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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Route</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Sat</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></td>
<td></td>
<td></td>
<td>RIDE STARTS AT 8:00 am at Rood Bridge Park in Hillsboro. You will need to leave Salem by 6:45 am at the latest to arrive on time. Call JoAnn Dewey with questions.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Dever Bailout</td>
<td>40</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>5</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Dever/Millersburg</td>
<td>60</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>6</td>
<td>Sun</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>Marilyn Monson 503-559-3589</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</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>Mike Van 503-931-8180</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>12</td>
<td>Sat</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>Jim Ross 503-581-7462</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Old Schoolhouses</td>
<td>57</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Doug Parrow 503-931-0588</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</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>13</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Brawley Farms</td>
<td>48</td>
<td>C</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Chuck Young 503-779-4010</td>
<td></td>
<td></td>
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</tbody>
</table>
## August Weekend Rides - continued

<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>13</td>
<td>Sun</td>
<td>1:30 PM</td>
<td>Lake Labish via Waconda</td>
<td>25</td>
<td>A</td>
</tr>
<tr>
<td></td>
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<td></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></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>19</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Bauman Farms</td>
<td>38</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>19</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Wheatland &amp; Buena Vista Ferries</td>
<td>74</td>
<td>D</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Doug Parrow 503-931-0588</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>St Paul via Broadacres</td>
<td>55</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>20</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>Joanne Heilinger 503-399-9652</td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Wandering in the Country</td>
<td>23</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>26</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Keizer the Long Way</td>
<td>43</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Lisa Morriss 808-987-3051</td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>Sun</td>
<td>7:30 AM</td>
<td>PEACH OF A CENTURY</td>
<td>65/72/100</td>
<td>C/D</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Joanne Heilinger 503-399-9652</td>
<td></td>
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</tr>
</tbody>
</table>

This is the club’s final event ride of the year. The ride starts at Chemeketa Community College. Visit www.salembicycleclub.org for registration information, or consider volunteering to help on the ride. The map links are to the century route. Visit the Event Rides page for links to other routes.

## September Weekend Rides - partial list

<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>Waldo Hills/Macleay</td>
<td>28</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jackie Lefevre 503-881-4933</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Maple Grove</td>
<td>58</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Doug Parrow 503-931-0588</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Perrydale/Amity</td>
<td>48</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>Willamette Valley Pie Co</td>
<td>21</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Norm Johnson 503-569-4255</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The ride starts at the EZ Orchards Farm Market at the corner of Hazelgreen and Cordon Rds.

<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>4</td>
<td>Mon</td>
<td>8:00 AM</td>
<td>Swan Island Dahlias - Long</td>
<td>86</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></td>
<td></td>
<td></td>
<td>Note the earlier start time.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Mon</td>
<td>9:00 AM</td>
<td>Swan Island Dahlias from Mt Angel</td>
<td>45</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jackie Lefevre 503-881-4933</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Join us for the short ride at the Gazebo in downtown Mt. Angel.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Sat</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>Jakey Ross 503-581-7462</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Hubba Hubba Hubbard</td>
<td>61</td>
<td>B</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>Crater Lake Rim Ride</td>
<td>34</td>
<td>D</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Doug Parrow 503-931-0588</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Ride the Crater Lake Rim on a car-free day. Register for free at http://ridetherim2017.com. For more information, contact the ride coordinator. Please RSVP with the ride coordinator via text message or email to dparrow@comcast.net. See page 12 for more information.
### September Weekend Rides - continued

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Event</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>Sat</td>
<td>2:30 PM Ankeny Novice Ride</td>
<td>7-13</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mark Lebow 503-390-4627</td>
<td></td>
<td></td>
</tr>
<tr>
<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>10</td>
<td>Sun</td>
<td>9:00 AM Dayton</td>
<td>49</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chuck Young 503-779-4010</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Sun</td>
<td>1:30 PM Frey’s Dahlias from Stayton</td>
<td>20</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ride coordinator tba</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>The ride starts from Roth’s near the intersection of Shaff and Golf Club Roads in Stayton.</td>
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</tr>
</tbody>
</table>

