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.

### October Weekend Rides

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Distance</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Sat</td>
<td>10:00 AM</td>
<td>Sublimity via Mill Creek 40</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Aaron Hughes 503-540-7526</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Sat</td>
<td>10:00 AM</td>
<td>Maple Grove 58</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Paul Logan 503-428-6923</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Sun</td>
<td>10:00 AM</td>
<td>Mt Angel I 39</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Chuck Young 503-779-4010</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Sun</td>
<td>10:00 AM</td>
<td>Crooked Finger 72</td>
<td>D</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Doug Parrow 503-931-0588</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Sun</td>
<td>1:30 PM</td>
<td>Labish Center via Sunnyview 26</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>JoAnn Dewey 503-871-3141</td>
<td></td>
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<tr>
<td>13</td>
<td>Sat</td>
<td>10:00 AM</td>
<td>Dilly of a Ride 27</td>
<td>A</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Pam Carey 503-540-7587</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>Sat</td>
<td>10:00 AM</td>
<td>Palestine Hill 55</td>
<td>C</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Paul Logan 503-428-6923</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Sun</td>
<td>10:00 AM</td>
<td>Bauman Farms 38</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Winnie Sangirardi 503-362-9150</td>
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### October Weekend Rides - continued

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Ride</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>Sun</td>
<td>1:30 PM</td>
<td>Bauman's from Valley Inquiry School</td>
<td>24</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jackie Lefevre 503-881-4933</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>This shorter ride to Bauman Farms</td>
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<td></td>
<td></td>
<td></td>
<td>starts at Valley Inquiry School on</td>
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<td></td>
<td></td>
<td></td>
<td>Hazelgreen Rd, just east of Cordon Rd.</td>
<td></td>
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</tr>
<tr>
<td>20</td>
<td>Sat</td>
<td>10:00 AM</td>
<td>Waldo Hills/Macleay</td>
<td>28</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Chuck Young 503-779-4090</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>Sat</td>
<td>10:00 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>
<td></td>
</tr>
<tr>
<td>21</td>
<td>Sun</td>
<td>10:00 AM</td>
<td>Helmick Park II</td>
<td>42</td>
<td>B</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Mark Lebow 503-390-4627</td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</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>Jackie Lefevre 503-881-4933</td>
<td></td>
<td></td>
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<tr>
<td>27</td>
<td>Sat</td>
<td>10:00 AM</td>
<td>Abiqua Creek</td>
<td>49</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Doug Parrow 503-931-0588</td>
<td></td>
<td></td>
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<tr>
<td>27</td>
<td>Sat</td>
<td>10:00 AM</td>
<td>Mt Angel II</td>
<td>37</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Pam Carey 503-540-7587</td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>Sun</td>
<td>10:00 AM</td>
<td>Grand Island</td>
<td>44</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>28</td>
<td>Sun</td>
<td>1:30 PM</td>
<td>Grand Island from Maud Williamson</td>
<td>16</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Park 16</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Jackie Lefevre 503-881-4933</td>
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<td></td>
<td></td>
<td></td>
<td>Meet at Maud Williamson State Park</td>
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<td></td>
<td></td>
<td></td>
<td>on Wallace Rd/Hwy 221, 10 miles north</td>
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<td></td>
<td></td>
<td></td>
<td>of West Salem.</td>
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</tbody>
</table>

### November Weekend Rides

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Ride</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Sat</td>
<td>10:00 AM</td>
<td>Brooklake</td>
<td>28</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>3</td>
<td>Sat</td>
<td>10:00 AM</td>
<td>Silverton via Edison</td>
<td>40</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Chuck Young 503-779-4090</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Sun</td>
<td>10:00 AM</td>
<td>Perrydale/Amity</td>
<td>48</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>4</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>
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### November Weekend Rides - continued

