



MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Volume 15: Number 10, Nov-Dec 2006

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January 1: New Years Day Ride

Events

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Tuesday Training
Wednesday Social
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Saturday Recumbent Ride
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The Nooner Ride (Sunday)

Please notify us of upcoming events for inclusion
pagoff@yahoo.com
or mail to:

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

MBBC listserv--<http://sports.groups.yahoo.com/group/MtBakerBicycleClub/>

Website: www.mtbakerbikeclub.org

Winter Bike Club Slide Show Series

Our region has a great climate for biking all year around, but during the rainy winter it's nice to stay in-doors once in a while and enjoy the bike trips taken in warmer dryer months. This winter the Mt. Baker Bicycle Club hosts its fourth annual monthly slide show series in partnership with the Bellingham Parks Department, Bicycle Pedestrian Advisory Committee, and the Bike to Work and School Day committee. Here's the line up of tours and scenery you'll enjoy:

Monday, 13 November: Mountains to Desert: A solo summer bicycling journey to Santa Fe, New Mexico, Jim LeGalley recounts his adventures, philosophical reflections, and technical details of this 2000+ mile ride. **This presentation will be the Co-op Connection Building, North Forest Street (at Chestnut)**

Monday, 8 January, 2007: Europe on Tandem: Laurel Ringler will describe their amazing family feat of 3 adults & 3 kids on 3 tandems in 5 European countries for 1100Km of bicycling in 4 weeks!

Monday, 12 February: British Columbia's Sunshine Coast bike tour

Monday, 12 March: Ireland Bike Tour

Note: keep an eye on the MBBC website (<http://www.mtbakerbikeclub.org/>) for more details on these slide shows: topics and locations may change.

Shows will be at the Bellingham Public Library (unless otherwise indicated) meeting room from 7 to 9 pm and a \$2 donation is requested.

Tell us about your Excellent Adventures in January!!!

We're planning a ride issue for January. If you had a particularly good experience with a ride, short or long, this summer tell us about it. Submit by December 20 to pagoff@yahoo.com



Cyclocross Comes to B'ham

Nov 5: Viking Cross--This date will be the unveiling of our premier course, the Western Washington University south campus. **(pg 5 for map)**

Nov 25th: Belly Cross

Thanksgiving Weekend calls for some thigh-burning racing (drumsticks, that is), so stuff your tummies into a skinsuit (or costume) and come out to Lake Padden Park! **(pg 5 for map)**

General Categories and Start Times for both events

8:30 - 9:00: OPEN COURSE -- Practice our killer loops!

9:00 - 9:50: CROSS C -- Lower fitness and/or brand new to racing, Women beginners & intermediates, plus teenagers.

10:30 - 11:15: YOUTH -- Under 15 years of age down to as-young-as-they-come!

11:30 - 12:30: CROSS B -- Moderate fitness, minimal to intermediate racing experience in some discipline, have tried cyclocross before or have natural talent on a bike. Advanced women will race here, as will young adults.

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Thanksgiving Day Ride

Day: of course, November 23. 8 AM from the corner of McAlpine Rd. and Bennett Dr. (Bob's house).

Route: A quick trip to Ferndale for a snack before joining all the family activities for the rest of the day.

Pace: This is a social pace ride.

Good turnout last year of about 10 riders. A very nice time. Back by about 10 AM.

.....Bob Lindquist
671-4325

P.S. Next - **New Years Day Ride** from Fairhaven Park at 10 AM to the Longhorn in Edison again!

Also a social pace

Meetings and Classes

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

Bike Smart class every Thursday, 5-7 pm, Bellingham Public Market on Cornwall Avenue. For information, call 676-6974.



Weekly and Group Rides

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

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

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

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

Wednesday Social Ride: varied distance, varied abilities; departs meet at 5:45 pm leave at 6PM Boundary Bay Brewery at Railroad Avenue, Bellingham. Ride separates into slow, intermediate, fast groups. From Oct-Mar we leave the pavement behind and hit the trails with lights on. Re-group at brewery afterwards (7pm). Contact: mbbcridecoord@prodigy.com 360-733-1402

Really Social Wednesday Ride--Chako Ride: Chako Rides are on winter vacation. Will restart in late April.

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

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

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

We're Much More Than a Club!

