



MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Volume 14: Number 9, Nov.-Dec 2005

Special Rides

Nov 2: Thanksgiving Ride
Jan 1: New Year's Ride
(page 3 for details)

Events

November 7: America's High Plains slide show

November 19: Sustainable Transportation Fair (pg 6)

Jan 23: Across America options panel

February 13: The tour and Italy slide show

March 20: TBA

Weekly Rides

Tuesday Social
Tuesday Training
Wednesday Social
Saturday Donut Ride
Saturday Recumbent Ride
Saturday Whimp Ride
Saturday Joy Ride
Sunday Road Ride
Sunday Road Ride II
Sunday Road Ride III
The Nooner Ride (Sunday)

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
98227

Winter Slide Programs

Come visit exotic places by bicycle through the vivid photographs and personal stories of local bicycle adventurers. Each month from November to March, the Club hosts a series of shows highlighting the where and how and fun of bicycle touring. Previously Western Washington University Outdoor Center has generously co-hosted the presentations on campus. This winter we are honored to welcome the Bellingham Bicycle Pedestrian Advisory Committee as our co-sponsor and the shows will be presented at the Bellingham Public Library meeting room (210 Central Avenue). The Committee will introduce each presentation with a short and fun bike safety and share-the-road education mini-contest: you may even win prizes for showing off your expertise!

Tell your friends and plan to attend – Refreshments will be served!

November 7: Due to a schedule conflict, the northern European trip slide show will be replaced by Jim LeGalley's review his trip through **America's High Plains**.

The program will follow a 1620 mile bike tour from Bellingham to Casper, Wyoming, conducted solo, lasting one month, carrying all supplies and camping gear. The beauty of the ride through the Black Hills in South Dakota and Pine Ridge in NW Nebraska was the isolated open country shared with very few cars. The route used these non-motorized trails:

Spokane Falls Centennial Trail/Spokane to Idaho Border,
North Idaho Centennial Trail/WA-ID border to east of Coeur d' Alene
Trail of the Coeur d' Alene's/South of Coeur d'Alene to almost to Montana border, and the George Mickelson Trail/Black Hills South Dakota

New MBBC Website-- You all come visit!!

Well it is official. MBBC now has its own web-site address <http://www.mtbakerbikeclub.org> please update your favorites and tell all your friends. The changeover went fairly smooth with only one glitch, The old site address has been set up to forward you to the new site so if you don't like to type, you can go to the old site and be automatically forwarded to the new site for a while.

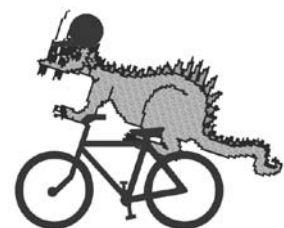
There are some new email addresses for some of the people in the group such as me I am now webmaster@mtbakerbikeclub.org and there are a few others, you should go to the contacts page and have a look see.

I have been trying to keep the site up to date as much as I can and we are still getting traffic from all over the country. Please let me know if there is anything you would like to see, or see less of, on the site that would make it even better, a message board, ride reports.

Now to the glitch, during the changeover the photogallery page was damaged beyond recovery and many of the photos were lost. We would like to build another but need photo's so please email me with old and new and I will get them up, the problem has been fixed so that this should not happen again.

Thanks everyone and happy riding.

Tim Reinholtz



Continued page 3

Social Meetings

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



Weekly and Group Rides

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

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: mbbcridecoord@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 Recumbent 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 360-676-6910

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 Joy Ride: 10:AM North Bellingham School parking lot. 20-40 miles social pace 14-16 mph. Sonny Meehan at 366-7492 or lesliemeehan@yahoo.com

Saturday Family Ride Sept 10. Starts at Farmer's Market. Routes and times vary. See article page 1. Rodd Pemble at 734-2441 or rodd@sscinc.com.

Sunday Road Ride: Starts April 10. Meet at Fairhaven Park. 25-40 miles, 12-14 mph. Rain cancels. Doug Schoonover, mbbcridecoord@prodigy.net or 733-1402.

Sunday Road Ride II Strenuous road ride leaving Tony's Coffee in Fairhaven @ 10 am. No specific route or length.

Sunday Road Ride III Starts April 10. Meet at Fairhaven Park 1 pm. 25- 40 miles, 12-14 mph. Rain cancels. Doug Schoonover, mbbcridecoord@prodigy.net or 733-1402.

