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.

### August Weekend Rides

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Route Name</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Sat</td>
<td>8:00 AM</td>
<td>Abiqua Creek</td>
<td>49</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Carlie Keever 503-391-5825</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Homer Davenport Days</td>
<td>36</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Winnie Sangirardi 503-362-9150</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Sun</td>
<td>8:00 AM</td>
<td>Tualatin Valley Scenic Bikeway</td>
<td>60</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>7</td>
<td>Sun</td>
<td>8:00 AM</td>
<td>Helmick Park III</td>
<td>43</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Lisa Morriss 808-987-3051</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</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>Laurie Garrett 503-551-7786</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>Sat</td>
<td>8:00 AM</td>
<td>Molalla</td>
<td>77</td>
<td>C</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Chris Hoy 503-569-7515</td>
<td></td>
<td></td>
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<tr>
<td>13</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Jefferson via Parrish Gap</td>
<td>44</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>JoAnn Dewey 503-871-3141</td>
<td></td>
<td></td>
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<tr>
<td>13</td>
<td>Sat</td>
<td>2:30 PM</td>
<td>Ankeny Novice Ride</td>
<td>7-13</td>
<td>A</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Mark Lebow 503-390-4627</td>
<td></td>
<td></td>
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<tr>
<td>14</td>
<td>Sun</td>
<td>8:00 AM</td>
<td>Mt Angel Abbey</td>
<td>45</td>
<td>B</td>
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<td></td>
<td></td>
<td></td>
<td>Chuck Young 503-779-4010</td>
<td></td>
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<tr>
<td>14</td>
<td>Sun</td>
<td>4:00 PM</td>
<td>Picnic Ride</td>
<td>10</td>
<td>A</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Jakey Ross 503-581-7462</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>Sat</td>
<td>8:00 AM</td>
<td>Waldo Hills, the Hard Way</td>
<td>50</td>
<td>D</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Paul Logan 503-428-6923</td>
<td></td>
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</tr>
</tbody>
</table>

Meet at Rood Bridge Park in Hillsboro at 9:00 am to start the ride. Driving time from Salem to the park is about 75 minutes.

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.

Join other club members and their families at a potluck picnic to share experiences, techniques, and ride ideas. Bring your bikes for a family-friendly ride to Spongs Landing starting at about 4:00 pm. See page 6 for more information.

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.
August Weekend Rides - continued

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Ride Description</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
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<tbody>
<tr>
<td>20</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Waldo Hills</td>
<td>31</td>
<td>B</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Jim Ross 503-581-7462</td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>Sun</td>
<td>8:00 AM</td>
<td>Frey’s Dahlias</td>
<td>37</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Joanne Heilinger 503-399-9652</td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>Sun</td>
<td>1:30 PM</td>
<td>Frey’s Dahlias from Stayton</td>
<td>20</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jakey Ross 503-581-7462</td>
<td></td>
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</tbody>
</table>

The ride starts from Roth’s near the intersection of Shaff and Golf Club Roads in Stayton.

26  Fri  9:00 AM  Wild Rivers Coast Scenic Bikeway 103  B

Join us for 3 days of riding on Oregon’s beautiful south coast. Routes will mostly follow the Wild Rivers Scenic Bikeway. See page 6 for more information. Contact Chris Hoy with questions and to RSVP.

27  Sat  8:00 AM  Oak Grove and More 42  B

Lisa Morris 808-987-3051

27  Sat  9:00 AM  Bauman Farms 38  A

Dan Schuh 503-759-7010

28  Sun  8:00 AM  Swan Island Dahlias - Long 86  C

Mark Lebow 503-390-4627

28  Sun  1:30 PM  Jones Farm Stand/Egan’s Garden 27  A

coordinator tba

28  Sun  2:30 PM  EZ Orchards Novice Ride 6 - 18  A

Joanne Heilinger 503-399-9652

This ride is a slow-paced ride on low-traffic roads for novice cyclists. The ride starts at the EZ Orchards Farm Market at the corner of Hazegreen and Cordon Rds.