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

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

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

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

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

Mt. Baker Bicycle Club vision:

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

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

Mt. Baker Bicycle Club goals:

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

Mt. Baker Bicycle Club Board of Directors:

Marie Kimball, Real Estate professional, recreational rider

Doug Schoonover, rider extraordinaire

Marc Ambers

Rodd Pemble

Mike McCauley

*Pamela Robertson

*pending membership

Mt. Baker Bicycle Club officers:

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

Marie Kimball--Membership – Did STP in one day 2005, still truckin bikebham@yahoo.com (752-1236)

Doug Schoonover--Ride Coordinator - mbbcridecood@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

1:00 - 2:15: CROSS A -- You are already wicked fast on a bike in some capacity, or just really enjoy suffering. You have also raced plenty of 'cross before, or have trained and practiced specifically for it!



During each of these four races, 5 to 35 people will ideally register for each of the sub-categories listed below. We will then start the group likely to be fastest and/or largest first. Another group will start a minute or two after that, and so on. Hopefully you can focus on your own race, but there will be some intermingling, so just try to pass people or not get passed by anyone!

If there are less than 5 people in any one sub-category, the organizers reserve the right to combine categories at the start line. We will attempt to score you separately.

8:30 a.m. --**Open Course**--You will be riding in circles. This may sound boring, but these are really fun circles, with lots of challenges to keep your faculties fully engaged. These loops are also relatively safe, so anyone can try this sport without worrying about getting hit by a car or falling off a cliff. See the Rules for more information about cyclocross in general.

You can ride the course while we are setting up in the morning, and also during the breaks between races, but keep in mind the course is not closed. Watch out for pedestrians, cars, kittens, and anything else you don't want to hit. If you strike or otherwise annoy an event staff person trying to ready the course, you better not be wearing your race number, because we will deduct half your points for the day!

Everyone does the same loop. Fast people will just do them faster! Watch out or they might lap you. According to your category, you will race for the length of time indicated below. Then you will race a little bit more until you cross the finish line again. If you are one (or more) laps down, you just earned yourself a shorter race. Hopefully we notice this and don't give you 2nd place or something. See points for more information on the dark art of getting lapped.

Sub Categories

9:00 a.m. - Cross C Categories - 45 minutes

- Collegiate C Men (Nov. 5th only)
- Master C Men - 40+ (All Dates)
- C Men (All Dates)
- Junior B (15-16 yrs. old - All Dates)
- Collegiate B Women (Nov. 5th only)
- B Women (All Dates)
- Huffy Cross B (Nov. 25th only)

10:30 a.m. - Other Junior Categories - 30 minutes

- Junior C (13-14 yrs. old)
- Junior D (10-12 yrs. old)

11:00 a.m. - Youth Categories - 10-15 minutes

Kids (2-11 yrs. old) These brave warriors will complete partial loops.

11:30 a.m. - Cross B Categories - 50 minutes

- Collegiate B Men (Nov. 5th only)**
- Master B Men - 40+ (All Dates)
- B Men (All Dates)
- Junior A (17-18 yrs. old - All Dates)

Collegiate A Women (Nov. 5th only)

- A Women (All Dates)
- Singlespeed (All Dates)
- Huffy Cross A (Nov. 25th only)

1:00 p.m. - Cross A Categories - 65 minutes

- Collegiate A Men (Nov. 5th only)
- Master A Men - 40+ (All Dates)
- A Men (All Dates)

Major proceeds from this event will benefit the WWU Cycling team, specifically sending their top cyclocross riders to CX Nationals in Rhode Island in December. Visit the their website to learn more about this dedicated group of young cyclists.

Details being continually posted at www.cyclocrazed.com
Questions can be sent to ryan@cyclocrazed.com or call (360) 927-2340

SEE MAPS PAGE 5 !!! We hope to see you out there!

.....Ryan Ricketts



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Annual Member Recognition Reception

What: Celebrate Mt. Baker Bicycle Club's most successful year yet as we gather for the annual membership meeting. Come enjoy some delicious snacks and beer, share your bike stories, and give well-earned recognition for the stellar work of our many dedicated members and partners.

When: Friday, the 1st of December, from 6:00 to 8:00 pm

Where: the Co-op Connection Building, North Forest Street (at Chestnut)

Members are welcome to bring guests. Everyone who attends gets a special two-for-one coupon: when you renew or join, you can designate a free gift membership to go to another (non-member) bike enthusiast!



Need some reasons to celebrate?

