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.

### June Weekend Rides

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Ride Name</th>
<th>Miles</th>
<th>Difficulty</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</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>Aaron Hughes 503-540-7526</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</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>
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<tr>
<td></td>
<td></td>
<td></td>
<td>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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Helmick Park III</td>
<td>43</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>4</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>Marilyn Monson 503-559-3589</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Sat</td>
<td>9:00 AM</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>10</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Donald</td>
<td>62</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Dan Schuh 503-759-7010</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</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>
<tr>
<td></td>
<td></td>
<td></td>
<td>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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Walnut and Eola Hills</td>
<td>52</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>11</td>
<td>Sun</td>
<td>1:30 PM</td>
<td>Mt Angel 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>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>The ride starts at the EZ Orchards Farm Market at the corner of Hazelgreen and Cordon Rds. Please park in the gravel parking lot south of the store.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Bethany</td>
<td>34</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Chris Hoy 503-569-7515</td>
<td></td>
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</tr>
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### June Weekend Rides - continued

<table>
<thead>
<tr>
<th>Date</th>
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<th>Time</th>
<th>Event</th>
<th>Distance</th>
<th>Diff.</th>
</tr>
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<tbody>
<tr>
<td>17</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>Carlie Keever 503-391-5825</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Silverton Strawberry Festival</td>
<td>45</td>
<td>C</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mark Lebow 503-390-4627</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>Sun</td>
<td>1:30 PM</td>
<td>Jones Farm Stand/Egan’s Garden</td>
<td>27</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>24</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Wells Landing - No Ferry</td>
<td>42</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jakey Ross 503-581-7462</td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Marquam via Scotts Mills</td>
<td>54</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>25</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Cooper Hollow II</td>
<td>43</td>
<td>C</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Doug Parrow 503-931-0588</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>Sun</td>
<td>1:30 PM</td>
<td>Fruity Fruit Stands</td>
<td>25</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jim Ross 503-581-7462</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>Sun</td>
<td>2:30 PM</td>
<td>EZ Orchards Novice Ride</td>
<td>25</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>

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 Hazelgreen and Cordon Rds.

### July Weekend Rides - partial list

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Event</th>
<th>Distance</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Country Schoolhouses</td>
<td>35</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Winnie Sangirardi 503-362-9150</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Mehama/Stayton</td>
<td>62</td>
<td>D</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Paul Logan 503-428-6923</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Butteville</td>
<td>66</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Ken Searl 503-502-2030</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</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>Mike Van 503-931-8180</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Tue</td>
<td>9:00 AM</td>
<td>Dilly of a Ride</td>
<td>27</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>4</td>
<td>Tue</td>
<td>9:00 AM</td>
<td>Mt Pleasant</td>
<td>66</td>
<td>D</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Ken Searl 503-502-2030</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Weekday Rides**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Ride</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>6:15 PM</td>
<td><strong>Keizer Evening Ride</strong></td>
<td>20-30</td>
<td>A-B</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Doug Parrow 503-931-0588</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesdays</td>
<td>6:15 PM</td>
<td><strong>Silverton Evening Ride</strong></td>
<td>20-30</td>
<td>A-B</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Art Mills 503-580-2625</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesdays</td>
<td>10:00 AM</td>
<td><strong>No-Drop Morning Ride</strong></td>
<td>30-45</td>
<td>A-B</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dori Nelson 503-364-1551</td>
<td></td>
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</tr>
<tr>
<td></td>
<td></td>
<td>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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesdays</td>
<td>10:00 AM</td>
<td><strong>East Salem Morning Ride</strong></td>
<td>30-45</td>
<td>A-B</td>
</tr>
<tr>
<td></td>
<td></td>
<td>George Schopfer 503-364-1025</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>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.</td>
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<td></td>
</tr>
<tr>
<td>Wednesdays</td>
<td>6:15 PM</td>
<td><strong>East Salem Evening Ride</strong></td>
<td>20-30</td>
<td>A-B</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Joanne Heilinger &amp; John Henry Maurice 503-399-9652 or 503-559-7417</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Meet at McKay Park on Hollywood Dr. between Silverton Rd. and Sunnyview Rd.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursdays</td>
<td>6:30 PM</td>
<td><strong>Keizer Family Ride</strong></td>
<td>12</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hersch Sangster 503-390-8024</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Meet at Cummings Elementary School on Cummings Lane in Keizer.</td>
<td></td>
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</tr>
</tbody>
</table>