The Nooner Ride The Nooner ride, for those who like to sleep in on Sunday or have other obligations on Sunday mornings. 12:00 at Tony's in Fairhaven. About 40 miles, 18 mph pace with some jumps.

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:

John Hill, Physician, mountain and road cyclist

Paul Clement, Teacher, road racer

Jamie Starks, Physical Activity professional, bike commuter

Donna Merlina, Educator, car-free advocate

Marie Kimball, Real Estate professional, recreational rider

Jim LeGalley, Industrial Safety professional, bike tourist and commuter

Doug Schoonover, rider extraordinaire

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 - mbbcridecoord@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

Bicycling Programs from page 1

January 23: Riding Across America: A comparison of different styles of bicycling across the continent. Paul Goff will describe his experience with a supported group fund-raising ride; John Whitmer will add insight as a solo rider, Jim LeGalley will talk about fully loaded touring and one other rider will show how the trip looks in a small supported group.

February 13: Bicycling the Tour and Northern Italy: Ride the Tour de France with Brian and Catherine Herring as they cover the same route as the pros – but a week or so earlier. Double feature includes some of the hilly terrain of northern Italy as Bill McCourt displays the sights from his trip that, rumor has it, included some challenging climbs.

March 20: Collage or Colorado: Several possibilities for this one include a bike trip through the southern and western states; a view of the Tri-Island Trek, and/or a show about biking in the north and west areas of the US. Stay tuned.

Upcoming Rides Thanksgiving

It is time again for the Turkey Day Ride. Mark your calendar for likely your only chance for a bike ride on Thanksgiving Day the 24th of November. I think this is the fourth running of this.

We will meet at the corner of McAlpine Rd and Bennett Dr. at 8 AM for a quick ride to Ferndale for a snack and camaraderie before joining in on all the other family activities during the day.

Last year we forded flood roads on a round-about route to Ferndale and had a great time. About 10 of us made the journey.

Bob Lindquist
671-4325

News Years Day

The 4th Annual News Years Day Ride will Meet at Fairhaven Park at 10 AM for a wonderful (maybe) ride to Edison for lunch at the Longhorn Tavern. All levels of speed are encouraged as it is not important to all arrive at the same time. This is a wonderful way to set the stage for the coming year of cycling. Last year we had quite a turnout and a great time. Mileage depends on how far anyone wants to go before gathering at the Longhorn. Dress to be warm and dry if possible.

Bob Lindquist
671-4325

Wednesday Night Ride

The time has come again for the Wednesday Ride to become a mountain bike ride with lights. We had soooooo much fun during the past two winter seasons on these rides.

At least one 10 watt light is necessary, preferably two incase one quits. Helmet lights are best. We meet at Boundary Bay Brewing on Railroad at 6 PM and try to return by 7:30.

Last year we had up to 19 riders, almost double from the previous year. If this growth keeps up we will have to split into two groups to make the groups manageable. It really was amazing how few times this ride did not happen. I think maybe only 2 or 3 times last season.

Wednesday Night Ride Addendum

The problem we have with speed of the Wednesday Night Ride has, again come to my attention. During the Summer the ride broke into groups quite nicely on most evenings but now we are entering into another era of riding.

On the first ride of the season there was a great turnout of 13 riders with a variety of skill levels. Only 10 riders made the

whole distance and we did not lose anyone but some riders really just could not keep up adequately. It is unfair for the fast riders to constantly have to hold back and equally unfair for the slower riders to have to suffer to keep up. We do not want to discourage fast riders or slower riders from participating as it really is great to practice different skills and enjoy riding at night on the trails.

What should we do? Unless someone else has a different solution, I propose that we break up into two groups which should be defined at the beginning of the ride.

Any comments or further suggestions are greatly appreciated.

Everone should enjoy this ride to the fullest!!!!

Bob Lindquist

Criterion 2006: Yes or No?

