



MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Volume 15: Number 9, Oct 2006

Special Rides

None Scheduled

Events

Nov 5, 25th: Cyclocross (Pg 1)

Weekly Rides (pg 2)

Tillicum/Chako Series (p1)

Tuesday Social

Tuesday Training

Wednesday Social

Saturday Donut Ride

Saturday Recumbent Ride

Saturday Whimp Ride

The Nooner Ride (Sunday)

Please notify us of upcoming events for inclusion

pagoff@yahoo.com

or mail to:

Editor Newsletter

Mt. Baker Bicycle Club

Post Office Box 2702

Bellingham, Washington

98227

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

Website: www.mtbakerbike-club.org

MBBC CHUCKANUT CENTURY RIDE--September 17

On Sunday, September 17th we held the Chuckanut Century to benefit Whatcom Hospice. This year we started at Fairhaven Park and had routes going south to Samish Island and north to Birch Bay. We had typical northwest weather, overcast and drizzling off and on. While the weather was not perfect, it did not deter the 108 riders that participated. A surprising number of riders completed their first century. A hearty congratulation goes out to those riders as they experienced less than ideal weather, head winds and rain, later in the day.

As a result of these dedicated riders and some generous contributions from Sanitary Service Company, Wells Fargo Bank and Starbucks we raised \$5000 for Whatcom Hospice.

I want to thank everyone that volunteered and made this a successful event. Without your help, we could not have done accomplished this.

.....Doug Schoonover
MBBC Ride Coordinator

Hill Climb a Towering Success

A record 481 registered bicyclists took part in the fourth annual Ride 542 Mt. Baker Hill Climb, a 24.5 mile race that starts in Glacier and heads east on Mt. Baker Highway to Artist point. Cyclists came from all over Washington state as well as British Columbia, California and Idaho.

Every year this ride has grown and event organizer, Charlie Heggem, the event organizer (an avid professional cyclist and club member) who grew up in Maple Falls remarks that this race has the potential to be world class due to the spectacular views. "This road has it all; for a bike rider it's perfect. A cool little starting town, early small hills, beautiful scenery, amazing pavement and the final 10 mile test is fast, perfectly graded climb that tops out above tree-lined under the watchful glow of Mt. Shuksan and Mt. Baker. It simply doesn't get any better. And it's home." says Charlie.

Continued page 3

Cyclocross November 5: Western November 25th: Lake Padden

In the September issue of the MBBC newsletter, I tried to impart to the membership the general pleasure that can be derived from having cyclocross as a community activity, and the expanding popularity of the sport we are seeing in this country. I also tried to give interested parties some specifics on what the return of our own series this fall will hold in store for participants. Here are some of the significant developments:

Dates & Locations: Sunday, Nov. 5th on WWU's south campus and Saturday, Nov. 25th at the Lake Padden ball fields.

The race concept put forward to Western was particularly well-received - Directors of Campus Recreation, VU Activities, and Public Safety all had a look at the proposal and were able to respond with constructive suggestions for improvement (which was merely changing dates by one day). Considering the event requires a major traffic revision and use of the main parking areas during a busy alumni-related

Continued page 3



Hill Climb 2006 Start

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



Finishing the Hill Climb

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 a social paced ride (10 to 13 mph) departing from Boundary Bay every Wednesday evening at about 6 pm.

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

Cyclocross from page 1

weekend, this was an especially heart-warming reception of a cycling-specific event.

In contrast, gaining approval for the Lake Padden multi-use area, specifically one softball field, trails from the dog park to the barbecue shelter, and the hillside above the basketball court, was slightly more difficult than anticipated.

Gratefully, we were finally granted use on a "trial-basis" this year. It is expected that we will reseed the grass, rake out any ruts we created, and do everything we can to make it look pretty again (which of course we are willing to do). It will be a good course for our first year back in the game.