**BOARD OF DIRECTORS**

President  Hersch Sangster  503-390-8024  
Vice-President Bob Luoma  503-463-9775  
Secretary  Marilyn Monson  503-559-3589  
Treasurer  Sandy Lundblad  503-508-6181  

**MEMBERS AT LARGE**

Preslee Jeffers - membership  971-563-1017  
Randy Brown  
Chris Hoy  503-569-7515  
John Newell  503-362-3588  
Winnie Sangirardi  503-362-9150  

**SPOKES**

Editor  Larry Lohrman  503-364-3352  
Editorial Staff  Doug Parrow  
David Philbrick  

Editor’s Email: spokes@salemicycicleclub.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**

Wow! It is June and the weather is finally nice. It is great that so many members and friends ride the Salem Bicycle Club’s event rides, and regularly turn out for the weekend and weekday rides. I know it is fun to ride the Salem Bicycle Club rides, but I encourage you to join another club’s ride or event ride this cycling season. Just try it and have some fun. You will see a different area and get to meet new cyclists.

There are numerous rides being hosted by other clubs and groups throughout the summer. In Oregon alone, there are well over 200 rides planned for this summer. Some of these rides include the: Portland Wheelman’s Pioneer Century on June 3, Strawberry Century in Lebanon on June 10, Psoriasis Foundation Fundraising Ride in Independence on June 17, Tour de Fronds in Powers on June 17, Cycle Oregon Joyride on June 10 and Weekend on July 7-9, and the Tour de Cure on July 29.

Mary Ann and I are planning on riding the Pioneer Century, Tour De Fronds and maybe Cycle Oregon Weekend.

Reminder, this year the Salem Bicycle Club is holding our Peach of a Century Ride on August 27. We hope to see you on the ride or helping to support the riders.

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 Bicycle Club, our meetings and all the rides we do, feel free to contact me or any of the Board members.

Hope to see you on some rides! Keep on Cycling!

---

**UPCOMING GENERAL MEETING PROGRAMS**

- **June 27, 2017**
  - Laura and Rod Wanker
  - Cycling the Eastern region of Cuba.

- **July 25, 2017**
  - Program tba

- **August 2017**
  - Annual SBC Picnic
  - No General Meeting in August

**NEW MEMBERS**

Welcome to our newest club members:

- Jeff Schumacher
- Lucas Blacutt
- Maria Blacutt
- Glenn Knoedler

**SBC ONLINE**

The club has a number of online resources available to members. These include:

- The **SBC Website** with the club rides calendar and other information about club activities.
- A **Facebook page** on which updates and reminders of club activities are posted. Find the club's Facebook page at www.fb.me/SalemBicycleClub.
- A **Facebook Member Group** in which club members can share information about past rides, photos, and other information. Join the group to participate in the discussions.
- A **Twitter** account through which members can receive information about ride changes and other updates. See the "Club Business" page on the website for information on how to sign up for Twitter updates. Recipients of these updates are not required to have personal Twitter accounts.
- A **Ride With GPS** club account which provides SBC members with enhanced resources. See the "Club Business" page on the website for information on how to join the club's RWGPS account.
MEET THE MEMBERS

by JoAnn Dewey

Al Bushey

1. Where did you grow up? I grew up in Southern California. I was active in Boy Scouts and spent time with my Dad. I had good memories on my bike riding to the beach in high school. I graduated from Orange Coast College & Cal State University Fullerton. I moved to Oregon in 1977 shortly after getting married.

2. Family? I grew up with four younger sisters. I have three sons of my own. I have lots of nieces as my sisters had almost all girls—GO figure!