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Coordinator(s)</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>Sat</td>
<td>10:00 AM</td>
<td>Bethany</td>
<td>Pam Carey 503-540-7587</td>
<td>34</td>
<td>A</td>
</tr>
<tr>
<td>10</td>
<td>Sat</td>
<td>10:00 AM</td>
<td>Wells Landing - No Ferry</td>
<td>Winnie Sangirardi 503-362-9150</td>
<td>42</td>
<td>B</td>
</tr>
<tr>
<td>11</td>
<td>Sun</td>
<td>10:00 AM</td>
<td>Pleasant Grove</td>
<td>Chuck Young 503-779-4010</td>
<td>41</td>
<td>B</td>
</tr>
<tr>
<td>11</td>
<td>Sun</td>
<td>1:30 PM</td>
<td>Windsor Island - Shoreline Drive</td>
<td>coordinator tba</td>
<td>21</td>
<td>A</td>
</tr>
</tbody>
</table>

### Weekday Rides

**Mondays** 6:30 PM **Monday Evening Lights Ride** 15-20 A-B
Joanne Heilinger 503-399-9652 & Doug Parrow 503-931-0588
Meet in the Keizer Station shopping center in front of REI. Ride may be canceled if weather is questionable. Call the ride coordinators when in doubt. Legal head lights and tail lights are required.

**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.
**PRESIDENT'S LINK**

One of the things that the Salem Bicycle Club has been doing is promoting cycling and bicycle safety in the community. We have done things like Bike Skills Fairs, speakers at events or with civic groups, wellness fairs, manning a booth at an event and serving on private and governmental bodies promoting cycling. The number of these activities has grown over the years to the point that just one or two people cannot meet the needs. So, the Board has approved the formation of an Outreach and Education Committee after the first of the year. More details will come out then. So standby if you might be interested in helping.

Special thanks to Jim Ross for managing the SBC Booth at the September 22 Salem Open Streets event.

Our own SBC Board member Pam Carey was featured in the recent West Salem Neighborhood Magazine. It discussed her retirement, her coast to coast Southern Tier cycling trip she took in 2017, and the self-supported cycling trip she took this past June from Chicago to Washington, D.C.

I am shouting out for help to do some bike repair for a couple of evenings. The fleet of bikes at the Boys and Girls Club need some routine repairs and the B&GC needs our help. The NW Hub will supply cables, brake pads and the such. We just need a few people that could donate some time to do some repair work. Let Bob Luoma or me know if you are willing to help.

Board Members needed!!! There are openings for President, Vice President and three Member-at-Large board positions for 2019. Nominations are open! If any SBC member is interested or knows of someone that might be interested, wants more details on the Board duties, or wishes to nominate someone, they can contact me or any SBC Board member.

The elections will be at the Swap Meet/Potluck/General Meeting on November 6. The meeting will start at 6:00 pm. Members are asked to bring an item or items for potluck. If past years are any measure, we will have plenty of great food and neat items for the swap meet. Please Note: The Church Street entrance to the church is closed. You must enter through the First Methodist Church Office entrance on the State Street.

Check your SPOKES and/or the Salem Bicycle Club website, SBC Member Facebook for details on rides, meetings, and other cycling activities.

Keep on Cycling!

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**UPCOMING GENERAL MEETING PROGRAMS**

- **October 23, 2018**
  Pam Carey and Jean Brougher, Two pals, packed and pedaling
- **November 6, 2018**
  Elections, potluck and swap meet
- **December 25, 2018**
  No general meeting
- **January 27, 2019**
  Banquet
- **February 26, 2019**
  David and Cathy Philbrick - crewing for RAM, hiking in Europe

**NEW MEMBERS**

Welcome to the following SBC members

Robert Galloway
Chris Cox
Brian Butters

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**BECOME A LEAGUE CYCLING INSTRUCTOR (LCI)**