Finally, the proposal to Berthusen Park in Lynden was not well-received at all. It is apparent that the advisory board for this facility had a pre-conceived (and I would wager false) notion of what exactly cyclocross is. This ignorance can be understood, since the sport is still relatively unknown here, but there was zero interest in learning any more or reaching some sort of compromise. The sharp contrast from WWU's response is worth noting!

Despite the few speed bumps in the process of securing locations, we are so excited to finally have a home in Bellingham for 'cross again! We have even received some tips on potential courses for future expansion of the series. But for now, we are content to just get you rolling this fall!

Prizes are being gathered for the overall series winners in each category, and we welcome your donations or suggestions!

Practices have begun on Wednesday evenings at 6 pm, and turnout has been healthy! The location is next to the Communications Building, near the track & turf field, due to construction of tennis field on the old course.

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

We hope to see you out there!

.....Ryan Ricketts

Hill climb from page 2

Ride 542 is not just about a bike ride up the hill - we raised over \$5000. for cancer organizations in Bellingham and it has the potential to contribute much more to local causes as well as highlight our wonderful cyclist community. Charlie adds, " This ride is about much more than bicycling up Mt. Baker. It is about alot more and I welcome more involvement and collaboration to help this event become a defining and positive attraction for all.

For complete race results and more, visit www.ride542.com.



Land Trust Looking for Pix of Bicycle Commuters

The Whatcom Land Trust is interested in publishing a high resolution photo of people commuting by bicycle - this is for their next edition of "Whatcom Places." The bicycle should have baskets, paniers or some

other practical carrying device to show "commuting" rather than recreational or race-training riding. Ideally the person should be facing the camera and the scene can be street or trail (not sidewalk).

I have some photos from Bike to Work and School Day, but they seem to be mostly people standing at the Celebration Stations, so I'm asking for your help. If you have a photo they might be able to use, let me know.

Thanks for your help.

.....Ellen Barton
ellen@wcog.org
Whatcom Smart Trips Bike Program



Hill Climb 542 Finish

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Advocacy: BELLINGHAM BICYCLE-PEDESTRIAN ADVISORY COMMITTEE MEETING

July 25, 2006 Edited for length

Present: Cat McIntyre, Sue Anderson, Carol Berry, Kim Brown, Therese Kelliher, Julie Muyllaert, Norm Nielsen, Aaron Seaton, and visitor Susan Horst.

Public Comment

It was noted that the detour sign on Lakeway is placed in the middle of the bike lane. This will be reported this to Wilder Construction.

Public Works Update

A. Kim said that the street lighting for the Fraser Street project would be arterial-street type on the south side of the street; this should adequately illuminate both sides of the street. The City obtained permission to park in the business lots on the north side of the street so to not block the bike lanes. Police must enforce no parking in the bike lanes to achieve compliance.

B. Yesterday Kim, Sue, and Cat walked the general alignment of the Whatcom Creek Trail. The final alignment is still under consideration. The Trail should be completed in 2007. The section of trail near where Meador turns into Lincoln Street requires special design, as it is potentially dangerous to bicyclists. In places the trail alignment is about 200 feet from Whatcom Creek.

Work Session

Susan Horst of the Whatcom Council of Governments gave a presentation on the Smart Trips program. Whatcom Smart Trips is an ongoing partnership between local government, public agencies, employers, and schools to promote transportation by walking, bicycling, sharing rides, and riding the bus. As of last week 717 people had registered for the program. As enticement to register, Smart Trips offers drawings for prizes, emergency rides home, and bonus rewards for 100 trips and 200 trips per year. Using

Washington state grant money, WTA and Smart Trips partnered in a demonstration program to promote transit use into and out of downtown Bellingham and Fairhaven. The one-year demonstration program has a goal of getting 4,200 persons to sign up for free bus passes; since the program began in June, about 400 free bus passes have been issued to persons living or working in downtown Bellingham and Fairhaven. Ex-BPAC member Wendy Scholtz has been going from employer to employer downtown and in Fairhaven to encourage people to register for the program; Wendy also passes out Smart Trips brochures. The Smart Trips program also includes the:

- Emergency Ride Home to provide a free taxi ride if you arrived at work on a bus or alternative transportation. There are several constraints on this Smart Trips benefit.
- Neighborhood Smart Trips program tentatively to begin in January 2007. This will be a survey across Bellingham asking respondents what transportation alternatives they know are available, what they use, and their experience using these alternatives.
- School Smart Trips program that might begin in the fall of 2007 when adequate staffing is available.
- Bicycle Smart Trips program that is funded and to begin soon. The emphasis of the Bicycle Smart Trips program will be safety classes. This program will require many resources. The concept is to have regularly scheduled bicycle safety classes once per week at the same venue with a different topic each class until the training cycle is complete. The cycle of safety classes would be restarted approximately once per month. A certificate would be given to participants completing a training cycle. The training might be free, but this is not definite at this point.
- Bike Skills Rodeo similar to what was previously staged at the Northwest Washington Fair in Lynden. The Bike Skills Rodeo will not be held this year because the Northwest Washington Fair does not have space available. Susan said that local schools are interested in the Bike Skills Rodeo.

MBBC Membership Form

New Member Renewing Member This is a change of address

Last name: _____ First name: _____

Address: _____

City: _____ State: _____ Postal Code: _____

E-mail: _____

Home telephone: _____ Work telephone: _____

Associate member: _____

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

Membership type:

Individual: \$15 _____

Family/Associate: \$25 _____

Additional Donation: _____

to support bike safety education

Total enclosed: \$ _____

Please enclose a check payable to Mt. Baker Bicycle Club
(There will be a \$20 fee for all returned checks.)

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

- Ride Leader Newsletter Mailings or Data
 Bike to Work and School Day Chuckanut Century
 Special events Website Maintenance Education
 I can provide discounts on _____

Mail to:

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

Questions?

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

- Bike Buddies program to pair skilled bicyclists with others to promote safe, frequent bicycle trips.
- Smart Trips Calendar of events relevant to the Smart Trips program; the calendar will be posted at the Smart Trips website.
- Bike Ambassadors who will promote Smart Trips at public events.
- Everybody Bikes event each May.

Susan responded to four questions that Norm Nielsen had sent via e-mail earlier today:

1. Are the trips and personal information data secure and unavailable to unauthorized persons? Susan said that Smart Trips information is very secure.
2. To whom do you report individually identifiable trip data? For example, do you report individual or aggregate data to employers? Susan said that individually identifiable trip data are reported to employers if the person registering opts for such reporting. Smart Trips reports aggregate trips data to Washington's Community Trips Reduction program by qualifying employer.
3. Should I win a Smart Trips prize, to who would the notice be sent? For example, would you notify The Bellingham Herald? Susan said that prizewinners would be reported to many news outlets; agreeing to such publicity is a condition for a winner to collect a prize.
4. Will the various companies participating in the Community Trips Reduction Program be publicly compared to each other? For example, would Olympic Health Management Systems' overall Smart Trips data be compared to Haggen's data? And if so, then in what forum would the comparison data be presented? Susan said that Smart Trips data for companies participating in the Community Trips Reduction Program would not be used to compare one company against another.

Discussion Items.

Bicycle enforcement education. Kim is waiting for Sergeant Richards to be back from vacation on August 3rd to schedule a meeting to kick off the bicycle enforcement education project.

Respectfully submitted,
Norm Nielsen, BPAC Member



GOOD MANNERS ON THE ROAD

The following is a reprint from the Cascade Courier, The Cascade Bicycle Club newsletter. This was written by Carol Nussbaum and is a gentle reminder of how to ride safely and courteously in groups and with other cyclists.

Old fogies are always complaining about new riders who don't seem to know about good manners on a group ride. Sometimes even experienced riders don't seem to know what constitutes good manners, or maybe they just don't care. On the assumption that people will act nicely if they know what the standards are, I'm going to cover a few of the more common good manners of group riding.

1. Passing on the left

Give the other rider a wide berth. "On your left" is a polite call, especially if you come up behind the rider quickly. A really jerky thing to do is to pass, pull over and then slow down, forcing the other cyclist to either slow down or pass you back.