3. When did you join the bike club? I joined SBC about 2001

4. First impression of the club? I was impressed with how strong of riders the club members were. I was able to find someone with the same ability to ride with.

5. Best or funniest club memory? The best memory was my first century ride. It was on the Watermelon Ride, at the end, going over Fishback Hill.

6. Club involvement/volunteering? I have been a ride leader, chair of the Rides Committee. I have volunteered over the years for the Monster Cookie and Peach of a Century packet stuffing and driving one of the SAG cars.

7. On average how many miles do you ride each week? I ride about 100 miles a week.

8. Most miles ridden in one day (club or non-club miles)? The most miles were 125 miles during on STP (Seattle to Portland).

9. How many Monster Cookies and Peach of a Centuries have you ridden? I have ridden all Monster Cookie rides since 2001 and many Peach of a Centuries.

10. Most challenging event on a bike? The long hard climbs on a long ride on a sweltering day where the pavement looks like it is melting.

11. What advice would you give new SBC members? Stay with it. Find somebody to ride with. Start with the rides marked High Wheelers, you will get to know the Ride Leader from whom you can learn a lot.

12. Random fact about you? I was a Boy Scout Leader for over 12 years and some of that time as a Scout Master. I have been backpacking all over the Cascades. Along with my three boys, we backpacked well over 200 nights in back country.

13. Favorite sports team (college or professional)? I am a proud Duck and Seahawk fan and support our local Volcano Baseball team.

14. Interests/hobbies other than cycling? I enjoy hiking, travel, and camping. I recently have been involved in starting a Pickleball Club. We play outdoors & indoors, it is a lot of fun!
Memorial Bike Sale

by Lynda Brown Bersani

On March 31, 2012, Hank Bersani, 61 year old loyal SBC member, my late husband and father to Lisa and Alex, was struck and killed by a truck while out for a Saturday morning ride. We'll never know exactly what happened as both he and the driver have passed away, but thanks to the Salem Bicycle Club, Creative Metalworks, students, fellow professors and friends at Western Oregon University a beautiful memorial bike rack stands outside the WOU College of Education encouraging us all to keep on riding!

I have some great bike set up and parts (and good biking gear) of Hank’s to sell and thought there might be some interest among Spokes readers. I will donate 20% of the proceeds of anything that sells to SBC, in gratitude for the kind support we have received.

Please text if you want to take a look. In gratitude, Lynda Bersani 503-409-6047.

For Sale: Cinelli racing bike (2003) Only $850 (in parts, long story) or $1000 assembled, includes: Cinelli Aliante frameset (54 cm, Columbus aluminum tubing, 6 degree sloping concept carbon forks & headset); Mavic wheelset, 700c, bladed, radial spokes, spin true; Campy Record 10 spd. caliper silver brakeset (front & rear, w/ good brake pads); Campy Record 10 spd. derailleur; Campy Record 10 spd. ergopower shifters/brake levers, w/ new replacement rubber hoods, in box ($32 new); FSA carbon crankset “Pro Team Issue”, w/bottom bracket; FSA carbon seat post (setback); Selle Italia Flite seat; Forte pedals with nice bearings (show wear); and computer.

Also available:

Campagnolo Veloce Ultra-drive 13-29 sprockets, rear cluster ($35 new); Wipperman Connex 10 speed gold chain ($53 new); and Cinelli Zebra cork tape (white/black) ($18 new).
THE ATHLETE’S KITCHEN

All You Want to Know About Peanut Butter

by Nancy Clark, M RD CSSD

In my humble opinion, peanut butter (PB) is one of the best sports foods around. Not only is it yummy, it is also health-promoting and performance enhancing. A review of the research on peanuts validates why I routinely choose to enjoy two (!) PB sandwiches a day: one for lunch and the other to curb late-afternoon hunger.

If you are among the many athletes who try to stay away from peanut butter because it is fattening or too fatty, think again and keep reading (as long as you are not allergic to peanuts, that is). The purpose of this article is to educate you about the value of PB in a diet for sports-active people of ages and athletic abilities—as well as their parents and grandparents.