Here are just a few:

- * Record number of participants on Bike to Work and School Day
- * Record number of kids trained in Bike Rodeos
- * Bike Smart classes offered every week
- * Record-breaking number of donations and grants for Bike to Work and School Day
- * Successful RSVP fund-raiser, in partnership with WWU Cycling Club
- * Successful Chuckanut Century, in partnership with Hospice
- * Record-breaking number of MBBC members: over 100 for the first time in years!



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 _____
 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.)

Mail to:

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

Questions?

Check out our web site: www.mtbakerbikeclub.org
 or email us at bikebham@yahoo.com
 or call at 7521236

Viking Cross Map and description

Both parts of this course have been used in our Wednesday night practices over the past three years, but never have they been combined into one super-course like this!

There are standard features such as a gravel, grass, trails, and run-ups. But have you ever raced in a tunnel? How about a trip through an original sculpture? Once you race 'cross like this, it will be hard to go back to those "mountain-bikey" courses.

Warm-ups: Go ride around campus. There are lots of little fields, benches to hop, slippery bricks to practice your cornering on,



trails around Fairhaven College, and so forth. You could also do some 3+ minute intermals up Sehome Hill for your intensity - on the road only! Bikes are not allowed on the Sehome Arboretum trails. Ask a local where this is - it's very close. It's the heavily forested section on the map above.

See website for directions to the site, parking and other rules of the campus.

Belly Cross Map and descriptions

This is where our local practice was run for many years before the move to WWU. From open fields to wide gravel paths to smooth paved sections, this course once again has fast written all over it. It also features staircase run-up, and several yo-yos up a side-sloping grass hill that will challenge your balance and tax your power.

This event will feature a benefit for the HUB Community Bike Cooperative in Bellingham. HUB founder Kyle Morris has conceived a unique category to challenge riders to race on heavy department store bikes - the spawn of Huffu Cross!



Racers are encouraged to build up their special steeds at the HUB, with a great discount and support and from the shop crew. \$35 gets you a Huffu (or similar), an entry into the Huffu Cross, and a t-shirt! You can enter your own bicycle in the event, but there is a weight minimum of 35 lbs. Kyle reserves the right to weigh your bike at registration and weld additional weight onto your frame at his discretion.

Visit their website (<http://myweb.facstaff.wvu.edu/browna30/index.html>) to learn more about their unique service to the cycling community. Additional proceeds from all racing categories will be donated to the HUB, so feel free to enter a standard category on a weenie bicycle.

Advocacy: Bike Smart!!

Bike Smart Mini-classes

Do you know friends or colleagues who have been thinking of trying bike riding but had questions or worries? Recommend the Bike Smart class! Bike Smart is a free weekly class at the Public Market teaching new and experienced cyclists the skills and secrets of safe cycling. Friendly, fun, casual, with refreshments and prizes, anyone can come by for all or part of the 5-7pm class. Every week on Thursday! Or call 676-6974 to arrange a special class to fit your schedule.

Bike Smart is part of Whatcom Smart Trips, a community-wide program to reduce car trips by rewarding people for walking, biking, taking the bus or car-pooling instead of driving. Many communities in the Netherlands have over 25% of daily trips conducted by bike. With Bellingham's extensive trails and our great climate, people here can bike for many more daily trips than they currently do. But first we need to give them information and skills, and that's what Bike Smart is about.

Along with the weekly classes, Bike Smart is working with school teachers to train them in standardized bicycle education, we're conducting rodeos with community groups, and we'll be presenting slide shows about how to share the road for drivers who want more specifics about how to drive safely when bicyclists are present.

Bike Smart Full Course

You've been biking for years, now get the certificate that proves you know it all!

Bike Smart is hosting League of American Bicyclists' Road One curriculum class on Friday evening, the 10th of November and Saturday, the 11th. Sign up now to get the credentials you deserve by taking the bike class that is the industry standard. Even cyclists with years of experience biking can benefit from this class. Class will take place at the Bellingham Senior Center and vicinity.

How about folks who are new to bicycling? Bike Smart's Full Course is a terrific introduction. Without this class, you may start some bad habits that could be hard to un-learn. Things you remember from riding as a child may not be in accord with new rules of the road. Don't worry about stamina: this is not a tough class, it's a beginning that can lead to miles of fun and adventure.

Bike Smart Full Course is offered free for those who are going on to become certified instructors. Others are encouraged to donate any amount to help continue the program. Funds raised help pay for helmets and reconditioned bikes for kids who need them.