Ken Meyer Memorial Foundation is considering whether or not to host a Bellingham area criterium in 2006. The Foundation will be promoting and assisting with some racing events in the Anacortes area in 2006. A criterium requires significant volunteer help and a dedicated working committee, so organizers are gauging whether the right combination of labor and time will be available. If you're interested in helping, contact Paul Clement at meyerememorial@msn.com

Chuckanut Century committee

When summer comes, it's time to be outside on the bike, so planning for a successful and improved Chuckanut Century 2006 is starting now. Join with Club Board members Doug Schoonover and Paul Clement, and others, to begin shaping this popular event. To get involved contact Doug at dschoonover@prodigy.net.

Bike to Work and School Day Goes Big Time

Going from zero to 25,000 in three months can take your breath away. Ask Donna Merlina, volunteer organizer of Bike to Work and School Day (BTWSD) for Bellingham since 1998. She's thrilled that BTWSD will get a paid coordinator through a Federal Highways Administration Enhancements grant. With the leadership of the Whatcom Council of Governments and the support of transportation advocates, engineers and elected officials in the review process, BTWSD was approved for \$25,000 funding for the next three years. From a field of 14 local proposals competing for \$966,000, four projects were approved, including "Whatcom Bike Month," the project that features BTWSD.

There are still some hurdles before the funds become available: our four projects will be forwarded to the State for review and then the Washington Enhancement Committee will meet at the end of January, 2006, to make selection recommendations. The Secretary of Transportation makes final selection announcements in February, 2006. With the budget concerns at federal and state levels, there is still about a 10% chance that the State may determine not to fund our projects or that delays may make funds unavailable until late 2006. Let's keep our fingers crossed while we celebrate!

Ten percent of the 2006 Bike to Work and School Day participants say they bike to work or school every day all year around!

Advocacy

Bike to Work and School Day Coordinator Wanted

Bicycle education advocates experienced with event coordination are invited to apply for a part-time Bike to Work and School Day Coordinator position as contractor to the Mt. Baker Bicycle Club. The successful candidate will be experienced with Bellingham/Whatcom Bike to Work and School Day (BTWSD), recruiting and supervising volunteers, leading committees, soliciting donations, maintaining detailed task and financial records, and must communicate well with team members. The candidate must be available to work a minimum of 20 hours per week for 20 weeks (January to May, 2006). Applications due November 21, interviews to be scheduled for the week of November 28. Remuneration depends on qualifications.

Non-Trail Area Gets "National" Attention

Residents of the Cordata area in the north part of Bellingham were promised trails decades ago, but where are they? The neighborhood group began working with the Bellingham Parks Department last summer to push for the trail and park network necessary to connect that area to the rest of Bellingham's Greenways. A coalition of groups including bicycle interests, transportation agencies, physical activity advocates and others combined to support an application to the National Park Service Rivers Trails and Conservation Technical Assistance program. The Bellingham proposal won a technical assistance grant for the year 2006 and the informal coalition of trail interest groups will begin working with a National Park Service staff person. Results could include progress on the Dewey Valley section of the Bay to Baker Trail and solutions for the Marine Drive/Airport missing section of the Coast Millennium Trail. If you have questions or want to be involved, call Leslie Bryson at 676-6985.

BELLINGHAM BPAC

September Minutes

Public Works Update

Biker Education initiative: Chris Covert-Bowlds has sample letters to help people write letters encouraging people to use bicycles and alternative transportation. With gas prices hovering at \$3/gallon there will be ample opportunities for such letters. One aspect to address may be that expensive gas means more Bike racks at BHS and WWU are already more full now than ever. These new bicyclists need some education. Nicole mentioned that the US is a particularly dangerous place to bike because we provide little or no education to citizens from their early years.

ACTION: Put on agenda for October meeting to make a case for the City to organize bike education.

30th Street Project: City will do the sidewalk on the east side of 30th, with a 3-4 foot shoulder on the west side. There will be no parking on both sides. Speed limit will be 25 mph. Donovan crossing treatment will be 3-way stop, and the sidewalk on N side of Donovan will be extended to where trail emerges.

West Campus Way/Highland Drive: Community member wants pedestrian improvement-- sidewalks along certain segments of Highland and possible crosswalk at Morey and Highland. Some pedestrian commuters from the neighborhood come to WWU; they may want to participate in discussion/design/plan.

County Public Comment: An area is to be Annexed Near Smith Road for a new "community." The area is at headwaters of a creek where considerable restoration for salmon habitat has been done; proposed development would put this salmon recovery investment at risk.

