Cyclists of all abilities are invited to participate in club rides. We require the use of helmets meeting CPSC requirements. Riders should carry a water bottle, tire pump, spare tube and patch kit.

Rides start at the Red Lot, located between Center and Marion Streets on Capitol Street across from McDonald’s, unless otherwise indicated. The difficulty level of each ride is indicated by the following letters: A=Flat, B=Few Hills, C=Hilly, D=Very Hilly. You must be an experienced cyclist to participate in C and D level rides or rides of 50 miles or more. Maps or directions for all routes are available from the ride coordinator at the beginning of each ride. The club requires that all riders start the ride at the scheduled time and place to comply with club insurance regulations and to receive mileage credit. Check the club’s Facebook page or follow the club on Twitter for updates and changes in the ride schedule. For additional information, please contact the ride coordinator.

The High Wheeler symbol is used on certain rides to indicate that a club member will accompany slower cyclists on the entire route. New riders are encouraged to participate on highwheelers until they have become acquainted with the club.

### April Weekend Rides

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Ride Name</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Scio/Stayton</td>
<td>55</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Joanne Heilinger 503-399-9652</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Searching for Shaw</td>
<td>34</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>JoAnn Dewey 503-871-3141</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Abiqua Creek</td>
<td>49</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Chuck Young 503-779-4010</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Sun</td>
<td>1:30 PM</td>
<td>Macleay via Howell Prairie</td>
<td>25</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Marilyn Monson 503-559-3589</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Willamette Mission Park</td>
<td>31</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jackie Lefevre 503-881-4933</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Erratic Rock</td>
<td>64</td>
<td>C</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Paul Logan 503-428-6923</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Silver Falls</td>
<td>58</td>
<td>D</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Chris Hoy 503-569-7515</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Sun</td>
<td>1:30 PM</td>
<td>Labish Center via Sunnyview</td>
<td>26</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jakey Ross 503-581-7462</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>EE Wilson Wildlife Area - Short</td>
<td>31</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Levi Cannon 503-364-3352</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>The ride starts at the Roth’s Family Market in Independence.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>EE Wilson Wildlife Area</td>
<td>60</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Paul Logan 503-428-6923</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Oregon Garden</td>
<td>35</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>JoAnn Dewey 503-871-3141</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Monster Cookie Volunteer Ride</td>
<td>62</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>John Henry Maurice 503-399-9652</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Participants in the ride must work as a volunteer on the day of the Monster Cookie to receive ride credit for this ride. Contact Hersch Sangster or Larry Miles in advance to volunteer for the Cookie.
### April Weekend Rides - continued

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Event Name</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>17</td>
<td>Sun</td>
<td>1:30 PM</td>
<td>Wandering in the Country</td>
<td>23</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Marilyn Monson 503-559-3589</td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Cascade Gateway</td>
<td>31</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Marilyn Monson 503-559-3589</td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Buena Vista Ferry</td>
<td>45</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Paul Logan 503-428-6923</td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>Sun</td>
<td>8:00 AM</td>
<td>MONSTER COOKIE METRIC CENTURY</td>
<td>62</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Larry Miles 503-580-5927</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Join more than 2,000 other cyclists on the road to Champoeg State Park in Salem's biggest event ride. The ride starts on the Capitol Mall across the street from the capitol building. Please consider volunteering to help if you are not going to ride.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Event Name</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Jones Farm Stand/Egan's Garden</td>
<td>27</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jackie Lefevre 503-881-4933</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Cooper Hollow I</td>
<td>47</td>
<td>C</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jim Ross 503-581-7462</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### May Weekend Rides - partial list

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Event Name</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Scio</td>
<td>61</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mark Lebow 503-390-4627</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Sun</td>
<td>1:30 PM</td>
<td>Pedal Through the Peonies</td>
<td>24</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jakey Ross 503-581-7462</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Dallas</td>
<td>39</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Preslee Jeffers 971-563-1017</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Molalla River</td>
<td>42</td>
<td>C</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>JoAnn Dewey 503-871-3141</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Meet on the north side of E Clark Park (E Francis St) in Molalla to ride up along the Molalla River. Potable water is available along the route, but there are no other services outside Molalla. Please contact the ride coordinator to confirm that the ride will proceed if weather is marginal.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Event Name</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Sheridan/Gopher Valley</td>
<td>62</td>
<td>C</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Joanne Heilinger 503-399-9652</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Sun</td>
<td>1:30 PM</td>
<td>Volcano Loop</td>
<td>25</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jackie Lefevre 503-881-4933</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Silverton from EZ Orchards</td>
<td>22</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Marilyn Monson 503-559-3589</td>
<td></td>
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</tr>
</tbody>
</table>