The LCI training seminar focuses on teaching and demonstration techniques used with future students both on the road and in the classroom. The seminar emphasis is on how to teach bicycle safety and skills so as to provide increased comfort and confidence for new and returning bicyclists and youth. The Seminar does not emphasize the content or specific details of the cycling course curricula. It is primarily about teaching, and each candidate will have opportunities during the seminar to practice facilitating parts of the Traffic Skills 101 curriculum, both in the classroom and in the parking lot. The seminar is normally one evening and two full days. Generally, 1/3 of the time is on-bike, so students should be prepared to ride. There is a LCI seminar in Eugene, OR on October 12, 2018 5:00 PM – October 14, 2018 3:00 PM. For more information or to signup goto: https://goo.gl/j3fca3

To check out the League of American Bicyclists quick guide on how to ride safely or go to: https://goo.gl/qQhwrm
MINUTES

September 18 Board of Directors’ Meeting

All board members were present. Hersch opened the meeting and called for the Treasurer’s report.

Treasurer’s Report – Todd presented the figures as of August 31:

- Operating – 9687: $3,682.41
- Money Market: 1,064.43
- Certificate of Deposit: 10,125.28
- Pay Pal: 1,901.84
- Petty Cash: 50.00
- Trust – USPS: 6.79
- Events – 9695: 6,846.06
- Ride Events: 689.89
- Total: $24,376.70

Hersch asked if there are tentative financial numbers for the Peach. Todd said that the net is $3,438.46, and that the club did better than on the Monster Cookie. Hersch said that Don indicated that there may be a couple of bills outstanding. The turnout was about 270 riders. Regarding the pending donation request from Osborne Associates, Hersch said we should keep the request on the docket until we get official word that the City of Salem has approved the project and it is going forward.

Carless Days – Pam reviewed her committee’s suggestions. There was discussion, and the majority of the board favored option #2, in which there will be a show of hands at the Annual banquet of those completing 50, 75, 100 days without using a car. The person with the most days will be declared the winner and will receive a round of applause. There will not be a monetary award. John moved that the name of the award be changed to Bicycle Only Days, and Winnie seconded it. Winnie moved that the board approve option #2, and John seconded it. The board passed both motions unanimously.

Open Streets Event – Hersch said that volunteers are needed for the Open Streets Event on September 22 and mentioned that he is unable to participate. Jim said he will run the bike club booth. He said that people will be needed as traffic guards at the intersections.

Accident/Incident reports – Hersch had one accident report from a Keizer Family ride, and Marilyn had one from a Silverton ride. Hersch said that American Specialty Insurance wants all accident/incident reports sent in. Jim said that it is important that club members be civic minded, and if we see an accident while riding, we should stop and let the people know we saw it, and offer to help.

Outreach/Education Committee – Hersch said that he and other SBC presidents have had trouble taking care of all the requests, health fairs, City of Salem speaker requests, etc. that the club receives. He would like an Outreach/Education committee to be established to lessen the burden of the President and Secretary roles. John moved that an Outreach/Education chair position be established. Winnie seconded it. The board passed the motion with eight yes votes, and one abstention. Hersch would like to get the position up and running after the first of the year. The chair will recruit a group of SBC members, possibly including board members, to be part of this committee. Hersch mentioned that there will need to be a new email address for Education Outreach. From the Secretary position, the tasks of finding speakers for the General meetings and speakers for the Annual banquet will be taken over by the Outreach/Education committee.

10/500 and Volunteer Gifts – Last month board members suggested a Polar bottle, a cyclist safety triangle, and sun sleeves as possible volunteer gifts. There was discussion, and the board will discuss options at the October meeting. There were no suggestions for the 10/500 gift at this time.

Swap Meet/Potluck/Elections – The meeting will be on November 6 at 6:00 pm. Hersch encouraged board members to ask on every ride whether any individuals would be willing to be on the board. He asked that the board members arrive at 5:30 pm to set up for the potluck. The bike club provides water and pop, as well as place settings.

continued on page 6
Jim said that all need to enter the church via the State St. entrance.

**Officer & Board Members Elections** – Sandy will check to determine whose terms are ending on December 31 so that the ballots can be prepared for the November 6 election of officers and board members for 2019.