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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 _____

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

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The proposed new community would also affect Smith fields three miles away, a feasible distance for biking, though there is no route there. Some kind of trail might be added as mitigation—whether it is County or City purview is unclear. Such a trail could extend to nearer Guide Meridian on Smith Road where developers are also looking to build. The new trail would create an east-west connector.

ACTION: Put on November meeting agenda.

WWU Update

Increased cycling at WWU: Carol reported more bike activity and 4,600+ bus passes already sold for autumn quarter. The Vice President of Business and Financial Affairs is very serious about using alternative transportation, and has hired consultants to assist in improvements. The university's planning for site development does not include methods to improve access for bikes and pedestrians

ACTION: Carol will find out who is doing the current contracts for road projects, and will make presentation to student senate.

Discussion Items

Changes/additions to the City Bike Routes map. The City wants to know how the map should be updated. Areas marked "to be avoided" have heavy traffic and no facilities; those marked "use caution" have some facilities, heavy traffic. Map information on these areas might also be relevant to previous meeting items. Discussion on whether to retain judgments on severity of climbs.

ACTION: Members should review map, email or bring suggestions in writing to next (October) meeting.

Comprehensive Plan: The transportation element of Comprehensive Plan will have first public hearing 10/18 or 10/25, followed by a series of work sessions. Neighborhoods are expressing concern about levels of service at intersections, and advocating wider roads because they doubt that transit, bikes and pedestrian will balance growth in traffic. "F" level of service for some hours/day not acceptable. Therese advised that the ABN is drafting a letter to that effect, but final letter may be more wise.

Committee approved sending letter to Council with revisions. Note that additional impact comes from individual BPAC members talking with Council members individually.

ACTION: Working group meeting at 6:30 on October 18 to finalize list.

Review Puget neighborhood letter: Section south of Fred Meyer from Consolidation up to Fraser/Meador, freeway to Puget is proposed for mixed-use development. Therese recounted plan for this 24 acres, 400 residential units (apartments) and commercial buildings. Neighborhood list of concerns provided to BPAC for their suggestions for proceeding.

Sponsorship of Mt Baker Bike Club winter slide series: Held in the past at WWU, the club believes it is better to present downtown (library), but there's a fee without City sponsorship. Ellen asked if BPAC would be a sponsor of the series, wants to publicize in Herald Almanac, pair with education. Members approved endorsement.

Discuss inclusion of City's bike and pedestrian priority project lists in Whatcom Transportation Plan. The July CTAG meeting heard a list of priority projects of County's bike/ped projects. It was suggested we look at the Whatcom Transportation Plan to see how it affects connectivity between City and County. They include a project list for the next 20 years. The plan does not reflect or synthesize real linkages, does the minimum to meet state requirements.

ACTION: Bring for November meeting.

Interpretation of WAC regarding bicyclists riding two abreast vs riding to right. Norm wants to spend some time discussing this. There are numerous regulations that motorists don't know, and bicyclists also need information.

ACTION: Collect information on this for October meeting (see bicycle law pamphlet, WAC. .

Research City evacuation plans for carless population

– interconnection with complete bike/ped network and access to transit. Consideration of county transportation plan could include this item. WWU is offering a seminar on disaster response at Huxley this fall.

ACTION: Put on agenda for January/Feb. 2006

Announcements

- Commuter Classes at REI – get better enrollment than LCI classes in the past. These will be offered in the Spring. We need to get better information about when they are held and publicize them.

- Domain name: mtbakerbikeclub.org now in operation.

- Bicycle friendly communities. Requires some demographic information and application.

- Recommends Mental Speed Bumps by David Engwicht, about street reclaiming.

- Ellen will attend October meeting of Assn of Professionals for Bicycle Pedestrian seminar in Chicago.

- Make sure that all schools have an opportunity to apply for Safe routes to School project funding.

- Enhancement grants – Fourteen enhancement proposals were submitted.

Respectfully submitted,
Cat McIntyre

Coast Millennium Trail Work+Party!