The ride starts at the EZ Orchards Farm Market at the corner of Hazelgreen and Cordon Rds. Please park in the gravel parking lot.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Event Name</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Bakeries, Bridge &amp; Bison</td>
<td>45</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Joanne Heilinger 503-399-9652</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Meet at Jefferson Middle School on 2nd St to ride to see Helen Keller in her new home. Please bring some money or apples to donate to the Lighthouse Farm Sanctuary.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Event Name</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>Sat</td>
<td>2:30 PM</td>
<td>Ankeny Novice Ride</td>
<td>7-13</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mark Lebow 503-390-4627</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

This ride is a slow-paced ride on low-traffic roads for novice cyclists. The ride starts at the Talbot Community Church at the corner of Talbot and Marlatt Rds.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Event Name</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Iris Gardens via Silverton</td>
<td>37</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jackie Lefevre 503-881-4933</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Sun</td>
<td>1:30 PM</td>
<td>Schreiner's Iris Garden</td>
<td>25</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>coordinator tba</td>
<td></td>
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</tr>
</tbody>
</table>
Weekday Rides

Mondays  6:15 PM  Keizer Evening Ride  20-30  A-B
Doug Parrow 503-931-0588
Meet in the Keizer Station shopping center in front of REI. Call Doug if you are a little late and he will wait for you.

Tuesdays  6:15 PM  Silverton Evening Ride  20-30  A-B
Marilyn Monson 503-559-3589 or Dan Schuh 503-759-7010
Meet at 7 Brides Tap Room, 990 N 1st St, Silverton. No ride on 4th Tuesdays of the month. Ride may be canceled if weather is questionable. Call a ride coordinator if in doubt.

Wednesdays  10:00 AM  No-Drop Morning Ride  30-45  A-B
Dori Nelson 503-364-1551
Meet at McKay Park on Hollywood Dr between Silverton Rd and Sunnyview Rd. Participants will ride together. Ride will be canceled for inclement weather. New riders should call the ride coordinator to confirm start location and time.

Wednesdays  10:00 AM  East Salem Morning Ride  30-45  A-B
George Schopfer 503-364-1025
Meet at McKay Park on Hollywood Dr between Silverton Rd and Sunnyview Rd. Ride may be canceled if weather is questionable. Call the ride coordinator if in doubt.

Wednesdays  6:15 PM  East Salem Evening Ride  20-30  A-B
Joanne Heilinger & John Henry Maurice 503-399-9652 or 503-559-7417
Meet at McKay Park on Hollywood Dr between Silverton Rd. and Sunnyview Rd.

Thursdays  6:30 PM  Keizer Family Ride  12  A
Hersch Sangster 503-390-8024
Meet at Cummings Elementary School on Cummings Lane in Keizer.

MEMBERS AT LARGE
Preslee Jeffers - membership  971-563-1017
Chris Hoy 503-569-7515
Bob Luoma 503-463-9775
Winnie Sangirardi 503-362-9150
Chuck Young 503-779-4010

MAY IS BIKE MONTH

MEMBERS OF THE BOARD OF DIRECTORS
President  Hersch Sangster  503-390-8024
Vice-President  David Philbrick  503-393-0672
Secretary  Marilyn Monson  503-559-3589
Treasurer  Sandy Lundblad  503-508-6181

SPOKES
Editor  Larry Miles  503-580-5927
Editorial Staff  JoAnn Dewey  Doug Parrow

Editor’s Email: spokes@salembycycleclub.org
SBC’s Web Page: www.salembicycleclub.org

Spokes is published 10 times per year. The opinions expressed in Spokes are those of the authors and not necessarily those of the Salem Bicycle Club.
**PRESIDENT'S LINK**

It is Spring! Time to get the bike out, if you have not already done so, and get ready for the Oregon cycling season.

The Salem Bicycle Club has rides for everyone this season from our evening rides, family and novice rides, and even some pack-down rides this summer. Our general meetings have scheduled some interesting speakers. So join us for some cycling fun.

