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.

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

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

### April Weekend Rides

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Destination</th>
<th>Coordinator</th>
<th>Distance</th>
<th>Difficulty</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Scotts Mills</td>
<td>Pat Lippy 503-508-0291</td>
<td>56</td>
<td>B</td>
</tr>
<tr>
<td>6</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Shaw</td>
<td>Jakey Ross 503-581-7462</td>
<td>30</td>
<td>B</td>
</tr>
<tr>
<td>7</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>St Paul via Broadacres</td>
<td>Mark Lebow 503-390-4627</td>
<td>55</td>
<td>A</td>
</tr>
<tr>
<td>7</td>
<td>Sun</td>
<td>1:30 PM</td>
<td>Baumans from EZ Orchards</td>
<td>Jackie Lefevre 503-881-4933</td>
<td>24</td>
<td>A</td>
</tr>
<tr>
<td>13</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Abiqua Creek</td>
<td>Pat Lippy 503-508-0291</td>
<td>49</td>
<td>B</td>
</tr>
<tr>
<td>13</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Mt Angel I</td>
<td>Jakey Ross 503-581-7462</td>
<td>39</td>
<td>B</td>
</tr>
<tr>
<td>14</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Scio</td>
<td>John Hixson 503-749-2205</td>
<td>61</td>
<td>B</td>
</tr>
<tr>
<td>14</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Jefferson via Parrish Gap</td>
<td>Winnie Sangirardi 503-362-9150</td>
<td>44</td>
<td>B</td>
</tr>
<tr>
<td>14</td>
<td>Sun</td>
<td>1:30 PM</td>
<td>Macleay</td>
<td>Norm Johnson 503-569-4255</td>
<td>21</td>
<td>A</td>
</tr>
<tr>
<td>20</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Bethany</td>
<td>Jakey Ross 503-581-7462</td>
<td>34</td>
<td>A</td>
</tr>
<tr>
<td>20</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Monster Cookie Volunteer Ride</td>
<td>Doug Parrow 503-931-0588</td>
<td>61</td>
<td>B</td>
</tr>
</tbody>
</table>

Participants in this ride may only receive credit for both this ride and the Monster Cookie if they sign up in advance to work as a volunteer on the day of the Cookie and ride the Cookie. Contact Hersch Sangster or Don Thompson in advance to volunteer for the Cookie.
<table>
<thead>
<tr>
<th>April Weekend Rides - continued</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 Sat 9:00 AM Jerusalem Hill</td>
<td>34</td>
<td>C</td>
</tr>
<tr>
<td>Dan Schuh 503-759-7010</td>
<td></td>
<td></td>
</tr>
<tr>
<td>21 Sun 9:00 AM Palestine Hill</td>
<td>55</td>
<td>C</td>
</tr>
<tr>
<td>Mark Lebow 503-881-2774</td>
<td></td>
<td></td>
</tr>
<tr>
<td>21 Sun 1:30 PM Lake Labish</td>
<td>25</td>
<td>A</td>
</tr>
<tr>
<td>Norm Johnson 503-569-4255</td>
<td></td>
<td></td>
</tr>
<tr>
<td>27 Sat 9:00 AM Waldo Hills</td>
<td>31</td>
<td>B</td>
</tr>
<tr>
<td>Marilyn Monson 503-559-3589</td>
<td></td>
<td></td>
</tr>
<tr>
<td>27 Sat 9:00 AM Gervais</td>
<td>45</td>
<td>A</td>
</tr>
<tr>
<td>Jim Ross 503-581-7462</td>
<td></td>
<td></td>
</tr>
<tr>
<td>28 Sun 8:00 AM MONSTER COOKIE METRIC CENTURY</td>
<td>62</td>
<td>B</td>
</tr>
<tr>
<td>Hersch Sangster 503-390-8024</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Join more than 1,000 other cyclists on the road to Champoeg State Park in Salem’s biggest event ride. The ride starts on the Capitol Mall across the street from the capitol building. Please consider volunteering to help if you are not going to ride.