More volunteers than ever turned out for National Make a Difference Day on October 22 and REI made the occasion even more festive by awarding grants to four deserving local outdoors groups, including Mt. Baker Bicycle Club. In partnership with Whatcom County Parks and Recreation and the Washington Dept. of Fish and Wildlife, the Club will use the funds to conduct a trail work party. The project may take place on National Trails Day (early June) and will repair and re-surface a section of the Coast Millennium Trail along the Nooksack River Dike just south of Slater Road. The project organizers will seek the expert advice and assistance of Whatcom Mountain Pedalers (WhMPs), Greenways volunteers, and the Back Country Horsemen (and others) to ensure that the trail re-build is designed and carried out according to best practices. If you want to help plan or participate, call Ellen Barton at 676-6974.



Sustainable Bellingham presents The Sustainable Transportation Fair

Saturday, November 19th from 1:00 to 5:00 pm
Bellingham Senior Center
315 Halleck Street, Bellingham WA

Tired of high gas prices and creating pollution? Explore local options! See and hear what your neighbors are doing to get around town. The Fair will showcase many forms of sustainable transportation, with more than a dozen local speakers giving brief presentations about electric scooters and bikes, hybrid and electric cars, biking accessories and safe biking, mass transportation, car sharing, healthy walking...and more! These presentations, interspersed with three brief question and answer periods, will be followed by an opportunity to view the vehicles and talk to the owners. Attendees arriving at the event 'sustainably' will be eligible to place their names in a drawing for a transportation- related doorprize.

This event helps fulfill Sustainable Bellingham's mission to network individuals, groups, and organizations that contribute to the well-being of our community.

Co-sponsored by Attraction Retreat and the Community Food Co-op.

\$1-5 requested donation for Sustainable Bellingham
For more information contact: info@sustainablebellingham.org

Sustainable Bellingham's purpose is to serve as a catalyst and nexus for the co-creation of sustainable community in Bellingham and the surrounding bioregion. Part of our mission is to enrich and enliven the community by bringing people together and increasing networking among the many organizations and groups that contribute to the well being of our community. www.sustainablebellingham.org

Night time Cycling Laws

Daylight hours are decreasing. Washington State law requires cyclists to use a white headlight and a red rear reflector at night. Taillights, either flashing or non-flashing, are also legal.

Here's the law:

RCW 46.61.780
Lamps and other equipment on bicycles.

(1) Every bicycle when in use during the hours of darkness as defined in RCW 46.37.020 shall be equipped with a lamp on the front which shall emit a white light visible from a distance of at least five hundred feet to the front and with a red reflector on the rear of a type approved by the state patrol which shall be visible from all distances up to six hundred feet to the rear when directly in front of lawful lower beams of head lamps on a motor vehicle. A lamp emitting a red light visible from a distance of five hundred feet to the rear may be used in addition to the red reflector. A light-emitting diode flashing taillight visible from a distance of five hundred feet to the rear may also be used in addition to the red reflector.

Only a small percentage of cycling takes place at night, but a huge percentage of cyclist fatalities take place at night Don't be caught without adequate lights and reflectors.

When are lighted lamps and signaling devices are required?

Every vehicle upon a highway within this state at any time from a half hour after sunset to a half hour before sunrise and at any other time when, due to insufficient light or unfavorable atmospheric conditions, persons and vehicles on the highway are not clearly discernible at a distance of one thousand feet ahead shall display lighted headlights, other lights, and illuminating devices as hereinafter respectively required for different classes of vehicles, subject to exceptions with respect to parked vehicles, and such stop lights, turn signals, and other signaling devices shall be lighted as prescribed for the use of such devices.

OK, SO WHEN IS SUNSET and SUNRISE????

http://aa.usno.navy.mil/data/docs/RS_OneYear.html
Enter your state and city of choice and click "Compute Table." You'll get a nice schedule of the hours of sunset and sunrise for a year of your choice. Tell your printer to print "landscape." Do a print preview. Check and see if you are getting all 12 months. If not, choose a smaller font and try again. When you've got the full schedule, print a copy. And while you're at it, print a copy for 2006, it will be here all too soon.
Looking forward to SEEING you on the road!!

.....Judy Murphy
League of American Bicyclists
Cycling Instructor



Resistance Training for Endurance Cyclists

Resistance training is a valuable tool that can contribute to the development of endurance athletes of all abilities. Traditionally, athletes and coaches were reluctant to include strength training as part of the endurance athlete's training program in fear of developing "extra bulk" that would reduce cardiovascular

performance. Current research has shown that strength training has no adverse effect on aerobic capacity and can enhance muscular strength and power. In addition, other benefits to the endurance athlete include: maintaining proper muscular strength ratios, increasing bone mineral density, enhancing connective tissue, preventing overuse injuries, improving lactate threshold and improving exercise economy.