Are you ready for the Monster Cookie? The ride this year is on April 24. This is the 40th year for this ride. The Monster Cookie has become a northwest tradition and rates the 3rd best ride in Oregon.

We have made some changes this year for the Monster Cookie. We are offering Monster Cookie jerseys made by Primal and a new Sports-Tec style t-shirt by Imageactionwear, lunch is provided by Keizer Big Town Hero, and EZ Orchards will be providing healthier snacks for the rest stops, but do not worry we will still have lots of COOKIES!

A couple “Save the Date” notes: The Salem Bicycle Club picnic will be on August 14th at 1:30 pm at Chalmers Park in Keizer. The Peach of a Century will be on September 11th. This is the 35th year of the Peach!

Be sure to check your SPOKES and/or the Salem Bicycle Club website for details on rides, meetings, and other cycling activities.

If you have any ideas, thoughts or questions about the SBC, our meetings and all the rides we do, feel free to contact myself or any of the Board members.

Keep on Cycling

Hersch

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**GLASS HOTLINE**

Glass on the bike path? Call:
- Salem (503) 588-6333
- Keizer (503) 390-3700

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**UPCOMING GENERAL MEETING PROGRAMS**

**March 22, 2016**
Ray Thomas, Bike Advocate & Lawyer: Learn about and get your questions answered on current Bike and Transportation laws.

**April 24, 2016**
Henry Miller, retired Statesman Journal reporter: An encore presentation on reporting outdoor activities.

**May 24, 2016**
Bike Month
Members Show your bike off Night - Old or New.

**June 28, 2016**
Gary Obery
Smart Cycling tips from the League of American Bicyclists.

**July 26, 2016**
Julie Yip
ODOT Traffic Safety Oregon Safe Routes to School, Oregon Bicyclist and Pedestrian Safety Education.

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**NEW MEMBERS**

Welcome to our newest club members.

- Michael Kaplan
- Jules Johnson 503-560-4903
- Mitchell Johnson 503-560-4903
- Sarah McMillen 503-560-4903
- Steven W Anderson 503-769-2257
- Jason Harris 503-507-7733
- Kimberly Harris 503-507-7733
- Lily Harris 503-507-7733
- Nell Klumph
- Randy Klumph
- John Paul (JP) Jones 971-237-4973
- JJ Jones 971-237-4973
- Rhonda Kutzer 971-237-4973
- Regan Kaplan
- James Landers 503-930-4098
- Ashley Landers 503-930-4098
- Jared Landers 503-930-4098
- John McCoy 503-559-8932
- Linda Stewart 503-559-8932

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The Salem Bicycle Club is an affiliate of the League of American Bicyclists
1612 K Street NW, Suite 308
Washington DC 20006
(202) 822-1333 (voice)
www.bikeleague.org
Email: membership@bikeleague.org
We Encourage our members to join the LAB
MEET THE MEMBERS

by JoAnn Dewey

Carlie Keever

1. Where did you grow up? I grew up in Santa Clara California and lived in the area until age 26, married and moved to Hilton Head Island, South Carolina

2. Family? Both parent deceased. Brother and sister live on the Oregon Coast. I have no children. Relatives closest to me are niece in Portland, Maine, and a niece here in Salem.

3. When did you join SBC? I joined the club in 1990.

4. First impression of the club? Folks were so friendly. I remember special days like a chili bake on a Sunday afternoon at Sam Pietzold’s home and another at Michael Wolf’s place. Years ago we had progressive lunches were we would bike to various homes to share a different course of a meal. The gathering was always so warm and inviting. Of course, we were a much smaller club back then.

5. Best/funniest club memory? Terry a long ago member was deathly afraid of bees. One day she showed up at a ride with her yellow helmet covered in duct tape. Her rationale was that her yellow helmet attracted bees so the silver tape would deflect them. Another member said “this is the strangest use of duct tape and I thought I’ve seen them all” The incident got several deep belly laughs!

6. Club involvement/volunteering? I served on the board as a member at large in 2006. Co-coordinated the Portland to Salem ride with Joanne Heilinger several years ago. Volunteered for more event rides over the years than I can count.

7. On average how many miles do you ride each week? 80-100 miles.

8. Most miles ridden in one day (club or non-club miles)? 100 miles

9. How many Monster Cookie and Peach Centuries have you ridden? Another too many to count.


11. What advice would you give new SBC members? (1) Get a mirror. (2) If you wrap your jacket around your waist make sure it is secure. (3) Keep a straight line when you ride and don’t ride in the middle of the road.