League Certified Instruction seminar

For the first time ever, the League of American Bicyclists will come to Bellingham to train teachers of bike safety in the League Certified Instructor seminar. The seminar will take place on the 12th - 14th of January, 2007, at the Bellingham Senior Activity Center, on Halleck Street. Tuition for the class is \$205 or free for teachers who will be teaching for the Bike Smart program during 2007, 2008, and 2009.

Candidates for the seminar must have successfully completed the Bike Smart Full Course (Road One) and must apply through the Bike Smart program. Applications and registration forms are



Around Mt. Ranier--three days

available from Whatcom Smart Trips Bike Smart, 314 East Champion Street, Bellingham, 98225; email: bikeschoolinfo@whatcomsmarttrips.org or call 676-6974. More details will be posted on the Whatcom Smart Trips website in mid November.

Bicycle Event Coordinator Job

Bike Smart is hiring a bike educator to help plan and carry out bike rodeos and other educational outreach to kids and teens. The ideal candidate will have a sparkly personality and terrific organizational skills. If you bike for transportation and have experience teaching or working with elementary and middle school students, Bike Smart wants to hear from you. This will be a full-time position beginning January 2007. Duration will be dependent on a 6 month review evaluation and may continue for up to two years.

Bicycle Certified Instructor Contractor Jobs

Bike Smart is contracting with a few bicycle experts who have a few hours each month to teach about bicycling. The ideal candidates will have experience in public speaking, teaching adults and children, and be self-directed and well-organized. Examples of duties could include helping at bike rodeos, presenting slide show lectures at community groups, leading community bike rides and teaching Bike Smart classes. Fitness teachers at schools who can incorporate bicycle training into their classes are encouraged to apply. Contractors will be required to complete the League Certified Instruction course and agree to teach for a minimum number of hours.

For more details on either of these jobs, check the Bike Smart website at www.WhatcomSmartTrips.com, e-mail bikeschoolinfo@whatcomsmarttrips.org, or call 676-6974.

Bicycle Pedestrian Advisory Committee Goals

Whatcom Bicycle Pedestrian Advisory Committee (BPAC) is developing a statement of its vision, mission, and goals as a way to clarify actions and strategies for its work. By articulating and agreeing with these inspiring directions, the BPAC can document progress and garner support from more partners. Still in the preliminary form, see if you think these sound like great things to strive for:

BPAC vision is "Everyone in Whatcom County enjoys walking or biking for most of their daily trips."

BPAC mission is to Make conditions for walking and bicycling attractive, safe, convenient, and popular for everyone.

BPAC goals are to make it so that:

1. Everyone sees walking and bicycling as desirable daily transportation activities.
2. Every street, road, highway, and development encourages walking and bicycling transportation
3. People walking and bicycling are never in danger of injury or death from motor vehicle crashes.
4. A comprehensive trail network connects people to destinations throughout Whatcom County.

If you'd like to help make these goals a reality, come to the monthly meeting on the third Wednesday of each month, 5:30 - 7 pm. For details or to give comments, call 734-8540.



Bicycling Safely during the long winter Evenings

Daylight hours are decreasing. On Sunday October 29, Daylight Saving Time ended. It suddenly gets dark one hour earlier, and will continue to get dark earlier and earlier. 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:

<http://www.leg.wa.gov/RCW/index.cfm?section=46.61.780&fuseaction=section>



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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.

<http://www.leg.wa.gov/RCW/index.cfm?section=46.37.020&fuseaction=section>

Continued page 8



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Lights from page 7

RCW46.37.020: When 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 2007, it will be here all too soon.

"My bike had lots of reflectors. I don't need lights!" WRONG!

Cycle Sense: Why Reflectors Alone Don't Work

There are optical reasons for all those crashes and deaths
By John Schubert <http://www.sheldonbrown.com/reflectors.html>

Local bike shops have a wide variety of lights available. Check them out! If you already have a light, check the batteries. Continue to check batteries until spring. If your rear "blinkly" dies mid-ride, you won't be able to see the problem. It's important to have a rear reflector for safety as well as legality.

If you are looking for a good source of general information about bicycle lighting:

http://en.wikipedia.org/wiki/Bicycle_lighting

Looking forward to SEEING you on the road!!

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



***Have you renewed your membership?
Check the date on the mailing label and
please please renew!!!***

***Very Last Chance for Fall Bicycling, get on the road
today!***

Mt. Baker Bike Club
PO Box 2702
Bellingham Wa 98227