September Weekend Rides - partial list

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Ride Description</th>
<th>Miles</th>
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<tr>
<td>3</td>
<td>Sat</td>
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<td>Solar Bear</td>
<td>34</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Marilyn Monson 503-559-3589</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Scio/Stayton</td>
<td>55</td>
<td>B</td>
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<td></td>
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<td></td>
<td>Chuck Young 503-779-4010</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Sun</td>
<td>8:00 AM</td>
<td>Peach Volunteer Ride</td>
<td>66/76/100</td>
<td>C/D</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Joanne Heilinger 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 Peach of a Century to receive ride credit for this ride. Contact Joanne Heilinger in advance to volunteer for the Peach.

4     Sun  9:00 AM | Sublimity East Hills 51  C

Mark Lebow 503-390-4627

4     Sun  1:30 PM | Salem Beltline 23  A

Jakey Ross 503-581-7462

5     Mon  9:00 AM | Summer Surprise 28  A

Pam Carey 503-540-7587

5     Mon  9:00 AM | Wells Landing 39  C

Jim Ross 503-581-7462

10    Sat  9:00 AM | Brooklake 28  A

coordinator tba

10    Sat  9:00 AM | Dallas 39  A

Paul Logan 503-428-6923

10    Sat  2:30 PM | Ankeny Novice Ride 7-13  A

coordinator tba

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.
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. There normally is not a ride on the 4th Tuesday of the month because of the SBC General Meeting. However, there is no meeting in August. 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.

Monday, Tuesday, and Thursday evening rides end on October 1. Wednesday evening rides move to Keizer Station and lights are required.
**PRESIDENT'S LINK**

The Salem Bicycle Club is more than just riding. Even though members do thousands of miles and hundreds of rides, we do take time to socialize.

At the start and end of rides, at rest stops, and especially at those snack stops, I see members and guests chatting, getting to know each and learning more about cycling. Time is devoted before our monthly General Meetings for social time for members and guests.

I invite everyone to another opportunity to chat and socialize, have great food and do a ride at the Salem Bicycle Club’s Annual Picnic on August 14, 2016 at 2 pm. The picnic will be in the Gazebo in Chalmers Jones Park, 930 Chemawa Rd NE., near the Keizer City Hall and Heritage Center.

If the weather is warm the City may have the fountains on! Hope to see you all there!

Peach of a Century Ride is September 11. Online registration is now open!

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!

**River Road Closure**

River Road South in Salem will be closed to all traffic, including bicycle and pedestrians starting Saturday, August 13, 2016, and remained closed until Monday, August 22, 2016. Bicycle and pedestrian traffic will be detoured using a gravel road on the west side of the railroad tracks to Minto Brown Park. Please use caution when crossing the railroad tracks. Vehicular traffic will be detoured via Commercial, to Liberty, to Madrona.

**UPCOMING GENERAL MEETING PROGRAMS**

**August 14, 2016**
Annual SBC Picnic
See page 6 for more information.
No General Meeting in August.

**September 27, 2016**
Laura Waner
*Bike touring in Southeast Asia.*

**October 25, 2016**
Alex Phillips, Parks and Recreation Dept.
Oregon Scenic Bikeways
Elise Bauman, Executive Director,
Salem Harvest
*Ride to Feed the Hungry*

**NEW MEMBERS**

Welcome to our newest club members:

- Dan Little
- Mark Babson  503-569-7223
- Rosemary Babson 503-569-7223
- Emma Babson 503-569-7223
- Louis Babson 503-569-7223
- Joseph Babson 503-569-7223
- Laurie Klein  907-388-4689
- Martin Klein  907-388-4689

**Bicycle Facts**

Cycling and walking are hands-down winners in energy efficiency (and hence reduction of pollutants). They consume 0.06 and 0.16 megajoules per passenger kilometre travelled respectively.