<table>
<thead>
<tr>
<th>May Weekend Rides</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 Sat 9:00 AM Fairview - Short</td>
<td>27</td>
<td>B</td>
</tr>
<tr>
<td>Jean Brougher 503-884-7062</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 Sat 9:00 AM Helmick Park I</td>
<td>43</td>
<td>B</td>
</tr>
<tr>
<td>Chuck Young 503-779-4010</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 Sun 9:00 AM Perrydale/Amity</td>
<td>48</td>
<td>B</td>
</tr>
<tr>
<td>Keith Lippy 503-508-4535</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 Sun 1:30 PM Baumanns from EZ Orchards</td>
<td>24</td>
<td>A</td>
</tr>
<tr>
<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. Please park in the gravel parking lot south of the store.

<table>
<thead>
<tr>
<th>Weekday Rides</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays 6:15 PM Keizer Evening Ride</td>
<td>20-30</td>
<td>A-B</td>
</tr>
<tr>
<td>Doug Parrow 503-931-0588</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesdays 6:15 PM East Salem Evening Ride</td>
<td>20-30</td>
<td>A-B</td>
</tr>
<tr>
<td>Joanne Heilinger &amp; John Henry Maurice 503-399-9652 or 503-559-7417</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesdays 10:00 AM East Salem Morning Ride</td>
<td>30-45</td>
<td>A-B</td>
</tr>
<tr>
<td>George Schopfer 503-364-1025</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesdays 10:00 AM No-Drop Morning Ride</td>
<td>30-45</td>
<td>A-B</td>
</tr>
<tr>
<td>Dori Nelson 503-364-1551</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursdays 6:30 PM Keizer Family Ride</td>
<td>12</td>
<td>A</td>
</tr>
<tr>
<td>Hersch Sangster 503-390-8024</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Meet at Cummings Elementary School on Cummings Lane in Keizer.
Pre-registration is now open for the Monster Cookie. Pre-registrations will be accepted online until April 22. We use PayPal for on-line registrations. Cyclists may also download and mail the registration form which must be postmarked by April 19. The pre-registration fee is $30.00, plus optional fees of $7.50 for a sandwich delivered to the rest area at Champoeg State Park and $18.00 for a souvenir t-shirt. The day-of-ride registration fee will be $40 and sandwiches will not be available for purchase at that time. The Monster Cookie Metric Century Bicycle Ride is the Salem Bicycle Club’s premier spring event. The ride starts at the State Capitol Mall in Salem and takes riders 62 miles (100 km) over back roads to Champoeg State Park and back to Salem. Participants desiring a shorter ride can ride to the first rest stop and back for a 34-mile ride. The ride is open to bicyclists of all levels who agree to Share the Road with other users by riding safely, lawfully, and courteously. Each participant must wear a helmet that meets CPSC requirements. To signup online go to:

https://www.salembicycleclub.org/forms.plx?name=Monster%20Cookie

The route is generally flat with a few short hills. The map of the route offers a preview of the ride. GPS users can download a GPS track of the route. Participants also will be able to use the Ride with GPS mobile app for navigation during the ride. Snacks, fruit, refreshments, and toilet facilities are available at a rest stop and at Champoeg State Park. The route closes at 4:00 p.m.

Other Non-SBC Rides

GORGE RIDE - June 22 - The Dalles Discovery Center
The 13th Annual Gorge Ride features world-class scenery of the Historic Columbia River Highway and HCRH State Trail. Begins at the Columbia River Gorge Discovery Center, 5000 Discovery Drive, The Dalles. For more details see: https://www.eventbrite.com/e/gorge-ride-2019-tickets-51842876439

RIDE AROUND CLARK COUNTY WASHINGTON (RACC) - July 27 - Vancouver, WA
Routes include 101, 67, 54, 34 and 20 mile rides. All routes start and finish at Pearson Air Museum Historic Hangar, 1115 E. Fifth St, Vancouver, WA 98661. For more details see: https://www.vbc-usa.com/