### Weekday Rides

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Event</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>6:15 PM</td>
<td>Keizer Evening Ride</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>Silverton Evening Ride</td>
<td>20-30</td>
<td>A-B</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Marilyn Monson 503-559-3589, Dan Schuh 503-759-7010, Preslee Jeffers 971-563-1017, or 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>No-Drop Morning Ride</td>
<td>30-45</td>
<td>A-B</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dori Nelson 503-364-1551</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. 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>East Salem Morning Ride</td>
<td>30-45</td>
<td>A-B</td>
</tr>
<tr>
<td></td>
<td></td>
<td>George Schopfer 503-364-1025</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. Ride may be canceled if weather is questionable. Call the ride coordinator if in doubt.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesdays</td>
<td>6:15 PM</td>
<td>East Salem Evening Ride</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>
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</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>Keizer Family Ride</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>
<td></td>
</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
- Jim Ross 503-581-7462
- 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@salemicycleclub.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

The Oregon Legislature has now passed a massive transportation bill that will impact the gas tax, vehicle registration and driver licenses, there will be state help in the funding of transit and a fee for the purchase new of bicycles over $200.

There are clearly two points of view on this bike fee (tax). I clearly understand the feelings behind both viewpoints. Biking saves energy, is good for your health and lessens traffic congestion. Cyclist should be rewarded not taxed.

However, I have heard over and over again that cyclists do not pay their way and should not be on the streets/highways at state meetings and from city council members, county commissioners, and irate drivers. Those people often assert that bikeways, bicycle education, and bicycle facilities are a waste of money that should go to motor vehicles, since they pay the gas tax. I have never been successful in my arguments that cyclists do pay, even when the facts show they do through property and income taxes.

Now they will! I think Rep. Earl Blumenauer sums it up my thoughts the best with this statement, “For me, the bill represents a coming-of-age of the cycling movement. It is part of a key for more resources in the future and it’s an acknowledgment that we’re players.” So, I say, “Go out and buy a new bicycle!”

The Peach of a Century is on August 27. Register now for this great ride! Or, if you are not going to ride, please consider volunteering to help with the ride.

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.

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

UPCOMING GENERAL MEETING PROGRAMS

August 22, 2017
No general meeting

September 26, 2017
Pam Carey
Southern Tier bike ride,
San Diego to St. Augustine

October 24, 2017
Melissa Boyd
Cycling in Tasmania

November 14, 2017
Annual Potluck, Swap Meet and Elections
(Note: Two weeks earlier than normal.)

December 26, 2017
No general meeting

January 28, 2018
SBC Annual Awards Banquet

February 27, 2018
Doug Parrow, Jackie Lefevre, and Larry & Bev Goodreau
Touring the Tour de France

March 27, 2018
Winnie Sangirardi & Marilyn Monson
Cycling in Vermont

NEW MEMBERS

Welcome to our newest club members:

Joseph Kelley
Lani Kelley
Paul Lindauer

CLASSIFIED ADS

No Ads This Month

For SBC members only: free, noncommercial ads for bicycle paraphernalia. 25-word maximum.
Send ads to: spokes@salembicycleclub.org.
SBC RIDES IN CENTRAL OREGON SEPT. 23 AND 24

Make plans to join us when we ride two of the designated Oregon Scenic Bikeways in late September.

These two rides are rated “moderate” difficulty. You can see more detailed information online if you google Oregon Scenic Bikeways and see the ride profiles for yourself. If you ride regularly with us on our various club rides these two rides are quite doable.

Day 1. For your planning purposes it is approximately a 3-hour drive from Salem to Maupin. Bike wheels will be rolling at 11:00 a.m. for this ride. This route, Sherar’s Falls, is one of the newest designated Scenic Bikeways. The route winds along the Deschutes River and is a 33-mile loop starting in the community of Maupin, Oregon. We will meet up at Imperial River Company, 304 Bakeoven Rd., Maupin, OR.