A car uses 50 to 80 times more energy than a bicycle to travel the same distance.
MEET THE MEMBERS

by JoAnn Dewey

Levi Cannon

1. Where did you grow up? Salem, Oregon amid generations of relatives. We lived in the country and I didn’t drive so I rode my very heavy bicycle around by myself frequently getting lost but I always made it home.

One of our sons works on family tree research with me. An added bonus of the SBC rides is learning how to connect the dots of all the historical places of my ancestors. The July 4th Searching for Shaw ride took me by five generations of my family’s homes that I had no idea how to drive between.

2. Family? Larry is my husband who I met in 9th grade dance class at Leslie Junior High School. We’ve been married 49 years and lived in Issaquah, WA for 40 of those years where our two sons were born. We returned to Salem 10 years ago to help care for our grandchildren. We both lived with our grandparents as preschoolers and treasured those relationships. My volunteer focus these days is at my grandchildren’s school and otherwise enriching their lives.

3. When did you join SBC? After years of participating in Seattle club rides, I became a real estate agent and my work schedule didn’t mesh with the club rides schedules. For the next few years I rode the hills of Issaquah alone for exercise and peaceful meditation. I joined SBC at the end of 2011 after riding several Monster Cookie Rides. I dearly loved my friends in the Seattle clubs and looked forward to becoming friends with members of SBC.

Larry came to the annual banquet in January at Creekside. His comment at the event was, “These are fun people.” He has begun riding with the group this year.

4. First impression of the club? Like the Mountaineers and Cascade Clubs in Seattle everyone felt friendly, helpful and welcoming.

5. Best/funniest biking memory(s)? The first year a bicycling event was added to the Issaquah Salmon Days Festival I won all the events women’s trophies because I was the only female entrant.

6. Club involvement/volunteering? Right now other factors limit my club volunteering. My volunteering in the Issaquah/Seattle area truly enriched my life. Our first introduction to club riding was with the Mountaineers on their Jasper-Banff ride in 1972. What an absolutely gorgeous place! When we returned I wanted to just ride everyday forever.

The year after Canada we led a week long ride in the Bend area for the club. There I learned from a restaurant-owning cousin that restaurants prefer long-term notice before serving groups of 35. He delivered a catered picnic for us at a nearby park. We scheduled all the passes on the ride for early in the day except for the ride up to Mt. Bachelor. We got a lot of static for scheduling that climb in the heat of the day.

Members of the Cascade Bicycle Club came on that ride and they enrolled me as an advocate for promoting bicycle trails. Definitely an opportunity for a shy person to learn to speak in public. This lead to 10 years on the Issaquah Development where I could champion the inclusion of spaces for non-motorized transportation.

One day I decided it could ride up the mountain we lived on rather than transporting my bike to the valley. Riding up the paved roads on the other moun-

continued on page 11
SBC Annual Picnic
AN OUTLINE FOR FUN

WHEN: August 14, 2016, 2:00 PM
WHERE: Chalmers Jones Park, 930 Chemawa Rd NE., near the Keizer City Hall and Heritage Center.
WHAT: The annual Salem Bike Club picnic
The bike club will provide: Chicken or burgers, drinks (pop or water), place settings and napkins.
You should provide: Lawn chairs, side dishes or desert to share, family members, games (lawn or table)
Special Event: Join us for a 7-mile Highwheeler ride to Spong’s Landing for families. Helmets required.
WHO: YOU! Don’t miss this opportunity to connect with your cycling buddies. Please join us with your guests.

Questions: Call Jim Ross at 503-581-7462.

Beginner?     Pro?     Tourist?     Racer?

Your Total Bicycle Headquarters
Large Selection of Bicycles & Accessories
We repair all brands.

Check out the new Procaliber SL with IsoSpeed—the smoothest, fastest, smartest hardtail ever. IsoSpeed is compliant over rough terrain without sacrificing pedaling efficiency or responsiveness so you can ride harder, longer.