12. Random facts about you? I was a competitive synchronized swimmer for 3 years with the Santa Clara Aquamaids—we traveled to perform and compete.

13. Favorite sports team (college and/or professional)? Not a sports fan.

14. Interests/ Hobbies? I do colored pencil drawings of animals. I am a long time participant in Non-Violent Communication practice sessions, soon to be part of the Oregon Prison Project bringing NVC into the prisons.

CLASSIFIED ADS

No Ads This Month

For SBC members only: free, noncommercial ads for bicycle paraphernalia. 25-word maximum.
Send ads to: editor@salembicycleclub.org.
MEET THE MEMBERS

by JoAnn Dewey

Paul Logan

1. Where did you grow up? I grew up in the small town of Springdale, northeast of Pittsburgh, PA along the Allegheny River.

2. When did you join SBC? I joined SBC shortly after I moved here from Florida nearly two years ago.

3. First impression of the club? My first ride with the club was a warm Saturday in June and I was impressed by the large number of riders and how the entire spectrum of ability was represented. A lot of times the term “Club” is a synonym for “Team.” But this club is not like that. There is something for everyone. Now I am also impressed by how hardcore the members are. No matter how bad the weather people show up to ride.

4. Best/funniest club memory(s)? All clubs rides are fun in one way or another. You can’t be sad while riding a bicycle!

5. Club involvement/volunteering? I have been on the Rides Committee and a Ride Coordinator for over a year. Also, I volunteered at last year’s Peach, and will be volunteering at this year’s Monster Cookie.

6. On average how many miles do you ride each week? My goal is always 1000 miles per month.

7. Most miles ridden in one day (club or non-club miles)? I did a race in Tennessee that was 120 miles with over 12,000 feet of climbing. It was a beautiful day and the course included a stretch of road called “Tail of the Dragon” which has 318 turns on an 11 mile stretch. The race also included a long climb up the Cherohala Skyway that had fantastic views of the Great Smoky Mountains.

8. How many Monster Cookies and Peach of a Centuries have you ridden? I have ridden in two Peaches and one Monster, and I am registered for this year’s Monster as well.

9. Most challenging event on a bike? I raced the Leadville Trail 100 which is a 100-mile mountain bike race in Leadville, CO that starts at over 10,000 feet and goes up to over 13,000 feet. There were several World Tour pro’s in the race including Levi Leipheimer who won the race in just under six and a half hours. The course is “out and back” and I like to joke that at one point in that race I passed Levi! Of course, later I explain that I was on my way out and he was on his way back!

10. What advice would you give new SBC members? My advice to any new cyclist is that you are stronger (faster) than you think you are, and you can go further than you think you can. Cycling, like most sports, has a mental aspect. Most beginners are intimidated by the distances and speeds. Once you get past the anxiety, you will go further and faster than you ever imagined you would or could. The club has rides and riders to accommodate all levels of experience and ability. Also, it’s not about the destination, it’s about the journey. Don’t worry about how long it might take you, just enjoy the ride. No matter how slow you go, you are still lapping everyone on the couch!

11. Random fact about you? I was the lead manufacturing engineer that built the IBM super computer known as “Blue-Gene.” Predecessor to IBM’s “Watson” of Jeopardy fame, Blue-Gene is the computer that was used to decode the human genome.

12. Favorite sports team (college and/or professional). Knowing where I grew up, it will be easy to guess. I bleed Black and Gold! Steelers, Penguins, Pirates! That said, I’d much rather watch bicycle racing, which I do quite a bit.

13. Interests/hobbies other than cycling? Cycling is my passion, but I also enjoy Photography, Sailing, Kayaking, and Hiking.
THE ATHLETE’S KITCHEN

by Nancy Clark, MS RD CSSD

**Sports Nutrition Update: What Does the Research Say?**

How much protein is enough? ... What about vitamin supplements? ... Should athletes eat carbs before they exercise? Ask 10 athletes and you will get 10 answers. But whom should you believe?

To identify proven sports nutrition strategies, professionals from the Academy of Nutrition and Dietetics (AND), the American College of Sports Medicine (ACSM), and Dietitians of Canada (DC) evaluated the latest research, and then wrote the **AND, ACSM & DC Position Stand on Nutrition & Athletic Performance** (available for free at www.EatrightPro.org). Here are just a few highlights that might help you fuel your body for higher energy and better performance.