Lodging and location is each person’s choice but the plan is to finish the Sherar’s Falls ride and drive on your own to Madras Saturday afternoon. There are many motel choices in Madras. (Maupin to Madras is 54 miles)

Day 2. With bike wheels rolling at 9:00 a.m. on Sunday morning, the Madras Mountain Views ride will run from Madras to Metolius passing by Cove Palisades. On a clear day seven major peaks in the Cascade Range are visible along the route. This is a 30-mile loop.

This outing will be canceled if the weather forecast is not cooperating days prior to the outing. The Ride Coordinator will make the judgement call. Please contact the Ride Coordinator (JoAnn Dewey) for confirmation that the ride is a go (deweyjj345@gmail.com or text 503-871-9141). Also it would be helpful if you let JoAnn know if you are planning to join the outing. There is a lot of information about the routes on line, but don't hesitate to contact her if you have any questions.

Please note: Anyone joining us is responsible for making their own lodging arrangements. In addition to local motels, camping is available in the Maupin City Park adjacent to Imperial River Company and in Madras at the Jefferson County Fairgrounds.

OPEN STREETS SALEM SATURDAY, SEPTEMBER 23 11:00 AM TO 3:00 PM

Open Streets Salem is a free community event that began as Salem Sunday Streets in 2013. By temporarily closing streets to automobile traffic and opening them to the public, OSS provides an atmosphere where neighbors can safely run, walk, roll, and play while interacting with a number of local businesses and activities along the route.

This year’s route will follow the proposed Winter/Maple Bikeway that is a high-priority project for the city. The project’s goal is to create an attractive, safe, and convenient route for bicycling and walking while providing local access at appropriate speeds. The project area includes Winter Street and Maple Avenue and nearby areas in northeast Salem.

Check out the Open Streets Salem Facebook page for updates and to ask questions. You may also reach the sponsors at openstreetssalem@gmail.com.

Other Open Streets events take place around the state (Portland, Eugene, Bend, Corvallis), the United States (New York City, Chicago, St. Louis, Oakland, Baltimore), and the world (Bogota, Columbia; London, UK; Melbourne, Australia).
INPUT WANTED REGARDING EVENING LIGHTS RIDES

We are considering changes in the timing of the club’s evening lights rides because of the low participation that we have been seeing. Historically, the rides have been on Wednesday evenings starting at 6:30 pm and running from October through March.

We are considering moving the rides to another evening and setting an earlier start time. In order to better understand club members’ preferences, we have created a short survey at https://goo.gl/Yfe38G. If you are interested in participating in a late-afternoon or evening ride during the shorter days of the year, please use the survey to convey your preferences for the timing of the rides. We intend to make the scheduling decision on August 18 and will consider any input received by that time.

HANDMADE BICYCLE SHOW AUGUST 12 AND 13

The 10th Annual Oregon Handmade Bicycle Show will be held the weekend of August 12 and 13 at Cathedral Park Place in North Portland, just below the St. Johns Bridge. The show features handmade bicycles and cycling accessories from Oregon companies and from around the USA and the world.

Enjoy good food, local beer and beautiful, functional handmade bicycles in a classic old Portland facility - Portland Woolen Mills Building (now Cathedral Park Place) - close to Cathedral Park on the Willamette River. Cathedral Park Place is at 6635 N. Baltimore Ave in Portland. Show times are Saturday 10 am - 7 pm and Sunday; 11 am - 4 pm. Entry tickets cost $10.

For more information, visit www.oregonframe-builders.org.

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Saturday  9 - 5:30
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www.scottscycle.com
THE ATHLETES KITCHEN

2017 Sports Nutrition News from ACSM

by Nancy Clark, MS RD CSSD

In this era of highly competitive sports, more and more runners, cyclists, soccer players and other serious athletes are eagerly seeking information on how to fuel optimally. Performance nutrition is also of interest to Marines, special operations troops such as the Navy Sea, Air and Land (SEAL) teams, and others in the military who need to perform at a very high level to both survive and to carry out their missions. Hence, effective fueling practices are a topic of great interest and research for the US Armed Forces.