PB is not inherently fattening. While any food eaten in excess can be fattening, people who eat PB (and nuts, for that matter) five or more times a week are not fatter than nut avoiders. A Purdue University study (1) reports subjects who ate peanuts daily did not overeat total calories for the day. That’s because peanuts and PB are satiating; they help you feel pleasantly fed. Peanut eaters tend to intuitively eat less at other times of the day.

PB offers many health benefits. The fat in PB is primarily health-promoting mono- and poly-unsaturated fat that knocks down inflammation. People who eat PB and nuts five or more times a week have lower markers of inflammation than nut avoiders. For athletes who get micro-injuries every time they train, an anti-inflammatory food such as PB is a wise choice.

Compared to nut avoiders, unhealthy women (with type 2 diabetes) who ate 1.5 oz. (250 calories) of peanuts (and/or nuts) five or more times a week reduced their risk of heart disease by 44% and the risk of having a heart attack by 60% (2). Routinely swapping a burger for a simple-to-make PB sandwich is a heart-healthy choice.

PB, like all sources of plant protein, reduces that risk of developing Type II diabetes. A breakfast with PB offers a positive “second meal effect.” This means, it helps control blood glucose through lunchtime and into the afternoon. Stable energy—and a reduced desire to eat. (3)

The fat in PB helps absorb the fat-soluble

continued next page
vitamins A, D, E and K. You want to include some (healthful) fat in each meal; PB is a painless way
to do so!

If you are an endurance athlete, such as a
marathoner or cyclist, you’ll optimize your sports
diet by eating at least 0.5 grams of fat per pound
of body weight. The body stores some fat within
muscle cells and uses it for fuel during extended
exercise. PB in oatmeal before a long bike ride or
a PB & J sandwich on a long bike ride are yummy
and healthy ways to enjoy adequate dietary fat.
Fat-phobic athletes (who avoid fat) can hinder
their endurance.

PB is a good source of arginine, an amino
acid that helps keep blood vessels flexible so that
blood flows more easily and reduces blood pres-
sure. The more PB you eat, the bigger the effect
on health protection.

*What’s good for the heart is also good for
the brain.* Research suggests PB eaters improve
their brain-blood circulation and mental function.
This contributes to enhanced processing speed
and better short-term memory (4). Plus, a diet
rich in healthy fats helps slow cognitive decline.
Given the risk of developing Alzheimer’s disease
increases exponentially with age, eating PB and
nuts today is a wise investment in your future
brain health.

*Peanuts offer slightly more protein than nuts.*
That’s because peanuts are a legume (like lentils
and dried beans) and not a nut. One serving (2
tablespoons) of PB has 8 grams of protein, while
2 Tbsp. almond butter has 6 grams (at a much
higher price!) Athletes want to target about 20
grams of protein per meal or snack. You can get
that by swirling PB into oatmeal cooked in (soy)
milk, enjoying a PB & honey sandwich with a
yogurt, or making a PB-banana smoothie. Quick,
easy, and inexpensive.

*PB contains numerous bioactive compounds
(phenols) that bolster the immune system.* Spanish
peanuts and shell peanuts are particularly wise
snack choices because the peanut skin is rich in
anti-oxidants and fiber. Fiber feeds gut-bacteria
(your microbiome); these bacteria strongly en-
hance your immune system, overall health and
mood.

*All peanuts are non-GMO and have low risk
of pesticide residue, in part because peanuts grow
under the ground.*

continued next page
Peanut Butter, continued from page 8

Is all natural peanut butter far better than Skippy of Jif? All types of PB need to meet a “standard of identity” as defined by the USDA. Conventional brands might have 2% added saturated fat (palm oil, hydrogenated oils) to control the oil from separating. This small amount does not over-ride the positive health benefits of PB.