2. Passing on the right

Reserve this for racing. Most cyclists don't look for riders coming on the right and are startled when riders do this. A startled cyclist is more likely to swerve right, making you the victim of your own bad manners. There are a few occasions in which passing on the right might be necessary. For instance, if you're getting squeezed out and are in danger of going off the road yourself or some similar scenario, passing on the right might be okay. In this case, calling out that you are passing on the right, so the other cyclist is expecting you, is a necessity. Being too impatient to wait for an opening on the left is not a good reason to pass on the right.

3. Riding three or four abreast

This is not only impolite, but dangerous and illegal on most roads. Even on a bike trail, this is not a nice thing to do. State law allows cyclists to ride two abreast as long as you are not impeding traffic. Failing to watch for cars who want to pass is impolite to the car driver, and dangerous, as you may cause the driver to pass in an unsafe manner. If we want drivers to be polite to us, we should be polite to them. If you hear cyclists calling "Car back," moving over promptly is the safe and polite thing to do. On the trail, staying to two abreast is necessary to allow oncoming cyclists, skaters and other trail users get past you. If you want to socialize in a large group with your cycling buddies, stop for coffee.

4. Calling out hazards

When riding in a group, the riders in the back often don't see holes, gravel, posts, or the like until it's too late. If you are in the front, calling out or signaling these hazards is really nice to the people behind you. If you are in the middle passing on the signal is the polite thing to do. When everyone gets past a hazard safely, then everyone gets down the road faster. You'll know you've failed at calling out hazards if you hear the riders behind you groaning or screaming as they hit the hole you dodged.

5. Keep your line

Some riders tend to swerve around on the road, making it hard for other riders to pass or to predict where the rider will be on the next curve or corner. Some are fiddling with things on the bike, getting out an energy bar or the like, but some just seem to be unable to ride in a straight line. You should try to maintain an awareness of where the other riders are on the road and, as much as possible, keep a straight line, to avoid hampering their progress or causing accidents by swerving into other riders.

6. Joining a pace line

It's bad form to latch onto the wheel of another bike without asking the rider if it's okay to draft. Some riders don't care, but others are particular about who rides on their wheel. So ask.

7. Going off route on an organized ride

It's bad for two reasons. One is that the ride leader will worry about what happened to you and might even spend time looking for you. The other is that you might intentionally or unintentionally take other riders with you and then leave them stranded. If you are going to leave the route, tell the ride leader, and make sure no one else follows you.

8. Riding much faster than the advertised pace

This is impolite to the ride leader who went to a lot of trouble to put a ride together on the assumption that riders who showed up would all enjoy a day's ride together. Riding off the front so fast that you are never again seen again makes the ride leader worry about where you are, makes the other riders think you are really strong, but not very thoughtful, and makes all of them hope you don't come back on another ride.

9. Farmer's blows

Some riders clear their nasal passages by blowing their snot onto the road as they ride. If you are one of these people, look back before blowing, or start carrying a handkerchief.

Polite riding makes the day nicer for all involved and rarely takes much time or energy, though it does require awareness that you are not the only rider on the road. Take a few minutes and a little thought time during the ride to make it more fun for everyone.



Riding together

The Crucial First Ride Make Sure a Newcomer Returns for a Second Ride!

If you've been in this sport for long, you've probably seen it happen. An enthusiastic person shows up for his (or her) first ride with the local club. He's a bit intimidated by the lingo he overhears, but that's nothing compared to his anxiety about what to do and how to do it once the ride gets underway. Before long he's trailing behind, spooked by the interplay of bike wheels and feeling as wanted as an IRS agent in a Super Bowl pool. Do you think this guy will be back for another ride next weekend? Not likely.

It's unfortunate, but experienced cyclists are often pretty tough on newcomers. It may be intentional because of the risks that an unskilled bike-handler creates for everyone, but more often it happens because we forget how much a novice cyclist doesn't know. If you think about it, riding a bike isn't all that easy.