At this year’s annual meeting of the American College of Sports Medicine (the nation’s largest group of sports medicine professionals, exercise scientists, and sports nutrition researchers; www.acsm.org), civilian as well as military exercise scientists presented the results of their recent nutrition research, some of which I have highlighted below. This information might be of interest to you, whether you are a competitive athlete or soldier who trains for hours in the summer heat, winter cold, at high altitude, or in preparation for a strenuous event—be it a military mission, Ironman triathlon, or an adventure race. Regardless of your reason for exercising, fueling your body wisely and well can greatly impact your ability to perform optimally today as well as invest in your future health and well-being.

Highlights of research on nutrition for military performance:

• To become a Navy SEAL, you have to go through SEAL Qualification Training. A survey of 264 of these serious “military athletes” indicates their diets rated only 56 out of 100 on the Healthy Eating Index. This is slightly lower than the score of 59 for the general US population. To the disadvantage of these trainees, their dietary patterns were low in health-protective fruits, vegetables, whole grains and fish, but high in health-eroding refined foods with added sugar, fat and alcohol. This type of eating pattern promotes inflammation. By improving their food choices (more colorful fruits, vegetables, whole grains, healthy fats), they could reduce systemic inflammation, which could enhance recovery from training, boost immune response, and help them maintain better health. As you know, an injured or sick soldier or athlete is not an asset to any team.

• Marines in training for acceptance to Special Operation Forces exercise extremely hard during their training program. One might think they would suffer from long-term undesired weight loss. Not the case. After each period of intentional severe food deprivation, the trainees manage to restore the significant amount of weight they lost. For example, in the toughest part of the 261-day training program (days 115-123), the men burned about 6,400 calories a day. They had access to only 2,400 calories of food. That’s about 4,000 calories a day less than they needed! They lost, on average, 11 pounds (4.9 kg). The Marines intuitively returned to their baseline weights after that training period, when they had access to adequate fuel. As an athlete who has dropped weight, only to regain it, you may have seen first-hand how the body works hard to defend a genetic weight. Weight is more than a matter of willpower.

• Speedy recovery from strenuous exercise is of key interest to military personnel. Beta-hydroxy-beta-methylbutyrate (more commonly called HMB; a natural by-product of protein/leucine metabolism) has been shown to enhance muscle recovery from high intensity exercise. Would HMB with supplemental probiotics (gut microbes that enhance protein absorption) be a way to enhance soldiers’ muscle recovery? To find the answer, soldiers took HMB plus probiotics during 2 weeks of intense military training (carrying ~77 pounds (35 kg) of equipment while marching 16-19 miles (25-30 km) per night in tough terrain). Results of this study suggest that HMB supplementation reduced the inflammatory response to intense training. Combining HMB with the probiotic Bacillus coagulans was even more beneficial than HMB alone in maintaining muscle integrity during the intense military training.

The question now arises: Can athletes who eat a high-quality diet with leucine-rich food (meat, fish, chicken, cheese, whey) plus probiotic-
supporting fiber-rich food (vegetables, fruit whole grains) reap the same benefits? Sounds like a winning combination to me!

• Staying healthy is important for soldiers and athletes alike; neither have time for illness due to upper respiratory tract infections (URTIs) such as colds. Would taking a high dose of Vitamin D, which has been shown to improve immune function, offer protection? To answer that question, Marines in basic training received daily for 12 weeks either 1,000 IUs of Vitamin D-2 (the RDA is 600 IU) or a placebo. The majority (72%) of recruits reported getting a URTI during the 12 weeks. The high dose of Vitamin D did not offer a protective effect in this highly stressful environment. Perhaps you could instead focus on having clean hands and getting adequate sleep.