- For competitive athletes, a key training goal is to stimulate metabolic adaptations that will reduce or delay fatigue. Current research suggests that occasionally training when you are carbohydrate-depleted can trigger biochemical adaptations that will ultimately enhance your performance. Just be sure to enter the competitive event after having eaten adequate carbs on the days beforehand, so your muscles will be optimally fueled.

  On most days, if you are training for 1 to 3 hours a day, you want to consume 2.5 to 4.5 (or more) grams of carbohydrate per pound of body weight per day (5-10+ g/kg). If you weigh 150 pounds, that comes to 1,500 to 2,700 calories of grains, fruits and veggies!

- When exercise is so intense that you have difficulty consuming even water or sports drink during the workout, just swishing and then spitting a sports drink might help you feel better and perform stronger. The brain detects the presence of sugar in the mouth, and this might help you work harder.

- While many sports supplements are worthless, ones that have strong research to back their performance-enhancing claims include sports drinks and gels, caffeine, creatine, sodium bicarbonate, beta-alanine and nitrate. For in-depth information, refer to the Australian Institute of Sport’s classification system that ranks sports foods and supplement ingredients based on the strength of scientific evidence: www.ausport.gov.au/ais/nutrition/supplements

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MEETING MINUTES

March 8th Board of Directors’ Meeting


Hersch opened the meeting and welcomed us. He gave Chris his Road Animal award, as Chris had been unable to attend the banquet and receive it then.

Hersch gave the Treasurer’s report in Sandy’s absence.

Treasurer’s Report
Operating Fund: $6,304.94
Ride Events 3,690.57
Money Market 4,748.67
Bank of the Cascades 10,107.53
Pay Pal 2,713.53
Petty Cash 70.00
Total: $27,635.24

He mentioned that the balances are increasing due to Monster Cookie receipts.

Sue Bloom – Boys & Girls Club – Sue has replaced Tim Sinatra as Director of the Boys & Girls club. She had intended to attend our meeting, but was unable to appear. Hersch said that she is well aware of our involvement with the boys and girls club.

Annual Banquet & Picnic – Preslee spoke with Creekside and the annual banquet is tentatively scheduled for the last Sunday in January, 2017. A deposit will need to be paid in September. Hersch said that he will tentatively reserve the Keizer Gazebo for the picnic for August 14th from 1:30 pm to 3:30 pm.

Rides Committee Update – Chris spoke with the Rides Committee about the Volunteer Monster Cookie ride. It has been scheduled for the Sunday before the Monster Cookie, and has been posted on the calendar. A member can only get mileage credit for the Volunteer Monster Cookie ride if she/he volunteers on Monster Cookie ride day. On June 25-26, Doug Parrow will lead an Old West Scenic Bikeway Pack down in the John Day area. On August 6-7, Jakey will lead the Cascading Rivers Scenic Bikeway ride, from Estacada to Detroit and back. On August 26-28, Chris Hoy will lead a multi-day ride on the Wild Rivers Coast Scenic Bikeway near Port Orford. There will be camping as well as hotel options. Doug Parrow will lead the Crater Lake Rim ride on September 17. Hersch said the Rides committee is a talented group of people. Preslee said he prefers that the Rides Committee meet on an evening other than Friday. Chris said he will bring it up.

Request for Donations – The City of Keizer has requested a donation of $500 in order to purchase helmets to be sold to local people for $5 each, or to be given away if the people are needy. David said that as we hear of things in the community, we should proactively determine donations to make. OPRD may put in a donation request for signs on the Willamette Valley Scenic bikeway. Hersch said we will wait on donations until the May meeting, when we know the results of the Monster Cookie.

Earth Day 2016 – Hersch asked if anyone had seen anything about this year’s celebration. He said that SBC participated last year.

SBC Brochures – Hersch reported that only about ¼ of the brochures are left. REI and the local bike shops have a supply of them displayed. Reprints will have the QR code, which can be scanned and will link to the website.

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**Minutes, continued from page 8**

**Monster Cookie** – Hersch stated that 168 people have registered so far. There is more advertising this year. All permits have been done. The rest stop will have cookies and macaroons, but offerings will be healthier, with more fruits and vegetables. Signs outside of Salem will be rented. Hersch said AAA may provide a helmet sticker so that event riders can be identified. Chris asked if a Tour de Cure booth was okay, and Hersch said yes. Other booths will be AAA, and perhaps Primal.