**Banquet Planning** – The tentative date for the Annual Awards Banquet is January 27, 2019. Hersch said the restaurant at Creekside is still operating. He said we should consider $22 or $25 for the member cost.

**Rides Committee** – Jim mentioned that 17 rides need leaders, and asked that we go online and select rides to lead.

**Willamette Valley bike Tourism Marketing Group Update** – Jim said that they are still dealing with the same things. He said that SBC picked 15 rides and turned in maps. Other clubs do not have maps prepared. He said that speakers will be going to other bike clubs from Ashland to Portland, and said it is a long term effort.

**Future Items for the Board** – Website administration alternatives, Work group – Willamette Valley Scenic bikeway, Work group – Bylaws review.

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**September 25 General Meeting**

Hersch opened the meeting. He thanked Jim Ross for taking care of the SBC booth at Open Streets Salem on Saturday. On Sunday, there was a multisport event that included running, swimming, and cycling. Hersch and Mary Ann handled the SAG portion. Hersch said that nominations for the 2019 board are now open. The election will take place November 6 as part of the November General meeting. Hersch then called for the Treasurer’s report.

**Treasurer’s Report** – Todd reported the following figures as of August 31:

- Operating – 9687: $3,682.41
- Money Market: 1,064.43
- Certificate of Deposit: 10,125.28
- Pay Pal: 1,901.84
- Petty Cash: 50.00

- Trust – USPS: 16.79
- Events – 9695: 6,846.06
- Ride Events: 689.89
- Total: $24,376.70

Hersch asked about the Peach. Todd said that not all bills are paid, but the current net is $3,438.46. Hersch said thanks to all who worked on the Peach, especially Don Thompson.

**Rides Committee** – Joanne said that starting October 6, the morning rides will start at 10:00, rather than 9:00. The first Monday night lights ride will be held on October 1 at 6:30 starting in front of REI. Legal headlights and taillights are required. Several ride coordinators are needed for rides in November, December and the first week of January. In December the shorter Saturday rides will start at 11:00. Hersch mentioned that the annual banquet is tentatively set for Creekside on the last Sunday in January.

**Guest Speaker Allen Reinert, Northwest Hub** – Allen has been employed by Northwest Hub for one year. Since February he has taken over most of the repair education. It seemed to him that the Hub was serving the adult population who needed help, but not the youth. Allen set up a special day (Tuesdays) for youth to learn bike skills and how to fix one’s own bike. This summer he started holding two classes per Tuesday, each for four students. The classes were quickly full without being advertised other than by word of mouth. Allen said that he would like to get schools involved to offer programs with him. He also wants to expand reclamation efforts from junkyards, to pull in more bikes and to keep them out of landfills. The Hub has been working with the CTEC Center Vocational Education School on Portland Road. The Hub sends over bike frames, and the students paint them. The result is that the Hub gets beautiful new frames to sell to the community, and the students gain experience. When bikes come in, they are sold, given away, or salvaged for parts.

In order to receive a free bike, a person is required to work two shifts, working with Allen and another person. If they are capable they can work on bikes, otherwise different tasks will be

continued on page 7
Minutes, continued from page 6

found for them, and they can earn a bike. The students range in age from 12 to 18. Allen estimates that 12-15 bikes are given away each week, and maybe a total of 750 each year, accounting for the fact that it is seasonal. When the Hub first started, they were giving away lower quality bikes, but now, with all the community support that they are getting, the bikes they are giving are of a higher quality.

The Hub also has a membership program. Members can come in and use the Hub’s tools, and receive a 10% discount on purchases. The Tuesday night education classes are free for members. Allen was asked if the Hub overall is financially secure, and replied that the front shop supports the volunteer program. It is 100% sustainable without grants in the current model. The Hub takes tubes to the landfill, pays to have them grind them, and then they are recycled. Allen said the Hub wants to serve the community of Woodburn, a town that is not large enough to have a bike shop. He would like to create a mobile shop and service those communities.