• Now that women can perform combat duty, a question arises: How well can the women perform physically compared to the men? To find the answer, 302 marines underwent comprehensive testing including strength, flexibility, balance, power, agility, and physical fitness tests (pull ups, push ups, sit ups, bench press, 2-mile run, etc). They then were stratified into three groups according to the test results, regardless of sex or body fat: best (all men), middle (mostly men), worst (mostly female).

When compared by sex, the men, understandably, tended to have less body fat—except when compared to the best performing women. The amount of the male or female marines’ muscle-mass determined athletic performance more so than their body fatness. The best-performing men and women in groups one and two had significantly more muscle than the men and women in group three. The researchers concluded that muscle mass may have a stronger association with performance during strength, aerobic, and anaerobic tests than does percent body fat. This is a good example of how the leanest athlete is not inherently the best athlete. For some athletes, building more muscle might be more important than losing body fat.

© Nancy Clark, July 017. Sports nutritionist Nancy Clark MS RD CSSD has a private practice in the Boston-area (Newton; 617-795-1875), where she counsels both fitness exercisers and competitive athletes, teaching them how to eat to win. Her popular Sports Nutrition Guidebook, and food guides for marathoners, cyclists and soccer are available at nancyclarkrd.com, as well as information about her online workshop and teaching materials.

The 2017 Tour de France covered a total distance of 3,540 kilometers. The 1926 Tour was the longest with a total distance of 5,745 km. Chris Froome’s 54 second margin of victory was the 7th smallest in the 104-year history of the tour. The smallest margin of victory was Greg LeMond’s 8 seconds over Laurent Fignon in 1989.
MEETING MINUTES

June 27 General Meeting

Hersch opened the meeting and welcomed us all. He said that the date for the Peach is August 27 and the advertising and applications are out. He said he has Peach flyers. He mentioned that Jakey is the Volunteer Coordinator. She said she needs help with day of registration set up and take down, putting out signs, pie cutters, and sag support. She said that most could help on day of ride and also ride. Hersch said we have a board opening, and if possible, the board would like to make a decision by the July board meeting. He spoke about the Oregon Parks and Recreation Department and Salem Boys & Girls Club Governor’s Campout. Hersch, Mary Ann, Bob, and Gina helped with the bike rides. He said it was a very successful event, with very happy kids and nice parents. Sixteen families participated in the bike rides.

Treasurer’s Report – In Sandy’s absence, Hersch gave the Treasurer’s report. He said the balance as of May 31 is $30,670.39. The Balance Sheet figures are:

- Operating Fund: $3,633.80
- Ride Events: 1,668.84
- Money Market: 10,754.12
- Bank of the Cascades: 10,120.18
- Pay Pal: 4,415.84
- Petty Cash: 69.00
- Trust – USPS: 8.61
- Total: $30,670.39

Hersch said that there were about 1,000 Monster Cookie riders. At this point, we have made $9,201 on the Monster Cookie. We have made a $300 donation for a bike rack for Brown Road Park in Northeast Salem.

Rides Committee – Joanne said that there will be two 9:00 am rides and one 6:15 pm on July 4. The Novice rides will continue on the second Saturday at Ankeny and the fourth Sunday at EZ Orchards. There have not been very many new riders during the last two years. Word of mouth is the best way to gain new riders on those rides. Joanne said that the July 30 Dallas Pancake rides will start at 7:30 am. Hersch said he is volunteering this fall to lead family rides on the Peter Courtney bridge. Joanne said that there are three rides that still need coordinators.

Guest speakers Laura & Rod Wanker – Laura and Rod spoke about the cycling they did this February in the eastern part of Cuba. Laura said they flew to Florida and then to Cuba. They had heard that the cycling is great and the people are friendly, and it was true. Their travel philosophy is that the main reason to travel is to interact with people. They took few pictures of sites, and said the important thing is the in between (where people live). They try to leave money in the hands of the locals, not corporate entities or the government.

Because of changes in policy, people may not be able to travel independently now in Cuba. Rod said the effect of the embargo is in name only since there are 12 acceptable reasons (family, a race (e.g. a triathlon), a group tour, etc.). Travelers to Cuba must be able to document that they were with people and Laura’s blog demonstrated that they were in compliance.