Free 30-day Tune-Up included with the purchase of a new bicycle.

Wild Rivers Coast
Scenic Bikeway Ride

Join us for August 26 to 28 for three days of riding on Oregon's beautiful south coast. Routes will mostly follow the Wild Rivers Scenic Bikeway.

Friday will feature a short 22-mile ride from Cape Blanco State Park to Port Orford for dinner and a ride out to Paradise Point. Saturday will be a 47-mile out and back from Cape Blanco State Park up the Sixes River and back. Sunday will conclude our adventure with a 34-mile ride from Cape Blanco State Park to Humbug Mountain State Park.

Camping is available at Cape Blanco State Park and other parks in the area. Hotels are also available from Bandon to Gold Beach -- all of which are close enough to ride or drive to the park for the rides.

Contact Chris Hoy at 503-569-7515 or chrishoy@comcast.net with questions and to RSVP.

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Contact Chris Hoy at 503-569-7515 or chrishoy@comcast.net with questions and to RSVP.
THE ATHLETE’S KITCHEN

Taking Your Diet to the Next Level

by Nancy Clark, MS RD CSSD

Some athletes are still on the “see-food diet”. They see food and they eat it. Others are a bit more mindful about how they nourish their bodies; they put thought into selecting high-quality foods that invest in good health, quick healing, and top performance. They commonly report they have taken their diets to the next level. For some disciplined and dedicated athletes, the next level is a perfect diet with no sugar, no processed foods, no desserts, and no “fun foods.”

While aspiring to eat quality foods is certainly a step in the right direction, eating too healthfully can sometimes create problems if the food policy becomes a bit too zealous. Is birthday cake really a bad-for-you food? (I don’t think so.) Is gorging on vegetables really best for your body? (Not if your hands acquire an orange tinge from having eaten too many carrots, or if you experience recurrent diarrhea due to an excessively high-fiber diet.)

Perhaps a better goal than a perfect diet is an excellent diet. An excellent diet might be more balanced, enjoyable, and sustainable. Even birthday cake with refined sugar and saturated fat can fit into an excellent diet. That is, the 2015 Dietary Guidelines allow for the inclusion of small amounts of so-called “imperfect” foods in your food plan:

• 10% of calories can come from refined sugar. That’s about 250 to 350 calories (60 to 90 grams) of sugar (carbohydrate) for most female and male athletes, respectively. This sugar fuels your muscles. Sports drinks and gels count as refined sugar.
• 10% of calories can come from saturated fat that clogs arteries and is associated with heart disease. For an athlete who requires about 2,500 to 3,500 calories a day, consuming 250 to 350 calories (about 30 to 40 grams) of saturated fat per day, if desired, can fit within the saturated fat budget. This means, from time to time, you can enjoy without guilt some “bad foods” such as bacon and chips. One slice of bacon has about 1 gram saturated fat; a small bag of potato chips, about 3 grams.

Certainly there are healthier foods to eat than bacon and chips, but you want to look at your whole day’s food intake—not just a single item—to determine the overall quality of your sports diet. If 85% to 95% of your food choices are high quality, a little bacon or a few chips will not ruin your health forever.

Some athletes deal with “unhealthy” foods by setting aside one day a week to be their cheat day. (Think Faturday or Football Sunday.) This well-intentioned plan can easily backfire. Most people don’t over-eat/spurge until they have first been denied or deprived of a favorite food. Hence, when the Perfect Diet starts on Monday, people can do a heck of a lot of “last chance” eating the days before starting their restrictive food plan.

Rather than a Sunday splurge, let’s say on bacon, you might want to enjoy just a few slices of bacon throughout the week. This can curb cravings and dissipate the urge to splurge on Sundays. There can be a “diet portion” of any food.

