raleigh3speed@hotmail.com
www.bikefoothills.org/club



Mt. Baker Bike Club
PO Box 2702
Bellingham Wa 98227



WWU VIKING CYCLING CLUB

Members of the Viking Bike Team are racing cyclocross this season and that's not all. Ryan Rickerts, one of the Club, reports that the expanding club is taking off and doing well and has big plans. The Club has gotten some great help from Willy Spaulding as coach, Ben Scherrer teaching new people, and several other volunteers helping as treasurer, jersey coordinator, and mechanics. The Club is racing to meet sponsorship deadlines to get low cost equipment for the new people in the 2005 season.

The WWU Club is planning a big race for April for all the Northwest region colleges and for USCF racers, an exciting but overwhelming undertaking. They are recruiting the help of a race director and are checking the qualifications of several professionals, among them Al Coyle.

MBBC members who want to support these fantastic bike racing efforts at WWU can help by donating to a

fundraiser event on Nov. 19-20th. It's a 24-hour bike-a-thon and they're taking pledges, the proceeds will assist with purchase of a trailer for the team. Pledge material will be available

this week and team members will be asking for donations. Check the website www.wwucycling.com/ for details.



CYCLOCROSS

Cyclists who like zooming around on a road bike into the grime and grass of off-road riding have been combining the two in the fast-paced, fringe sport called Cyclocross that is booming in Northwest popularity.

Runningshoes.com/Bellingham Velo joined forces with WWU Cycling to host the traditional Fall cyclocross practices on campus until Daylight Savings Time ended (the last one was Wednesday, October 27, 6-8 pm). Local 'cross experts helped lead the group in helpful drills to get used to hopping barriers and remounting your bicycle. It's been wacky fun!

HOW TO HELP IF YOU DON'T HAVE ANY TIME

Storage Space: The list of Club-owned event supplies is growing. If you have an accessible, secure storage space, about 10 ft x 12 ft, that could be donated for Club use (think: tax write-off), please contact us at 734-8540. Storage unit rental fees are not our first choice for investing Club funds, but we're getting desperate.

BICYCLING FUN AT THE FAIR

Traffic Safety lessons aren't usually in Kids Walk and Roll to School top ten list for fun, but at the Northwest Washington Fair in August, it was #1. Hundreds of kids flocked to ride the bike skills course at the booth sponsored by the Whatcom Traffic Safety Team and staffed by bike club and other volunteers. Thanks to the

ingenuity and carpentry skills of Scott Thompson, Chair of the County Bicycle Pedestrian

Advisory Committee, the course included many attractions: a wooden bridge, a low jump and even a see-saw for kids to ride over! Kids lined up to participate but they also got helmet fittings and basic lessons on rules of the road.

Over 300 kids learned the meaning of a stop sign and how to give proper turn signals and the importance of checking before riding out of a driveway. Huge thanks to the 40 or so volunteers and these sponsors:

- Whatcom Bicycle Pedestrian Advisory Committee
- Whatcom TrailNet
- Whatcom Volunteer Center
- Blaine Public Works (for road and rodeo signs)
- Whatcom Public Works (for traffic cones)



SPROCKET HERO RIDES AGAIN

Parkview Elementary School is perfect for walking or bicycling but most these days arrive strapped into a car. For Kerri Bauer and several other parents, that didn't seem like the best way to teach kids environmental and energy responsibility. Together they planned a Kids Walk and Roll program for the school and received \$1000 in funds from the Whatcom Physical Activity Coalition.

Mt. Baker Bicycle Club's Kids Walk and Roll contact, Pamela Robertson, assisted with a Parkview Elementary School Bike Rodeo on Saturday, September 25, to teach over 50 kids basic bike street skills in a fun event. The Club received \$2000 from the Whatcom Physical Activity Coalition to increase physically active transportation to and from school. Pamela has hosted school assemblies and will be working with three physical education teachers to teach classes on safe biking and walking.

The Club may have funds from this project for "Sprocket Hero" – interested would-be superheros should call 734-8540 to find out details.

BELLINGHAM BICYCLE PEDESTRIAN ADVISORY COMMITTEE NOTES

WHATCOM BICYCLE PEDESTRIAN ADVISORY COMMITTEE NOTES

Bellingham has a parking management department and operates more than one parking garage but until now there have been no bike lockers in those facilities. Now, thanks to action by the Bike Committee and a request from a Commute Trip Reduction worksite, bike lockers will be installed at the Railroad Avenue parking garage. These lockers will be moved from the Fairhaven Amtrak Station where there was no management system to let the bicycling public use them.

The Committee is co-hosting a series of transportation speakers in cooperation with a WWU Huxley College course. October 7 showcased the director of British Columbia's TransLink and the October 28 presentation will have Washington State Secretary of Transportation Doug MacDonald addressing the State's Role in Sustainable Transportation. Representatives Doug Ericksen and Harriet Spanel are also invited.



The Nooksack River Trail has been on Parks Plans for decades. Properly constructed, a trail along the Nooksack River could be a fabulously attractive non-motorized transportation arterial. It could rival the Olympic Discovery Trail for recreational opportunities, which now has 25 miles of off-road, paved trail on the peninsula between Port Townsend and Port Angelus. The Nooksack River Trail would serve a vital transportation function between communities of Ferndale, Lynden, Everson and the Foothills, attracting hundreds of commuters out of their cars for many routine trips.

The Committee will work with Whatcom TrailNet and the Public Works Department to determine whether a trail can be incorporated into the other efforts to make salmon- friendly dikes and riparian areas.

The committee is urging the county to perform minimal engineering time required to determine project possibilities. In the interim, the committee will work with TrailNet and the Community Transportation Advisory Group to begin gathering trail project criteria from key stakeholders.

MBBC MEMBERSHIP FORM

New Member Renewing Member This is a change of address

Last name: _____ First name: _____

Address: _____

City: _____ State: _____ Postal Code: _____

E-mail: _____

Home telephone: _____ Work telephone: _____

Associate member: _____

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

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

Ride Leader Newsletter Mailings or Data

Bike to Work and School Day Chuckanut Century

Special events Website Maintenance Education

I can provide discounts on _____

MEMBERSHIP TYPE:

Individual: \$15 _____

Associate: \$25 _____

Additional Donation: _____

to support bike safety education

Total enclosed: \$ _____

Please enclose a check payable to Mt. Baker Bicycle Club

(There will be a \$20 fee for all returned checks.)

Mail to:

**Mt. Baker Bicycle Club
Post Office Box 2702
Bellingham, Washington 98225**