Awesome Hill Climber!!

Gero McGuffin has thought about it. She was 30 years old before she climbed onto a bike the first time, so she vividly recalls how intimidating beginning can be. Now a polished cyclist and the wife of cycling author Arnie Baker, M.D., Gero enjoys helping new riders get started in a way that ensures they'll have a great time and come back for more.

Gero's recommendations can be used anytime we're riding with a newcomer. If you're a beginning rider, these tips can help you have a more positive experience as you learn the sport.

Be Gentle

Gero's core advice is useful when helping any new rider: "Treat them kindly, go slowly, and keep your expectations low. Give it your best shot, and you will help a person become a cyclist for the rest of their life."

Now, here's a digest of her specific tips.

- Don't project your own cycling goals. They are much different for an experienced rider. Let the person evolve. If he's interested only in casual cycling, let him be. If he's interested in fast recreational riding or racing, encourage him – but explain the dangers of trying to advance too fast before developing a foundation of skills and fitness.
- Take nothing for granted. Err on the side of proceeding too slowly and explaining too much. A new rider has lots of knowledge gaps.
- Watch your language. If you're saying things like "upshift one cog" or "feather the brakes," a newcomer isn't going to understand and may be too embarrassed to admit it.
- Be polite. Even if made in jest, negative actions or comments can have a long-lasting impact
- Ask the person about his concerns. These could include fear of traffic, fear of being left behind, fear of riding close to others, fear of the saddle, and even fear of wearing form-fitting Lycra clothing. Then work with the person to resolve the specific worry.
- Keep costs in perspective. Don't make the person feel that he has to spend a lot of money to be a cyclist. Explain, however, that some things are a smart investment. For instance, if he's in the market for a new bike, it should be the best quality he can afford. It should have a triple crankset for plenty of easy gears if there are hills in the area. He should buy a good saddle, cycling shorts with a padded liner and a helmet.
- Simplify the pedals. New cyclists are often afraid of toe clips and straps or clipless pedals. It's helpful to install platform pedals that don't require any technique to enter or exit.
- Check riding position. A newcomer will master pedaling and handling faster if he's in a good position. Make sure there is a slight bend in his knees at the bottom of the pedal circle



Refreshments at the Finish--Thanks to our Volunteers

First ride Continued

and that the handlebar is within an inch or so of saddle height. To really nail his position, use the guidelines in the RBR article, "How to Perfect Your Position and Technique."

Now We're Rolling

- Stay off the road. When helping a first-timer learn to ride, use a big sports field or empty parking lot. Keep traffic out of the equation. Next, try park paths or quiet residential streets.
- Ride as slow as the beginner. Don't do anything to make him go faster than his comfort level.
- Watch his eyes. Remind a new cyclist that he'll ride a smoother, straighter line if he looks 10 or more feet ahead rather than directly in front of the wheel.
- Watch his grip. New riders are apt to be tense, locking their arms and squeezing the bar with white knuckles. Explain the advantages of flexed elbows and a secure but relaxed grip.
- Take away a hand. After starting, stopping, and maintaining a straight line, the next skill to work on is riding with one hand. This is important so the person can signal or reach for his water bottle without swerving. Next, move on to shifting gears – how and when.
- Keep it simple. Don't overwhelm a newcomer with techniques. Let him get comfortable with the basics. As you see skill and confidence increase, add something new to work on.
- Stay back. If you ride behind the person he won't feel like he's always trying to catch up. Let him set the pace. Don't ride beside him until he feels confident in his basic riding ability.
- Introduce drafting. Explain the advantages of riding behind a wheel, but let the newcomer keep a gap of several feet until he's ready to move in closer.
- Take a real ride. Plan a course that has a fun place to stop at the halfway point. It could be a coffee shop or an ice cream parlor. This is a good chance to relax, give pointers, answer questions and provide encouragement.