Bike Friendly America, continued from page 11

with nearly 2/3rd of states taking their first action within the last decade. Complete Streets are a meaningful solution to the issues that years of planning, designing, and building only for motorized traffic creates for everyone. Not all Complete Streets laws and policies are the same, but they generally ensure that the entire right of way is planned, designed, maintained, and operated to provide safe access for all users.

Complete Streets are not a panacea that addresses all issues in urban development. In most states, a complete streets law or policy is limited to the actions of the state Department of Transportation and does not address issues such as community planning, land use, or environmental concerns.

For more information on Bike Friendly America see:

https://bikeleague.org/bfa
THE DEBATE: IS SUGAR EVIL OR OK FOR ATHLETES?

by Nancy Clark MS RD CSSD

Sugar is a total waste of calories. I don’t touch the stuff.
I have such a sweet-tooth. My day is grim without some sugar in it.
Before I compete, I eat a spoonful of honey to boost my energy.

If you are like most of my clients, you are confused about the role of sugar in your daily sports diet. The anti-sugar media reports sugar is health-erosive, yet sports nutrition researchers claim sugar is performance enhancing. That might leave you wondering: Should I eat sugar or avoid it?

To address this conflict, I’ve summarized a sugar debate published in 2018 in the Journal of Progressive Cardiovascular Disease. The article, critique, and editorial do a good job of examining the question: Have the ill effects of those toxic white crystals in your diet been over-emphasized? Here is some information to help you better understand the two sides to the Sugar Wars debate.

Sugar is Evil (1)

• Sugar is not an essential nutrient. Our bodies can make sugar (glucose) from the dietary fat and protein that we eat, or by breaking down our body’s muscle and adipose tissue.
• The average American eats about 100 pounds of sugar per year; that’s 2 pounds a week and contributes abundant empty calories.
• Populations with a high intake of added sugars tend to have health issues. Reducing added sugar to less than 10% of total calories reduces risk of overweight, obesity, and tooth decay.
• Dietary sugar drives up blood sugar. Routinely consuming 150 sugar-calories each day (i.e., one can of soda) increases the risk of developing diabetes by 1%. Much of this sugar is hidden in packaged foods.
• Metabolizing added sugar (without nutritional value) requires vitamins and minerals. With very high sugar consumption (and low intake of other nourishing foods), one could become nutrient depleted.
• Trading empty sugar calories for nutrient-rich calories is a no-brainer. Limiting sugar intake does not harm anyone.

Sugar is OK for People Who Are Fit (2)

• Sugar consumption increased from less than 10 lbs. per person per year in the late 1800’s to about 100 pounds per person per year by World War II. Consumption remained relatively flat until 1980. Our health also improved between 1880 and 1980—so is it fair to say that the increase in sugar hurt our health?
• Sugar (and starch—a string of sugar molecules linked together) is in breast milk, dairy foods, fruit, honey, potato, wheat, corn, quinoa, and all grains. People around the globe have consumed these “carbs” for years. So why now do sugar and starch suddenly become responsible for creating human obesity and diseases?
• The fear-mongering terms of unhealthy, toxic and poisonous are simply unscientific. People who lack knowledge about physiology accept this disease-mongering, anti-sugar rhetoric. But the fact is no one food is healthy or unhealthy.
• Our present state of poor health is not because our diets are unhealthy or that we consume sugar, but because we are physically inactive. Low levels of physical inactivity reduce our ability to metabolize sugar optimally, and that explains the true cause of obesity and metabolic diseases.
• In terms of diabetes, blood sugar, not dietary sugar, matters. The rise in blood sugar that occurs after eating is not pathological but rather the failure of the muscles and liver to take up the sugar. That is, it’s not what you eat, but what your body does with what you eat.
• Physical activity affects appetite and energy

Is Sugar Evil or OK, continued on page 10

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

1230 Broadway St NE
Salem, OR 97301
Tue-Fri: 10am-6pm
Sat: 10am-5pm
(503) 584-1052

The Northwest Hub is a non-profit community cycling center. Your purchase helps us assist those without access to affordable transportation. Thank you!

www.thenorthwesthub.org
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intake. If we are too inactive and live a sedentary lifestyle, energy intake gets dissociated from energy expenditure. We can easily eat more calories than we burn. Lack of physical activity negatively impacts metabolic health.