What about all the sugar added to Skippy and Jiff PB? “All” that sugar is only 2 or 3 grams. That’s nothing compared to the 10 to 15 grams of sugar in the jelly or honey you might enjoy with the PB, or the 6 grams of sugar in the sandwich bread. Regardless, sugar fuels your muscles. Please fret less about added sugar and focus more on PB’s zinc, folate, vitamin E, niacin, and selenium. It is nutrient-rich.

What about all that sodium in PB? The 150 mg. sodium in a serving of PB is less than the sodium you get in one slice of bread or 12-ounces of Gatorade. Regardless, as an athlete, you want to replace sodium you lose in sweat. But what if I can’t eat just one spoonful? If you stay away from PB because you can’t eat just a reasonable serving, think again. Overindulging in PB means you like it; you should eat it more often! By enjoying PB at every meal, in a few days, you will stop craving it. No more binges!

Avoiding peanut butter just sets you up for “last chance eating.” You know, I just blew my diet by eating PB so I’d better keep eating it. Last chance before I go back on my diet. Denial and deprivation of PB lead to overeating. Do not deny yourself of this yummy sports food. You will deprive your body of valuable health benefits!


(1) Alper, Int’l J Obesity 26:1129, 2002
(2) Li, Nutr 138(7):1333-8
April 25 General Meeting

Hersch opened the meeting and welcomed us. He said it looks like there will be better weather for the Monster Cookie. He said Chris still needs help with registration. If you volunteer, be sure to sign in.

Treasurer’s Report – Sandy said the balance is $23,801, about $8,000 less than last year. Monster Cookie money is coming in with registrations, but the bills are not yet paid. Hersch mentioned that we still have Monster Cookie jerseys, and we want to get them sold.

Rides Committee – Joanne said that the Novice rides will begin on the second Saturday of May at 2:30 pm at the Talbot Community Church in Ankeny, and the EZ Orchards rides will begin on the fourth Sunday, also at 2:30 pm. If a person is interested, and not too experienced a rider, these rides are a good introduction. We always try to provide training on these rides. The annual Ride of Silence will be held on Wednesday May 17 at 6:15 pm. It honors cyclists who have died in our area. It is an international event. Joanne mentioned two upcoming rides that will not be starting at the Red Lot: the Bakeries, Bridge & Bison ride, which starts in Jefferson, will be held on May 13, and the Molalla River ride, which starts in Molalla, will be held on June 3. The Rides Committee is starting to schedule some longer rides and all of the week night rides have started. Some scheduled rides still need leaders. Hersch mentioned that May is National Bike month.

Melissa Boyd – Melissa and her friend Flo Leibowitz took a 3 ½ week cycling tour with the Russian Cycle Touring club. It’s not a commercial touring club; they were guests of the club. It was actually two tours: the Golden Ring tour, which includes the region northeast of Moscow, and the Moscow to St. Petersburg tour.

Melissa described the roads as the good, the bad, and the adventure. There were cobbled roads, bike paths, rutted dirt roads, and lots of roads in pretty good shape. When there were not bridges over bodies of water, they walked through the mud. At one river crossing, all of the bikes were loaded onto one small boat, and all of the cyclists onto another, a situation which seemed quite precarious for both! The countryside included lots of wildflowers and greenery, and many sections had no farmland or farm animals. There was not a lot of wildlife. Many historic towns have been modernized and renovated, and are very clean. The tour went to Red Square, the Kremlin, St. Basil’s, and Peterhouse – the Czar’s summer house. The weather was moderate, with afternoon showers and temperatures in the 60s and 70s.

They pedaled 35 – 55 miles per day, and did no camping. The touring club carried their gear, and cooked dinner for them. The food often included beets, cabbage, potatoes, and some new adventures. One was a pancake/biscuit type thing with cream cheese and blueberries. Others were kefir – a drinking yogurt, and blinis, which are pancake like crepes. Lunch often included fruit, sausage, cheese, bread, and local cookies, often gingerbread. It was not overwhelming, but was typical Russian. In small towns with no grocery stores, people would come out of their houses to purchase food from deli trucks which would come through the towns. The lodging was in hotels or cabins, some with banyas (Russian saunas).