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Make It Good for You, Too

One problem: Too many rides like just described can take some of the fun out of cycling for you. Here is Gero's advice for how an experienced rider can get some training while riding with a newcomer. She saw her husband use these techniques while he was helping her get started. Don't do these things during the initial rides. Wait till the newcomer has basic skills but still lacks speed.

The stronger rider can...

- Stay in the same gear throughout the ride, spinning on downhills to work on leg speed and pedaling forcefully on climbs to build strength.
- Assist the new rider up hills with pushes (assuming traffic conditions allow and you have the skill to do this safely).
- Pedal with one leg at a time to benefit from the technique of isolated leg training.
- Sprint up the road or to the top of a hill and then ride back, or drop back and then sprint to catch up.

Way to Go!

After a ride, always congratulate the new cyclist on his progress and welcome comments. As Gero notes, "They will have questions that you can hardly imagine, because you have been cycling for so long."

Finally, encourage the person to ride on his own between rides with you. This will give him the chance to practice skills and gain fitness with absolutely no pressure. Just make sure he doesn't go off the deep end and turn cycling into a physical and mental chore. This can happen when enthusiasm causes a person to boost their riding too fast. Firmly recommend an increase in time or distance of about 10 percent per week, with at least two rest days.

.....By Ed Pavelka of www.RoadBikeRider.com

(A portion of this material was adapted from the coaching manual for the Leukemia and Lymphoma Society, copyright 1999 by Arnie Baker, M.D.)

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Galloping the Goose

After meeting some of the new cyclists on the Sunday Tillicum Rides and hearing several share their stories about cycling in Victoria on the notorious Galloping Goose Trail, I knew this was my next solo international bicycle adventure.

As a Smart Trip commuter I was eligible to receive a 50% discount on the Victoria Star boat trip which was a glorious 3 hour ride through the San Juan Islands aboard a small ship that carried approximately 50 people. Arriving in Victoria about noon, gives one the whole day to explore this truly picturesque and quaint British town. It truly is a mecca for the cyclist and environmentally friendly commuter. The streets were teeming with Toyota Prius taxi cabs, Swatch two seater commuter cars, and scads of itinerant cyclists; it truly was nirvana for us two wheelers!

Being a budget conscious traveler, I searched for the youth hostels and there were 3 in downtown Victoria. I chose the Hi-Town which was smaller than the others and located in a convenient jumping off point for the Galloping Goose Trail. I was shocked that it was so full for mid-week in September; interestingly enough most of the hostellers were over 40 so I felt right at home on my tiny downstairs bunk. It was cheap (\$24 American) but unfortunately after the bars closed at 2am the streets were loud and the noise incessant for us geezers rising at 6am! So you get what you pay for!

The Galloping Goose is a wonderful regional trail south from downtown Victoria to Sooke which is about 45 km.. Picture the Interurban along Chuckanut but with an international flavor. I rode the entire distance enjoying the wild blackberries with intermitant stops of views of lakes, pastures and the distant ocean. Along the trail to Sooke there are numerous hikes and



542 Hill Climber

rivers to explore if one chooses to get off the bicycle and spend a day wandering in the hills.

The other option is to go North along the Lockside Regional Trail which goes 33 km to Swartz Bay. This is where the ferry arrives from Anacortes and Seattle so it's a bit more congested but it too is a serene and relatively flat meandering trail along farms, parks and the bay. It offers a leisurely, easy ride into Victoria with beautiful views and quiet interludes through pastures and parks with few cars or tourists.

Victoria is one of Canada's most popular and progressive bicycling communities so for us Bellinghamsters this is an easy commute - a hop, skip and a jump away! It's a wonderful opportunity to experience a day trip or a weekend excursion to a truly "biker-friendly" environment. Once in Victoria there are scads of accomodations, museums, restaurants and tourist sites but if you're intention is to bicycle, then the Galloping Goose and the Lockside Trails are sure to entertain and enthrall you!

.....Anaise Volpe

If you've done an interesting ride or cycling experience (good or bad), write an article about it for the next newsletter. Email us at pagoff@yahoo.com thanks

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

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

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