Bike MS: Willamette Valley - August 2-4 - Monmouth, OR
Join an incredible two-day recreational ride for cyclists of all abilities (18 to 160 miles). Feast your eyes on wineries, waterfalls, rolling hills and farmlands. Fellowship and challenge to raise critical funds that benefit 18,000+ people with MS in Oregon and SW Washington. Bike MS is more than a ride. It's an experience driven by camaraderie and marked by passion, inspiration, determination and fun. For details and registration see: www.bikemsoregon.com
SAN JUAN ISLANDS - JULY 30, 31 & AUGUST 1, 2019

Consider joining the Salem Bike Club in July, when we ride the San Juan Islands in Washington! If you have never been to the islands, this would be a great opportunity. This article is preliminary information to answer a few of your possible questions and also to encourage you, if you think you might go, to make your lodging arrangements now.

If you haven’t been out of the area with the Salem Bike Club, or even if you have, the riding itinerary will be planned out and you will receive club mileage credit for the chosen rides. Each ride will have a ride leader and a sign-in sheet. There is no “registration” fee to join us. Making your lodging arrangements, food, travel expenses, etc. is each person’s responsibility.

After people have had a chance to decide if they will be making the trip, there will be a group meeting to talk about the itinerary, ask questions, etc. The date for that meeting has not been determined but will be late April/early May.

Additional planning information: The cost to ride the ferry each day is about $15.70 (Senior Citizen rate is $7.85), these prices include your bike. The fee is for round trip from Anacortes. Evidently they believe you will eventually return to Anacortes. I have information on packs of ferry tickets that will bring the $15.70 price down (a lot) but I’ll describe that at the meeting in April/May. Parking in the Anacortes Ferry Terminal parking lot each morning is $7.00 per car per day.

We will be in the San Juan Islands in high tourist season, meaning higher lodging rates and high occupancy/less availability. The islands will be beautiful in July, but just know there will be lots of tourists. Cars, people etc. It is important, if you are thinking about going, to make your lodging arrangements now. If you change your mind it will be easier to cancel your lodging, than to try to find lodging later.

When: The dates we will be riding are July 30, 31, and August 1.

Because of the ferry schedules etc., if you plan to ride on July 30, you will need to be in Anacortes on the night of July 29. (It is about 300 miles from Salem to Anacortes).

The exact riding itinerary has not been determined but in general terms the plan is to ride on three of the San Juan Islands. We will take the ferry each morning from Anacortes, WA to one of the islands. There is a lot to see on the islands so it is tough to get serious mileage in, but that will be personal choices. We will try to stay in groups as much as possible.

I recommend choosing lodging in Anacortes, WA instead of the on one of the islands. Lodging is generally less expensive in Anacortes and that is where we will start from each morning. There are camp grounds in the area but again you will need to reserve early.

When you begin reviewing lodging choices:
The online lodging /booking sites will give you good information about amenities etc., but I have found the rates the booking sites give are not always as good as the price you will get talking to the property directly. So I recommend after you see some of the properties online you call the property directly. Also the booking sites will sometimes give information only on the most expensive room choices and the property itself will provide information on standard rooms as well as the more expensive rooms.

Three properties we saw when we were in the San Juans in March: (there are many other choices)
1. Anacortes Inn - downtown
2. Ship Harbor Inn – this property is walking distance to the ferry terminal.
3. Majestic Inn and Spa - downtown

The ferry terminal is about 15 minutes by car from downtown Anacortes.

Another consideration and we will talk about this at the meeting in (April/May) is the parking at the Anacortes Ferry Terminal. In July it will be crazy. If you have any questions in the meantime feel free to text me or email me.

Deweyjj345@gmail.com
Cell number: 503-871-3141

Also: for my planning purposes and to notify you later of the meeting in April/ May, it would be helpful if you would send me an email with your phone and email information if you are planning to go. This does not mean you are committed /obligated to go.