Going to the next level

For athletes who want to take their diets to the next level with a sustainable plan, I offer these suggestions:

• Evenly distribute your calories throughout the day. Most active women need about 2,400-2,800 calories a day; active men may need 2,800-3,600 calories a day. This number varies according to how much you weigh, how fidgety you are, and how much you exercise. That’s why meeting with a professional sports dietitian can help you determine a reliable estimate. To find a local sports dietitian, use the referral network at www.SCANdpg.org.
• Most “bad” food decisions happen at night, after your body has been under-fueled during the day. If you are “starving” before dinner, add a second lunch to curb your evening (over)eating. You will easily save yourself from a lot of junk food at

continued on page 10
Hersch opened the meeting, and called for the Treasurer’s report.

**Treasurer’s Report:** Sandy said the results of the Monster Cookie were not that great. She believes that all of the Cookie bills have been paid. The balance at the end of May was $29,884.21, which is $6,170.32 less than last month and $6,319.39 less than last year. From January to now, the balance is up $4,977.49. There was discussion about causes of unsuccessful event rides, such as weather, competition from other event rides, and other types of rides, such as Gran Fondos and gravel rides.

**Rides Committee:** Joanne mentioned that riders should check Spokes for possible changes of location. The long rides now start at 8:00 am on Saturday and Sunday, the short ride starts at 9:00 am on Saturday, and the Sunday afternoon ride starts at 1:30 pm. The novice ride participation has been dismal. There has been little if any publication in the newspaper. The Ankeny ride continues on the second Saturday of the month and the EZ Orchards ride continues on the fourth Sunday of the month through September. Upcoming rides include the Tualatin Valley Scenic bikeway on August 7th, The Wild Rivers ride beginning August 26th at a central base, with day rides, and the Crater Lake rim ride on September 17th. The park will be closed to automobiles except for a short section. Ride coordinators are needed for four rides in August and one in September. There are two road construction projects that affect the ways we get around. One is on Kuebler Blvd., and we will avoid the area from 1-5 to Sunnyside. Most rides in that area will be going up 12th to Commercial, then to Sunnyside. The other major construction project is the traffic circle at Verda Lane and Chemawa. The rides will avoid the area by using the Salem Parkway bike path. Hersch commented that the Rides Committee is the heart and soul of the Bike club.

**Guest Speaker:** Gary Obery is the League of American Bicyclists Effective cycling instructor for this area. Hersch said he works at ODOT and is our go-to guy on bicycle facilities engineering. Gary talked about a number of bike safety basics: 1) First come, first served. 2) Drive your bike. 3) Travel on the right hand side of the street. 4) Slower vehicles should stay to the right. 5) Travel in the right-most

continued next page
lane for your destination. 6) Bicycles are essentially narrow vehicles, with a few specific exceptions. Also discussed were the difficulties of dealing with chip seal, basic principles of traffic law, and traffic signals that don’t hold and/or don’t detect cyclists. For difficulties with traffic signals, Gary suggested contacting City of Salem Public Works, at the glass hotline number that is published in Spokes.

**July 12 Board of Directors’ Meeting**


Hersch opened the meeting, and discussed the Treasurer’s report in Sandy’s absence.

**Treasurer’s Report:**

<table>
<thead>
<tr>
<th>Fund</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Operating Fund</td>
<td>$1,819.52</td>
</tr>
<tr>
<td>Ride Events</td>
<td>$1,980.71</td>
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<td>$14,749.87</td>
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<td>Bank of the Cascades</td>
<td>$10,107.53</td>
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<tr>
<td>Pay Pal</td>
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<td>Petty Cash</td>
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<tr>
<td><strong>Total:</strong></td>
<td><strong>$28,833.76</strong></td>
</tr>
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</table>

He said that Sandy wants us to look at the budget next month. The budget is tight. It will be good to look at it after the mid-point. The balance at the end of June is about $1,000 less than last month. The expenses for the Peach will likely show up in September or October.