The main attractions on the tours were the churches, monasteries, museums, and the cities. As is almost always the case, the local people were the highlight of the trip. A big advantage was being able to speak some Russian, which Melissa’s friend did. The cost of the 3 ½ week tour was $1,500 for round trip airfare, plus about $100 per day. Some in the audience are considering signing up for tours through the Russian Cycle Touring club.

May 9 Board of Directors’ Meeting

The meeting was canceled because of a lack of a quorum.

GLASS HOTLINE
Glass on the bike path? Call:
Salem (503) 588-6333
Keizer (503) 390-3700
Compatible riders. We ate, slept, rode, laughed, cried (...and sometimes even peed) together! We bonded and helped each other persevere throughout the miles and miles on our bikes.

This pattern continued for the next two months. We experienced excessive heat, rain, hail, thunder, lightning, dust storms, and headwinds. Almost every afternoon we would arrive at our destination, exhausted. But the power of rest and good food was amazing! We would always wake up the next morning feeling strong and ready to go!

Overall, we did a lot of climbing — 92,985 feet. Most of our daily rides were between 60-85 miles, with the longest being 109 miles, and the shortest 39. The hardest day for me was from Mesa, Arizona to Tonto Basin, Arizona (85 miles). We climbed 7,266 feet in over 100-degree heat. This included a 20-mile uphill stretch, where there was no shade, no descents, and no services.

The wonderful thing about riding across the country was the incredibly varied experiences along the way. The places we went, sights that we saw and adventures we encountered are too numerous to mention. Every state was different and had its own beauty; however, I keep reminiscing about the beautiful cactus in Arizona. 58 days is a long time to be on the road, but I was motivated by the incredible landmarks that we saw: riding next to the US/Mexico border, crossing the Mississippi River, arriving at the Gulf of Mexico, every “Welcome to ___” sign, and finally, the Atlantic Ocean itself. Each landmark was a reminder that we were in fact crossing the country, and were one mile closer to completing the ride. Throughout the trip, I was awestruck by the beauty of our nation, and felt privileged to be seeing it from the saddle of my bike.

Finally finishing the ride is bittersweet. I have been home now for two weeks. I miss everything about the ride, but mostly I miss the friendships and camaraderie that developed. I am proud of myself. Yes, proud that I can now say that I rode across the US. But it’s more than that. I fulfilled a lifelong dream, overcame physical and mental challenges, and have wonderful memories that will last forever.

**Cross County, continued from page 12**

![Image](image1.png)
Biking Across the Country

by Pam Carey

I signed up for the Southern Tier bike ride over two years ago, and waited patiently as the trip got closer each day. While it sounds long, I’ve actually been waiting my entire life. In elementary school, I had a vision of riding my bike across the United States, and this past March and April 2017, my dream came true.

Along with 25 other women, I set off on March 10 from San Diego, CA to ride across the country to St. Augustine, Florida. Riding over 3,100 miles, we hoped to arrive by May 4. The ride would take us through California, Arizona, New Mexico, Texas, Louisiana, Mississippi, Alabama and finally Florida. Our gear would be carried for us, meals prepared by two cooks, and we would sleep in motels. I was daunted by the enormous challenge of the ride, but relieved to only have to think about riding. I was incredibly excited to just get started.

On the first day as we met our fellow cyclists in San Diego, we were all apprehensive. I kept thinking, how would I do when compared to the others? Had I prepared enough? The very next day, we were on our way! After doing the traditional dipping of our rear bike tires in the Pacific Ocean, we navigated the streets and bike paths of San Diego to begin our cross-country adventure. It was an unusually hot day – over 100 degrees. Our first day’s ride took us to Alpine, CA, about 40 hilly miles away. I was surprised at how challenging the ride was. Heat, leg cramps, fatigue and hills almost did us all in. Determined to continue, we kept riding the next day, the day after that, and for the next 55 days! Over the course of two months, friendships were formed and we discovered

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