**Peach of a Century** - David mentioned that he will be unavailable to co-lead the Peach. Many volunteers will be needed.

**Underage Riders** – There was discussion about whether underage riders may be allowed to ride on club rides without a parent, guardian, or responsible adult riding with them. Past practices and the minor release form on the website were reviewed. It was the unanimous consensus of the board that underage riders must have the signature of the parent, guardian, or responsible adult on the sign in form, and that person must ride her/his bike with the underage person for the whole ride.

**Future Items for the Board** – Monster Cookie and Peach Planning Updates, Donation requests, Improving club awareness of the award for carless days.

**March 22nd General Meeting**

Hersch opened the meeting and welcomed everyone. He asked that those in attendance who have not signed up for the Monster Cookie to please sign up. Volunteer T-shirts are available for those who are volunteering on the day of the ride. He said people should contact him if they’re volunteering. Chris said he is seeking people for packet distribution, especially those not riding. Hersch said that help is needed with setup, take down, and registration. Jerseys can be ordered as part of registration, but we can’t guarantee we’ll have enough of a particular size on day of ride. There is a $6.00 shipping charge.

**Treasurer’s Report** – Sandy gave the Treasurer’s report, and stated that the balance as of February 29 was $27,635.24.

**Rides Committee** – Joanne said that one ride on the website still needs a coordinator. In April the evening rides will begin. They are Monday at 6:15 at REI in Keizer station, Tuesday at 6:15 at Silverton, Wednesday at 6:15 at McKay Park in east Salem, and Thursday at 6:30 at Cummings school in Keizer.

Hersch said that the date of the Peach will be September 11. It will be the 35th year. The picnic will be held August 14 at Chalmers Park next to City hall in Keizer.

**Guest Speaker** - Attorney Ray Thomas, whose practice is focused on injury cases including personal injury and product liability, went over many of the bike laws that are mentioned in his book Pedal Power: A Legal Guide for Oregon Cyclists. He mentioned that Doug Parrow has been a mentor to him, and has provided the perspective of a cyclist and brought fresh approaches to the law. Oregon has passed laws that have become national models. He spoke of the Enhanced careless law and explained the Crosswalk law. He also discussed the perspective that law enforcement has of cyclists, and the rights and duties of cyclists. He answered many questions from the audience regarding common cycling situations we encounter, and gave each of us a copy of his book, which will be a great reference. Ray also explained the European safety concept called Vision Zero.
And please take note: No amount of any supplement will compensate for a poor sports diet. Commercial products work best when added to a well-chosen eating plan.

- Vitamin and mineral supplements will not improve your performance unless they reverse a nutritional deficiency. That is, if you have iron-deficiency anemia related to low dietary iron (i.e., eating no red meat) or high iron losses (heavy sweating, menstruation, donating blood), you will need an iron supplement to replenish your depleted iron stores. Reversing iron-deficiency anemia can take as long as 3 to 6 months. Hence, you want to prevent anemia from happening in the first place by eating iron-rich foods (such as dark meat chicken, fortified cereals). Taking iron supplements “just in case” is not advised and might contribute to medical issues.

- Antioxidant vitamins (such as C, E) have not been shown to enhance athletic performance. There is some evidence that high doses of antioxidants supplements might actually hinder training adaptations. The safest and most effective strategy to boost antioxidants is to regularly enjoy colorful fruits and vegetables, whole grains, and nuts. Enjoy oranges, berries, broccoli, spinach, almonds, avocado, etc. Real foods are more effective than pills (and tastier)!

- Advertising, in combination with an athlete’s desire to perform better, can boost the appeal of sports supplements. Yet, the rapidly growing sport supplement industry is poorly regulated in terms of the claims they make and their manufacturing practices. Products are commonly tainted with unsafe and/or banned substances. Hence, many of the 40% to 90% of athletes who take supplements fall victim to fraud. Are you one of them…?

- If you plan to use commercial sports foods and supplements, you’d be wise to first meet with a sports dietitian to get a professional assessment of your baseline diet and to determine if you would actually benefit from (as opposed to waste money on) these products. Maybe you are already consuming plenty of protein and have no need to buy that expensive whey protein, after all? The best sports nutrition plans are personalized because each athlete is unique. To find your local sports RD, use the referral network at www.SCANdpg.org.