Hope you can join us. - JoAnn Dewey
February 26, 2019 General Meeting

Jim Ross welcomed everyone and introduced the guest speakers for the evening, Cathey and David Philbrick. They presented a fun and interesting slideshow on their adventures hiking hut to hut in Europe and crewing for their son and other racers in The Race Across Oregon. They “introduced the possibility” of hiking both in the Alps and the Dolomites and staying in the shared huts along the way carrying only a light backpack. Their pictures told the tale of stunning mountain vistas and warm camaraderie amongst other hikers. They hiked both the Haute Route in 2016 and the Alta Via 1 route in 2018. David and Cathey also told fun and inspiring stories of their experience being the support vehicle for their son and other team members in The Race Across Oregon.

Rides Committee: Both Saturday rides in March will start at 10 AM.

Monster Cookie: Jakey Ross still needs volunteers to help with the Monster Cookie that are not also riding the Monster Cookie.

Wayne Frey presented the “Salem 3-2-1 Family Fun Ride supporting Kiwanis Doernbecher Children’s Cancer Program”. The ride takes place Sunday, June 16, 2019 and starts at Riverfront Park Pavillon. Routes are 8 and 15 miles. Wayne said if riding the ride was not an option then consider being a ghost rider and donating to help support the fight against childhood cancer.

Treasurer’s report by Todd Beal: Figures as of January 27, 2019

Current Assets: Checking/Savings
CD2019-09-19@1.69 2,000.00
CD2020-05-19@2.23 5,000.00
CD2021-11-19@2.47 3,000.00
Events-9695 3,371.10
Operating-9687 5,239.10
Trust—UPS 16.79
Petty Cash 50.00
Paypal 184.81
Total Checking/Savings $18,861.79

Upcoming General Meeting Programs:
March 26, 2019: Jim and Jakey Ross are presenting their adventures on The Katy Trail in Missouri.
April 23, 2019: Laurie Garrett is presenting her bike trip from Missoula Montana to Denali NP, Alaska.

Board of Directors Meeting, March 12, 2019

Present: Jim Ross, Winnie Sangirardi, Todd Beal, Laurie Garrett, Paul Lindauer, Gary Strand, and Emily Loberg. Absent: Pam Carey.

Treasurer’s report by Todd Beal: Figures as of February 28, 2019:

Current Assets: Checking/Savings
CD2019-09-19@1.69 2,000.00
CD2020-05-19@2.23 5,000.00
CD2021-11-19@2.47 3,000.00
Events-9695 2,885.36
Operating-9687 3,357.28
Trust-UPS 16.79
Petty Cash 50.00
Paypal 1,544.98
Total Checking/Savings 17,854.41

Signature Changes to the Operating Account are as follows: Jim Ross, Todd Beal, Jacqueline Lefevre and Pam Carey. Signatures to be removed are Herschel Sangster and Robert Luoma.

Budget Group Findings: The Operating budget will have a deficit of $-6,330 for 2019 if SBC continues on the current path of spending. Deep cuts need to be made to the budget. Major expenditures for the club are insurance, website, SPOKES and the awards banquet. The budget planning for 2019 is still undergoing review and revision.

Membership Dues Increase starting January 2020. Motion made by Winnie and approved

continued on page 6
Minutes, continued from page 5

unanimously by the board.

Without the printed SPOKES: Individual $25.00. Family $30.00.
With SPOKES printed and mailed to home: Individual $30.00. Family $35.00.

Monster Cookie entry fee to increase in 2020. Individual $35.00. Day of ride $45.00. Under 18 to remain at $10.00. Motion was made by Winnie and approved by the board.

SPOKES: The first addition of the SPOKES printed at Garten Services has been sent out to members. The March edition contains color photos that were complimentary. Jim will determine the cost and decide whether black and white or color photos would be more cost effective.

Monster Cookie Update: The Monster Cookie will take place Sunday, April 28, 2019. The planning is on schedule and progressing well. Advertising posters are out. Encourage people to participate.