Cycling, swimming, running, or any other endurance activity subjects athletes to continuous, repetitive movements that can last for many hours. This can result in a strength deficit in selected muscle groups that may compromise optimal performance and efficiency, and may also lead to injuries. With cyclists the pedaling motion can overdevelop the powerful hip and knee extensors resulting in an imbalance between the muscles of the hip and thigh. Resistance training can address this by including specific exercises for the hamstring muscles to maintain proper strength ratios and promote optimal joint stability.

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Resistance Continued from page 6

In addition to muscular adaptations, strength training also promotes development of bone and connective tissue. Bone is a dynamic tissue that provides a rigid lever to support movement. Bone is sensitive to changes in forces it experiences and has the capacity for growth and regeneration if damaged. Activities must be weight bearing to provide the most effective stimulus for bone formation. Cyclists and swimmers are particularly vulnerable since their activities are non-weight bearing in nature. They should incorporate strength training to promote bone health.

Strength training can also enhance connective tissue resulting in an increased ability to withstand greater forces and improved overall joint integrity.

Prehabilitation refers to the realization that a potential for injury exists, and implementing specific strategies to prevent such occurrences. Each sport has common overuse injuries that affect many athletes. In cyclists, inflammation of the patellar tendon (patellar tendonitis) can result from repeated knee flexion and extension during pedaling. During a four-hour training session, the knee joint can undergo over 25,000 flexion/extension cycles subjecting the tendon to high stress. Supplementing the cyclist's training program with strength exercises can help maintain proper muscular balance and enhance the connective tissue network to reduce the possibility of patellar tendonitis.

Lactate threshold, an important element of endurance performance, can be enhanced with strength training. One study in 1991 found that strength training improves cycling endurance performance independently of changes in VO₂ max. After twelve weeks of strength training performed three times per week, cycling endurance time performed at 75% VO₂ max improved by an average of nearly nine minutes.

Critical to the endurance athlete is developing high levels of exercise economy. Exercise economy refers to the energy cost to maintain a given level of output. A 1997 study by the University of New Hampshire of 12 distance runners revealed that strength training significantly improved running economy, and strength in the upper and lower body.

To achieve full potential as an endurance athlete and remain competitive in challenging events, an individually designed resistance training program should be implemented. Resistance training is any activity that overloads muscles more than on the road bike, thus resulting in strength gains. Resistance training does not necessarily require special equipment, or long hours in the gym.

Resistance training can have five benefits for the endurance cyclist:

- * Increasing core strength and creating a stable platform for pedaling power.
- * Developing leg strength, which can be turned into increased power on the bike.
- * Improving the balance among muscle groups, resulting in increased pedaling economy and efficiency.
- * Strengthening connective tissues, to reduce the risk of injury.
- * Improving upper body endurance and comfort on the bike.

Any strength training program should follow the general principles of resistance training:

- * Activities that are weight-bearing and/or use free weights (e.g., hiking, lunges) require more balance and motor control and thus stress connective tissues more than strength training with machines.
- * Exercises that work multiple muscle groups and joints (e.g., lunges, wall squats) are more efficient at developing strength than activities, which work a single muscle group (e.g., hamstring curls).

* Resistance activities which move in the same forward-backward plane as cycling, and have a similar motion to road cycling (e.g., snow shoeing, mountain biking) will translate more directly to improved cycling than activities which are more general (e.g., squats).

* Since most of us have a dominant side, exercises which work each leg separately (e.g., one-legged pedaling, lunges) are better than activities, which work both legs (e.g., rowing).

* Exercises which work a single muscle group (e.g., hamstring curls) are useful for addressing specific muscle imbalances.