**Checking Signing:** Hersch said that all who needed to sign the signature card at the bank did so.

**Electronic Spokes:** Hersch said we just paid $500 to the mailing service, yet none of us has received a copy of Spokes in the mail. He said that if we went paperless, we could have more pages for more advertising. Chris said he has not completed the electronic Spokes task. There is still some work to do in appeasing people, and some logistics to be worked out; e.g. for archiving. Chris will report next month.

**Donations:** Alex Phillips spoke about the $5,000 donation requested by the Oregon Parks & Recreation Department for Willamette Valley Scenic Bikeways signs. Hersch explained that a $5,000 donation was clearly out of the question. He asked how the bike club could help other than monetarily. Alex said that advocacy is needed, and, suggested we become a local proponent, a group who will talk with businesses and ask them if they have noticed all of the cyclists who are coming in. The group would then ask them to sign up as a bike friendly business with Travel Oregon, which would bring them publicity. She also said that monitoring the scenic bikeway signs would help. She will send Hersch a spreadsheet of the signs in our area, so that we could report missing signs. The board will create a committee of interested members to be proponents and to monitor signs. Chris will produce a first draft of a plan, and Hersch will write an article for Spokes calling for those who are interested to be on the committee.

**Rides Committee:** Chris mentioned that two out of area rides were cancelled, one due to chip seal conditions and the other due to lack of lodging. The Wild Rivers Scenic bikeway ride will be held on August 26 to 28. He mentioned that we have had trouble recruiting ride coordinators for the short Saturday rides and the Sunday highwheeler rides, and efforts are being made to find more coordinators so that rides don’t have to be cancelled.

**10/500 & Volunteer Gifts:** Marilyn discussed two gift ideas – a credit card sized bicycle tool for the 10/500 gift, and arm warmers for the Volunteer gift. Other ideas were discussed, such as caps, or a bar end tool. We will continue the discussion at the August meeting, as well as the possibility of changing the 10/500 award to require more rides/miles.

**Peach Planning:** David reported that Bonnie and Joanne are organizing the distribution of food to the rest stops, as Steve won’t be available this year. Bonnie is determining food selection. Hersch said that the t-shirts have been ordered. He took the board’s recommendation of a silver shirt with the vintage green and orange design. Chris said that three people have registered for the Peach so far.

**Rookie of the Year:** The board discussed Hersch’s proposed criteria for this new award he is suggesting. It will be discussed at the August board meeting.

**Straub Center Bridge Meetings:** On July 19 and August 10, Hersch will be giving brief talks regarding the bike club’s activities.

**Future Items for the Board:** Peach Planning Updates, Donation request review, Improving club awareness of the award for carless days, Electronic Spokes.
night. Trust me.

• If your body requires 2,400 to 2,800 calories per day, this divides into 4 food buckets with ~600-700 calories every four hours. For example: 7:00 a.m., breakfast; 11:00, early lunch; 3:00 p.m., later lunch; and 7:00, dinner. (Adjust the times to suit your schedule and divide the calories, if desired, into smaller snacks within that 4-hour window.

• Your breakfast food-bucket should be the same size as your dinner bucket; this likely means you’ll be eating a smaller dinner and a bigger breakfast. If you train in the morning, you may want to eat part of your breakfast calories before you exercise and the rest afterwards.

• Include in each food bucket at least three of these four types of foods:

  1. Grain-based foods (about 150-250 calories/bucket), to fuel your muscles. Easy whole grains: whole wheat bread, oatmeal, baked corn chips.

  2. Protein-based foods (about 250 calories/bucket), to build and repair your muscles. Easy ready-made options include rotisserie chicken, deli turkey, hummus, tuna pouches, tofu, hard-boiled eggs, nuts.

  3. Fruits and veggies (about 100-200 calories/bucket) for vitamins and minerals. Choose a variety of colorful fruits: strawberries, cherries, oranges, peaches, bananas, and blueberries. Also choose colorful veggies: dark green broccoli, peppers, spinach; orange carrots, sweet potato; red tomato, etc.