Computer Group Progress Report: Paul has looked at number of different software programs and still thinks Club Express will serve the club the best for less cost. There will be a discussion and open forum about a new computer system at the May 28, 2019 General Meeting.

Outreach Group: Last week the Outreach Group attended Sprague High Schools Health Fair. It was well attended and they had good reception by students and teachers. In addition, the Outreach Group will be at Independence City Hall on Friday night promoting bicycle education. They also have scheduled programs at the Transit District and REI weekend.

General Meeting Upcoming Presentations:

Tuesday March 26, 2019 at 6:30 p.m.
Jim and Jakey Ross will present Riding the Katy Trail in Missouri

Tuesday April 23, 2019 at 6:30 p.m.
Laurie Garrett will present her bike trip from Missoula, Montana to Denali NP, Alaska

Tuesday May 28, 2019 at 6:30 p.m.
Joanne Heilinger will present The Rides Committee and how it works
Paul Lindauer will hold an open forum about what is wanted and needed in a new computer software program for the club website.

Education and Outreach Committee
The purpose of the committee is to promote the Salem Bicycle Club, cycling, and cycling safety in our community. The committee will be helping to reduce the workload on the board officers. The committee will be in charge of getting speakers and activities at the General Meetings.

The Education and Outreach Committee conducted two outreach activities in March. One at the Salem-Keizer Schools’ Employee Wellness Fair and the other at the City of Independence -Bike & Walk Fair
REI has invited the SBC to talk about our activities and the Monster Cookie and the Peach of a Century on April 9 at the Keizer REI. REI has invited the SBC to have a table to promote cycling on April 27.
A bike skills community event is scheduled for May 29 at Adam Stephens Middle School, a West Salem Community Family Bike Ride on May 26 and bike skills event June 7 at Harritt Elementary in West Salem.
If you are interested in helping the Committee at any of our events or have ideas of events we should get involved in or speakers for our meeting let any of the members know.

The next meeting of the Committee will be May 13th at 2pm at Birdie’s Bistro
Salem Bike Friendly Hotels

Cyclists visiting the Salem-Keizer area now have three Bike Friendly Hotels from which to select. All three were certified by the Travel Oregon program. The hotels are ready for the 2019 cycling season and the Salem Bicycle Club’s Monster Cookie and Peach of Century event rides.

The hotels are:
- Phoenix Inn, 4370 Commercial St SE, Salem, OR 97302 (503) 588-9220
- Holiday Inn, 3301 Market St NE, Salem, OR 97301 (503) 370-7888
- The Grand Hotel, 201 Liberty St SE, Salem, OR 97301 (503) 540-7800

Cyclists coming to Salem to ride the Monster Cookie Metric Century or Peach of a Century should be sure to alert the Bike Friendly Hotel they have selected that they are there for Monster Cookie or the Peach to obtain special rates.

UPCOMING GENERAL MEETING PROGRAMS

April 23, 2019
Laurie Garrett, SBC member will do presentation her bicycle tour of Alaska

May 28, 2019
National Bicycle Month – Joanne Heillinger SBC Rides Committee Chair will do a presentation on the Rides Committee work and how rides get scheduled.

June 25, 2019
Misha O’Reily Cherriots Trip Choice, will do presentation how the program works to promote alternative mode usage in our area

July 23, 2019
Habitat for Humanity – Pending details

August
No General meeting – Picnic Possible
by Nancy Clark, MS RD CSSD

As the New Year starts, I hear way too many athletes vowing to “knock off carbs” for their nutrition resolution. Most intend to eat less sugar (OK). Some plan to cut out bread, pasta, potato and starchy foods (not OK), and others plan to also limit fruits and veggies (bad idea). The reality is, carbs should be the foundation of your sports diet.

Carbs 101

By carbs, I mean primarily fruits, vegetables, beans and grains. But little is wrong with a sprinkling of added sugar (less than 10% of your total daily calories) or enjoying a meal with refined white flour (as long your other meals include whole grains). To be sure we are all on the same page, let’s define this much-maligned word “carb.”