Resistance Training Exercises

Doing resistance exercises three or four days a week will improve your performance off the bike and reduce the risk of injuries. Recommended exercises are illustrated at www.ultracycling.com/training/training.html to:

- * Increase core strength
- * Develop leg strength
- * Improve muscle balance
- * Strengthen connective tissues
- * Improve upper body endurance

These simple activities don't require much special equipment. You can purchase resistance bands, ankle weights, etc. at

Perform Better <http://www.performbetter.com>

Power Systems <http://www.power-systems.com>

Dan Kehlenbach, expert level coach with USA Cycling
John Hughes director of the UMCA, an NSCA certified personal trainer and a USA Cycling coach. copyright 2005 UltraMarathon Cycling Association, for more information on training go to: <http://www.ultracycling.com>

The MBBC Bicycle Friendly Vision

The Mt. Baker Bicycle Club motto "More Bicycling = Better Community" articulates a bicycle friendly vision for our region. Bicycling of all kinds produces benefits. Some types of bicycling benefit just the individual – better health, fitness, and fun, for example. Other types of bicycling spread benefits throughout the community - reduced taxes, cleaner air, strengthened local economy. All the benefits are important but they're important in different degrees to different people.

Non-profits often try to fund projects through grants. The competitive process of writing proposals and meeting grant administration requirements sometimes takes energy away from the organization's mission. Recently, non-profits have started income-earning services that accord with their mission while generating funds to do further unfunded work. The ReStore is such an example: the store reduces land-fill waste while generating funds to educate about reducing pollution.

As MBBC grows, we have tremendous opportunities to follow this model, but it requires that the various bicycle interest groups continue to see the expanded mutual benefits of working together. For example, imagine a future in which the MBBC employs skilled bicyclists to conduct recreational rides, tours, and events for which fees are charged at market rates. Funds generated from these popular services are in turn used to support promotion of bicycle commuting, advocacy for bicycle facilities, scholarships for bicycle planning training and other activities that increase bicycling. This future will work if we as recreational, commuter, mountain, or other types of bicyclists see our common interest in working together.

The Bicycle Federation of Chicago currently has four full-time paid staff members working in the city engineering department as "permanent" consultants on bicycle issues, planning, design, and accommodation. In Bellingham and Whatcom County, let's plan to have at least five, ok?

A letter from the League of American Bicyclists regarding recent deaths on the road

Dear Club Leader

I want to briefly give you a heads-up and ask for your input into a new piece of our ongoing "Share the Road" campaigns. In the last few weeks we've seen a rash of awful crashes in which drivers with suspended licenses, no insurance, drunk etc. have hit and killed experienced club riders with very little penalty.

A rider in Charlotte, NC was killed by a bus driver turning left across his path - the driver was taking his bus back to the depot after crashing while making a left turn less than 30 minutes previously. I was with the Bellevue Bicycle Club and Omaha Pedalers in Nebraska the day a rider was killed by a truck driver who was later charged with reckless driving and having a suspended license - newspaper reports said he has eight other traffic convictions including drunk driving, negligent driving, leaving the scene of a crash, speeding, etc. This week, a Greenville, SC motorist was issued a \$270 ticket for turning left across the path of a cyclist and killing her.

As a response to this spate of crashes we're going to revamp our programs to enable clubs, individuals and the cycling community at large to take a tougher stand against this kind of outrage. In the coming weeks you'll find more resources on www.bikeleague.org about how to respond to such tragedies. I would really appreciate your input into how we can and should do this what have you done in situations like this?

I know we must keep educating our own members to ride safely (and we will), but at some point we must also stand up for ourselves and get dangerous drivers off the road.

Bill Bliss in the San Francisco Bay area, Sue Gygax in Tacoma, Tom Bruni in Maryland, Gail Alef in Seattle - these are experienced riders with tens of thousands of miles behind them who've we've lost in the last few weeks alone. Help us get the balance right between promoting this fabulous activity of cycling that we all love and would recommend to anyone and the sad task of having to stick up for our rights in the face of tragedies that we simply cannot ignore.

Your input is welcome.
Thanks, and enjoy your ride.
Andy

Whatcom Outdoor Expo

With all the outdoors enthusiasts in Whatcom County, some people got to wondering why there isn't any kind of Expo at the beginning of the season. Todd Williams, avid bicyclist and professional investment advisor, decided to try to do something about this. He's beginning to organize the Whatcom Outdoor Expo to be held in March, 2006. More than 16 outdoor sports vendors will participate in this free one-day event, featuring bicycling, of course, but including running, kayaking, hiking, and the myriad other ways we have fun here in the Mt. Baker region. If you'd like to help or exhibit, call Todd Williams at gtoddwilliams@yahoo.com

Happy Thanksgiving !!!

Mt. Baker Bike Club
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