Rod and Laura had made a lodging arrangement for their first evening, but the person didn’t show up. Fortunately, someone called another person who was able to provide lodging for them. People they stayed with would call ahead and find them a room for the next night. It was valuable to people to have someone stay with them. A doctor makes $50 per month, a night’s stay costs $25. Rod said it was a way to connect with people. Laura said there was not a lot of English spoken, but she speaks Spanish. The roads are difficult, but few people have personal cars. Bikes, motorcycles, people movers (large trucks), ox carts and horse carts are used to get around, as is public transportation. Some roads are muddy and dirty, and some have mine tailings and tar. Food could be found at resorts, but was difficult to find in small or medium sized towns. They took packets of peanut butter, nut bars, etc. Money was an issue. Cuba previously used dollars, but has now switched to both moneda and pesos.

The people love baseball. They play it in the
streets, share equipment, play barefoot, and use sticks for bats. Most people are highly educated, and are learning English to work abroad. Education is free. The biggest export is an educated work force. There’s tons of history in Havana, and the music is fantastic. There is a lot of dancing and singing. Most industry is State run, but individuals may own a certain amount of acreage. They must sell most of what they produce to the State. The Cubans are beautiful, wonderful people, and the cycling is great.

**July 11 Board of Directors’ Meeting**

Present: Hersch Sangster, Bob Luoma, Sandy Lundblad, Preslee Jeffers, John Newell, Winnie Sangirardi, Marilyn Monson, Jim Ross. Absent: Chris Hoy. Guest: Jakey Ross. Hersch opened the meeting and welcomed us. He mentioned that Jim Ross has volunteered to fill the board opening. Winnie moved that we accept Jim Ross as a board member and Preslee seconded it. The board passed the motion unanimously. Jim said he will try to always be here and, will try to give a positive voice.

**Treasurer’s Report** – Sandy reported the following figures for June:

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<th>Account</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Operating Fund</td>
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</tr>
<tr>
<td>Ride Events</td>
<td>2,183.59</td>
</tr>
<tr>
<td>Money Market</td>
<td>8,354.48</td>
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<tr>
<td>Bank of the Cascades</td>
<td>10,120.18</td>
</tr>
<tr>
<td>Pay Pal</td>
<td>4,668.58</td>
</tr>
<tr>
<td>Petty Cash</td>
<td>69.00</td>
</tr>
<tr>
<td>Trust – USPS</td>
<td>8.61</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$27,344.84</strong></td>
</tr>
</tbody>
</table>

The total is down $3,325.55 from last month, and the change overall has been from paying for Peach expenses. Even with that, we are up $2,300 for the year. The final profit from the Monster Cookie is $8,320. Preslee asked if we would be raising the fee for the Monster Cookie. Hersch said we might consider that come January. He said we may change the route to reduce the costs associated with Front Street, and may reduce the number of portable toilets at certain locations. Sandy said she received a big thank you for the $300 that SBC donated for the bike rack at Brown Road Park.

**Salem Harvest Request** – Eileen Tilque emailed Hersch and asked if SBC would like to donate some swag for a raffle basket. The board decided to donate a number of items, including an elastic belt, bike lights, a pair of socks, and a map holder.

**Monster Cookie & Peach T-shirts** – Hersch said there are still some old event ride t-shirts in the locker, and suggested that they be given away at the Lake Point ServeFest. The board agreed.

**River2Ridge Relay** – The event will be on September 16. Hersch said he and Mary Ann will be helping, and he needs volunteers to also help.

**Bike Skills Fairs** – Hersch is looking for volunteers to help at the Turner RD Mobile Fair on July 15, and the Falls City Fair on August 10.

**Psoriasis Ride** – The SBC Bike rack that was borrowed for the June 18 event was cleaned and returned and is in the locker.