• Carbohydrates include both sugars and starches. They are biochemically similar. For example, green peas (and other veggies) are sweet when young; their sugar converts into starch as they mature. Unripe bananas (and other fruits) are starchy when young and become sweeter as they ripen. Their starch converts into sugar.
• Both sugars and starches are equal sources of muscle fuel. Whether you eat a starchy potato or sugary candy, the digested end-product is the same: glucose.
• Glucose feeds your brain, gets stored as glycogen in muscles (for fuel during hard, extended exercise) and also in the liver (where it gets released, as needed, into the bloodstream to prevent your blood sugar from dropping).
• Some carbs are more nourishing than others. Added sugars (white sugar, maple syrup, honey, agave, gels, chomps, sport drinks, etc.) lack the vitamins and minerals that invest in good health. Fruits, veggies, beans, and dairy, however, are health promoting sources of carbs. Obviously, you want to eat more of the best and less of the rest.
• Physically fit athletes easily metabolize sugars and starches. Unfit people, however, often end up with high blood sugar and pre- or Type II diabetes. Note: Most messages to cut out carbs are targeted at unfit people, not athletes.

Reasons to keep carbs in your sports diet

Here are five reasons why you, a physically fit athlete, want to include carbohydrate in your sports diet.

1. Carbohydrates fuel muscles. Athletes who restrict carbs pay the price: “dead legs” and inability to exercise at their best. If you routinely train hard 4 to 6 days a week, carbs should be the foundation of each meal. Here are the International Olympic Committee’s research-based carb recommendations for an optimal sports diet:

<table>
<thead>
<tr>
<th>Amt of exercise/day</th>
<th>gram carb/lb. body wt</th>
<th>gram carb/kg body wt</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 hour</td>
<td>2.5 to 3</td>
<td>5-7</td>
</tr>
<tr>
<td>moderate exercise</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-3 hour</td>
<td>2.5 to 4.5</td>
<td>6-10</td>
</tr>
<tr>
<td>endurance exercise</td>
<td></td>
<td></td>
</tr>
<tr>
<td>&gt; 4-5 hour</td>
<td>3.5 to 5.5</td>
<td>8-12</td>
</tr>
<tr>
<td>extreme exercise</td>
<td></td>
<td></td>
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</tbody>
</table>

For a 150-lb athlete who trains hard one hour a day and remains somewhat active the rest of the day, the target intake should be 375 to 450 grams carb/day. That’s at least 90 g (360 calories) carb per meal and 50 g (200 cals) carb at each of two snacks. This is more carbs than in the ever-popular (low-carb) breakfast protein shake with a few berries, a lunchtime spinach salad, and a dinner with a pile of broccoli but no rice. Here’s what 375 grams of carbohydrate looks like (without the protein and fat that balances the diet):

B: 1 cup dry oats (50g) + 1 banana (25g) + 1 T honey (15g)
L: 2 slices whole wheat bread (46g) + 1 can Progresso lentil soup (60g)
Sn: 1/3 cup raisins (40g) + 1 Tbsp dark chocolate chips (10)
D: 1.5 c cooked brown rice (65g) + 14-oz bag frozen broccoli (20g)

Carbs, continued on page 10
**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.

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

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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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

**THE NORTHWEST HUB**

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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
Carbs continued from page 8

Sn: 8 ounces vanilla Greek yogurt (20) + 1 Nature Valley Granola Bar (30)

While I am sure many of you are rolling your eyes right now and thinking, “I could never eat that many carbs without getting fat,” this is an appropriate carb intake, believe it or not, and these 1,500 carb-calories can fit into your day’s 2,500+ calorie budget. I invite you to be curious and experiment. How much better can you train with an appropriate carb intake?