• A maternal effect impacts both pre- and post-natal development. Children of inactive mothers are born increasingly predisposed to inherited childhood obesity and Type II Diabetes. This increases with each passing generation.

Concluding comments (3)

Lack of physical activity, more so than sugar, is the greater threat to our health. Given that so many people are overweight and underfit, a diet low in sugars and starches is likely a good idea for them. But for sports-active, fit people—who are at lower risk for heart disease, diabetes, and obesity—sugar and carbs are not toxic but rather a helpful way to enhance athletic performance. The one size diet does not fit all.

No one is suggesting that athletes should eat more sugar, but rather understand that, as an athlete, you can embrace a sports diet that includes an appropriate balance of carbohydrate (sugars and starches) in each meal. Strive for a healthy eating pattern that includes 85% to 90% quality foods and 10% to 15% whatever. Some days, whatever might be an apple; other days, it might be a slice of apple pie.

Addendum: If you are fearful sugar will harm your health, note that fear-mongering relies on cherry-picked scientific information that can prove what the messenger wants to prove. Fear-mongering messengers have created a general distrust of Big Food, and have shaped opinions that support raw foods, super foods, whole foods, organic foods, and clean eating. While a plant-based diet based on unprocessed foods with no added sugar is ideal, I commonly see athletes who take the advice to the extreme and eat “too clean” (orthorexia). That is not healthy, either.

My suggestion: Enjoy a balanced variety of foods, in moderation. The US Dietary Guidelines recommend limiting added sugar to less than 10% of your total calories (about 250+ sugar-calories per day for an active woman who might require about 2,500+ calories a day) Enjoying a daily small sweet seems better than routinely “cheating” with sugar-binges. Does the age-old advice to enjoy a balanced variety of foods—with a sprinkling of sugar, if desired—seem a reasonable goal?

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This article is based on information from the Journal of Progressive Cardiovascular Disease (August, 2018).

2) Archer, E. “In Defense of Sugar.”
3) Lavie, CJ. “Sugar Wars - Commentary from the Editor.”


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

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building transportation networks that facilitate long distance travel between and among states. This has meant that the effects of building roadways for high-speed long distance travel on other road users has not been a priority. Often this has created arterial roadways owned by the state Department of Transportation that divide communities and see a disproportionate number of bicyclist and pedestrian fatalities.

Decades of planning, designing, and building for one mode of travel - motor vehicles - has created an institutional system that often fails to consider the experience and safety of other modes of travel. The result can be seen in low rates of biking and walking, high rates of bicyclist and pedestrian fatalities, and transportation systems that do not provide meaningful options to people who cannot afford or do not want a car.

The Solution
The Oregon legislature started the movement for Complete Streets with its 1971 “bike bill” most states have only recently taken action, continued on page 7

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sscycleworks@comcast.net or 503-480-2001
BIKE FRIENDLY AMERICA PROGRAM

The number of bicyclists killed in 2016 was the highest since 1991, and bicyclists have accounted for a higher percentage of traffic fatalities in recent years.

To improve bicyclist safety each state must make bicyclist safety an emphasis area and devote appropriate resources to making a safe system for bicyclists.

The League of American Bicyclists Bicycle Friendly America program (BFA) provides a roadmap, hands-on assistance and recognition for states, communities, universities and businesses. The BFA program is a tool for states, communities, businesses and universities to make bicycling a real transportation and recreation option for all people.

The Problem
Until relatively recently, federal and state governments have been primarily concerned with...