- Some athletes do not drink any fluids before they exercise in hopes of avoiding undesired pit stops during the workout. Yet, exercising under-hydrated can hurt performance. The solution is to drink 2.5 to 4.5 ml per pound of body weight (5-10 ml/kg; about 13 to 24 ounces for a 150-lb athlete) in the two to four hours before you exercise. This allows more than enough time for you to flush the excess fluid down the toilet. You can then drink as desired right before you start your workout.

- As a part of their daily eating, most athletes consume adequate protein, but they may not eat it at the right time. You want to evenly distribute your protein intake throughout the day. That means consuming some protein at least every 3 to 5 hours, so that your muscles have the tools they need to grow and repair. That is, instead of eating 16-ounces of salmon at dinner, divide the salmon into four 4-oz portions—or more realistically, enjoy 2 to 3 eggs for breakfast, a sandwich for lunch, Greek yogurt + nuts for an afternoon snack, and then a smaller portion of salmon with dinner.

The target is about 15 to 25 grams protein per meal and snack for most athletes. (More precisely, 0.1 to 0.14 grams of protein per pound of body weight per meal (0.25 - 0.3 g/kg). Eating more than 40 grams of protein at one time has not been shown to offer any additional muscle-building benefits. Enough is enough!

by Alex Phillips, 
Bicycle Recreation Specialist, 
Oregon Parks & Recreation Department

Oregon’s newest scenic bikeway meanders through the multi-colored John Day Fossil Beds on 130 miles that connect the small communities of Fossil, Service Creek, Spray, Kimberly and Mitchell and the John Day Fossil Beds National Monument. Viewed from your bicycle seat, you can see millions of years of history revealed in the layers of earth, one color at a time.

The hills get their name from the delicately colored stratifications in the soil—ribbons of yellows, gold’s, blacks, and reds formed millions of years ago by shifting volcanic islands. The ancient plant and wood fossils found here reveal 50 million years of animal evolution. You’ll ride through land where early cousins of elephants and rhinos once roamed.

The Bikeway is a loop made up of a series of hilly, remote out-and-back rides through high desert. One stretch runs along 20 miles of the John Day River, and another treats you to views of the Sutton Mountain Wilderness Study Area.

You can start and end your ride in any of the communities on the Bikeway; each has amenities and supplies, plus a small town to explore. Many parks and interpretive areas along the route have restrooms and drinking water. The moment you leave town, you’ll savor the solitude—it’s just you, your bicycle, the sounds of the birds and the glorious views.

Maps, cue sheets, and GPS files are available on the Oregon Parks & Recreation Department website at http://www.oregon.gov/oprd/BIKE/Pages/PaintedHills.aspx.

Fun Facts

The longest tandem or "bicycle built for two" ever made was actually for thirty-five. It is almost 67 feet long and weighs about as much as a Volkswagen.

The smallest bicycle that an adult can ride has wheels made from silver dollars.

There are roughly one billion bicycles in the world (about twice as many as motor vehicles)

The slow cycling record was set by Tsugunobu Mitsuishi of Japan in 1965 when he stayed stationary for 5 hours, 25 minutes.
As April 1st approaches, the preparation for Monster Cookie continues at a quick pace. Hersch and I have been meeting for coffee every week for the last six months to discuss the details of this ride. Much has been done and much more needs to be done.

Right now we have all the permits in order. The first batch of jerseys and T-shirts have arrived, our food preparations have been reviewed and ready for ordering. Our SAGs are in line and our route has been reviewed to check for bike hazards. Our route sweepers are ready. Our sign staff is ready and our locker has been inventoried. In addition, we have our 20x30 tent on order and of course, we have our 40 porta-potties ready to arrive at 6 am (not like last year when they arrived closer to 7 am, Yikes!)

In the end the Monster Cookie will have over 105 volunteer positions. Our 2,000+ riders will consume 8,000 cookies, 15 cases of bananas, 9 cases of oranges, 5 cases of apples, 1,500 bagels, 500 sandwiches, with over 20 vendor companies helping to make this possible.

In the next few days, we will confirm our volunteer staff as well as recruit additional volunteers. If you want to help with this year’s Monster Cookie, please contact Hersch Sangster, (503) 949-1276 or myself at (503) 580 5927.