2. Carbohydrates are not fattening. Despite popular belief, carbohydrates are not inherently fattening. Excess calories at the end of the day are fattening. Excess calories of carbs (bread, bagels, pasta) are actually less fattening than are excess calories of fat (butter, salad oil, cheese). That’s because converting excess calories of carbohydrate into body fat requires more energy than does converting excess calories of dietary fat into body fat.

3. Avoiding carbs can lead to food binges. By routinely including carbs in your daily sports diet, you take the power away from them and will be less likely to binge. That is, if you “cut out carbs” but then succumb to eating the entire breadbasket and the mountain of pasta when at a restaurant, you are doing what I call last chance eating. You know, last chance to eat bread and pasta so I’d better stuff them in today because my no-carb diet restarts tomorrow. (Ugh.)

4. Quality carbs (fruits, vegetables, grains and beans) promote a healthy microbiome, which reduces the risk of heart disease, diabetes, and cancer. Fiber-rich carbs feed the zillions of microbes that live in your gut. These microbes have an incredible influence on your mood, weight, immune system, and overall health. Every major medical association recommends we consume a strong intake of fruits, veggies and whole grains. Do athletes on a low carb diet miss out on these health benefits? TBD.

5. Carbohydrate adds pleasure to your sports diet. Is something wrong with eating some yummy foods, like pasta and bagels? How about chocolate milk for a fun recovery food? Given that 10% of daily calories can come from refined added sugars, most athletes have about 240-300 calories (60 to 75g) of added sugar a day in their calorie budget. You can easily ingest that sugar via sport drinks, gels, and sweetened protein shakes. You can also enjoy one or two cookies or a slice of birthday cake—guilt-free.

Carb abuse is the bigger problem than carbs in moderation. The easiest way to prevent carb abuse is to eat satiating breakfasts and lunches (with carbs + protein) that fill your tummy, prevent afternoon hunger, and curb cravings for sugary sweets later in the day. Preventing hunger minimizes the cravings that give carbs a bad name in the first place. Give it a try?


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.
Beginner? Pro? Tourist? Racer?

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SBC CALENDAR

Board Meeting
Tuesday, Apr 9, 6:30 p.m.
Boys and Girls Club, 1395 Summer St NE
Contact: Jim Ross

Rides Committee Meeting
Friday, Apr 12, 7:00 p.m.
7883 Jani Ct NE
Keizer, OR 97303
Contact: Joanne Heilinger

General Meeting
Tuesday, Apr 23, 6:30 p.m.
Carrier Room at First United Methodist Church on the corner of State and Church Streets. Laurie Garrett will do a presentation on her bicycle tour of Alaska

OFF THE BACK

PRESIDENT’S LINK

Well, here it is March already and we anticipate spring. All I hear are some comments that we are working in the right direction. We were able to enjoy a fine presentation from the Philbricks on their Dolomites hiking Adventure plus their Race Across Oregon as SAG drivers in support of their son Ken. He did it on bicycle. We came away very impressed.

We find that the board is at work on our budget projections, Monster Cookie plans, outreach opportunities, and potential long range computer changes.

An unexpected factor to deal with is the death of repeated board member and computer expert John Newell. John has been a mainstay over the years; ride leader and event volunteer. He already is greatly missed. Soon we will need to locate a new board member. No experience needed, just a good attitude for bicycling and a sense for volunteering.

As we continue to hope for warmer bicycle weather, we should be aware of coming general meetings. April 23, 2019 Laurie Garrett will present her bicycle tour to Missoula MT solo and on to Denali Alaska. May 28, 2019 Joanne Heilinger will teach us all the facets and thinking that make up the Rides Committee. June 25, 2019 Misha O’Reilly from Chariots Trip Choice will describe alternative transportation option. These various presenters must tickle some ideas in your minds so please join us on those dates. All sessions begin at 7:00 and meet at First Methodist Church.

Far from last or least, we need your help! Everyone can participate in celebrating the Salem Bicycle Club’s first fifty years. Please join and share the Monster Cookie Ride with those you know in the biking community. The date is April 28th at the State Capitol, starting at eight o’clock.

Keep on cycling,

Jim Ross