**Spokes** – Hersch said that the number of extra Spokes to be printed will be decided in October and that a dozen or so is fine for now. The majority will be going away. The bike shops want to have the ride list.

**Willamette Scenic Bikeway Work Group** – Hersch and Bob are on the work group. Hersch confirmed that all the board members are receiving the emails.

**Advertising Work Group** – Hersch said there are Peach flyers almost everywhere. He said Rob is working on a press release.

**Peach Volunteers** – Jakey said she has quite a few volunteers, and said the hardest job is putting out signs. She would like to have two more people to handle it. She said we will not stuff packets. We will hand out an arm band, write the number on the registration form, and whether they get lunch and t-shirt, and a map. Hersch said the shirts have been delayed, as Randy is unable to produce them. Image Action Wear will produce a peach colored cotton shirt.
Meeting Minutes, continued from page 10

Visually Handicapped Cyclists – Jakey said she was leading a high wheeler ride, and one rider was a woman who is legally blind. She has no right eye and limited vision in her left eye, maybe 6-8 inches in front of her face. She has very narrow left vision, but is legally blind. Hersch said he will check with American Specialty Insurance (LAB). Sandy said she needs to bring a trained companion. Jakey suggested that she cannot ride as a single person, but may ride as a tandem if she brings someone to ride it with her. Jim said he will talk with her and let her know we’re researching it. Hersch said this is a safety concern for ride leaders. If you are blind, you can’t drive a vehicle, can’t ride a bike in the street, and we can’t ride on the sidewalk. We are not a business or a government entity, and don’t have to provide reasonable accommodation. He stated that we want to encourage cycling, but safety is paramount.

Future Items for the Board - Website administration alternatives, Work group – Electronic Spokes issues, Work group – Bylaws review, Work group – Volunteer points, Improving club awareness of the award for carless days.

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.
SBC CALENDAR

BOARD MEETING
Tuesday, August 8, 6:30 p.m.
Boys and Girls Club, 1395 Summer St.
NE. Contact: Hersch Sangster

RIDES COMMITTEE MEETING
Friday, August 18, 7:00 p.m.
Contact: Joanne Heilinger

PEACH OF A CENTURY
Sunday, August 27, 2017
Volunteer or register and ride a special ride

GENERAL MEETING
No General Meeting in August
Given the Peach of a Century on August 27 and the Eclipse on August 21, there will be no SBC meeting or picnic this August

OFF THE BACK

RIDE THE RIM OF CRATER LAKE

The East Rim of Crater Lake will be car-free on two Saturdays in September and the Salem Bicycle Club has scheduled a ride to take advantage of this opportunity. While motor vehicles will have access to the rim road between Rim Village and North Junction, the 25-mile East Rim Drive will be open from 8:00 am to 6:00 pm to bicyclists, hikers, and runners only on Saturday, September 9 and 16. Rest stops with water, snacks and other services will be staffed by volunteers about every five miles along the route. The 33-mile loop around the rim is challenging with about 4,000 feet total elevation gain.

The SBC ride will be on September 9. Members will have a variety of options for participating in the ride. They can stay at Mazama Village just inside the Annie Spring (south) entrance to Crater Lake National Park and ride from there or drive to Crater Lake the morning of the ride and park their vehicles at park headquarters which is about three miles into the park. Alternatively, members can ride or drive to North Junction to start the rim ride.

SBC ride coordinator Doug Parrow will be staying at Mazama Village (just inside the Annie Spring Entrance) Friday and Saturday nights and leaving from the Annie Creek Restaurant at 9:00 am and the Steel Visitor Center near park headquarters at 9:30 am. Members starting in this area can sign the ride sheet at either location. Members choosing to start at North Junction should contact the ride coordinator to make other arrangements to sign up.

Visit http://www.ridetherim2017.com for more about the Crater Lake Rim Ride including information about accommodations in the area. Additionally, please pre-register for the ride at their website to assist the Park Service and volunteers in gauging the number of participants. Finally, please RSVP to dparrow@comcast.net or 503-931-0588 if you plan on Riding the Rim.