  4. Dairy/calcium-rich foods (about 100 calories/bucket) for bones and maintaining low blood pressure: Lowfat (soy) milk, (Greek) yogurt, cheese — but please not rice or almond milk. They are equivalent to juice with very little protein or nutritional merit.

By filling up on quality foods at breakfast, lunch #1, and lunch #2, you will crave less “junk food” at night and may not even miss it. Your diet will easily rise to the next level, no sweat.

Cannon, continued from page 5

tains in the area quickly followed. As the shoulder bike lanes were added, these Cascade foothills in Issaquah became a favorite evening training ride for folks preparing for STP. Championing the dedication of these spaces gave me a great sense of accomplishment every time I rode them.

Our sons were born in 1974 and 1975 and we began riding with them in Bugger cargo carriers in which we had fashioned seats. Next we graduated to riding on tandems with kid-back conversion cranks. At ages 4 and 6 they rode with us on a ride we lead from Seattle to Salem. The STP markings from the prior weekend were most helpful.

7. On average how many miles do you ride each week? 50 to 100 depending on competing activities.

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

9. How many Monster Cookies and Peach of a Centuries have you ridden? One Peach and nine or ten Monster Cookies.

10. Favorite bike rides? In 1998 we started a series of southern winter vacations lead by Backroads Active Travel Company. My two favorite trips were their New Zealand trip and the US Three Canyons trip in the southwest.

11. What advice would you give aspiring riders? The advice I’ve given most frequently over the years has been to guys who say, “My wife and I are buying bikes to start riding. Because I’m a stronger rider I’m going to buy myself a higher quality bike.” My advice is if they want to enjoy riding together the wife’s bike should be of equal or better quality.

12. Random fact about you? My last year at U of O I acquired a bicycle and began riding to my classes and work. There were no bike lanes and no other girls riding on campus. When I began work as an accountant at Renton Boeing in 1966 I rode my bike to work. The guards had not encountered an employee arriving on a bicycle before so they had me lock my bike to the outside of their guard gate. After moving to Issaquah I expanded my commute to a 45-minute ride. It was a beautiful ride and I felt so alert when I arrived. This ended when I got caught cleaning up for work before park hours in the bathrooms in Coulon Park that adjoined Boeing on the north.

13. Favorite sports team? I am a disaster at watching spectator sports.

14. Interests/hobbies other than cycling? Grandkids, gardening, audio books, concerts, plays, etc.
OFF THE BACK

PEACH VOLUNTEERS NEEDED

by Joanne Heilinger

The Salem Bicycle Club’s “Peach of a Century” bike ride is coming on Sunday, September 11th. Bonnie McClure and I are coordinating the ride this year, with assistance from David Philbrick. We are looking for volunteers. With three routes and distances of 66, 76 and 100 miles, 3 rest stops, and peach pie at the finish line, it takes lots of volunteers to make this ride a success.

There are jobs that can be done prior to the ride or after the ride that could allow a volunteer to participate in the ride. If you’re willing to help out on the day of the ride, we can find jobs that could keep you busy for several hours.

Things that need to be done before the ride include marking the routes with chalk during the week before the ride, stuffing packets on the Friday night before the ride, sorting food & supplies on Saturday.

On the morning of the ride we need volunteers to put out “bike event” signs, set up tables & awnings at Chemeketa Community College, help take day-of-ride registrations, and distribute ride packets to preregistered riders.

During the ride we need volunteers to provide sag support on the routes, help with cutting pies, and staff two emergency water stops on the routes.

After the ride we need some help with taking down the awnings and tables at the finish line, repacking the supplies, and general clean up.

If you are willing to help with one or more of these tasks, please call me at 503-399-9652 or e-mail peach@salembicycleclub.org. If you provide your shirt size, we will provide you with one of the microfiber shirts (the sizes run large and the shirts should not shrink).