Cyclists of all abilities are invited to participate in club rides. We require the use of helmets meeting CPSC requirements. Riders should carry a water bottle, tire pump, spare tube and patch kit.

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

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

### August Weekend Rides

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Route</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Marquam via Scotts Mills</td>
<td>54</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Pat Lippy 503-508-4535</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Homer Davenport Days</td>
<td>36</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Joanne Heilinger 503-399-9652</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Abiqua &amp; Mt Angel</td>
<td>62</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>4</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Abiqua Creek</td>
<td>49</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>4</td>
<td>Sun</td>
<td>1:30 PM</td>
<td>Wandering in the Country</td>
<td>23</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Rob Lundblad 503-508-6181</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Sat</td>
<td>8:00 AM</td>
<td>Aurora Colony Days - Long</td>
<td>68</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>10</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Saturday No-Drop Ride</td>
<td>30-45</td>
<td>A-B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Dori Nelson 503-364-1551</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Participants will ride together on this moderately paced ride. Ride will be canceled for inclement weather. New riders should call the ride coordinator to confirm start location and time.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Route</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Brooklake</td>
<td>28</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>11</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Helmick Park I</td>
<td>43</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>11</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>
<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.
### August Weekend Rides - continued

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Start Time</th>
<th>Event Name</th>
<th>Miles</th>
<th>Diff.</th>
<th>Contact Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>17</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>SBC 50th - Grand Island</td>
<td>44</td>
<td>A</td>
<td>Jim Ross 503-581-7462</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>SBC 50 year celebration! Cake and ice cream, 10:30 am - 1:00 pm. Willamette Mission Park, Picnic area 0.4 miles from main entrance off Wheatland Rd.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>SBC 50th - Willamette Mission Park</td>
<td>31</td>
<td>A</td>
<td>Paul Lindauer 707-322-7093</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>SBC 50 year celebration! Cake and ice cream, 10:30 am - 1:00 pm. Willamette Mission Park, Picnic area 0.4 miles from main entrance off Wheatland Rd.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>Sun</td>
<td>8:00 AM</td>
<td>Red Bridge</td>
<td>74</td>
<td>C</td>
<td>Mark Lebow 503-390-4627</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Note the earlier start time.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Oak Grove and More</td>
<td>44</td>
<td>B</td>
<td>Lisa Morriss 808-987-3051</td>
</tr>
<tr>
<td>18</td>
<td>Sun</td>
<td>1:30 PM</td>
<td>Jones Farm Stand from East</td>
<td>28</td>
<td>A</td>
<td>Jackie Lefevre 503-881-4933</td>
</tr>
<tr>
<td>24</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Saturday No-Drop Ride</td>
<td>30-45</td>
<td>A-B</td>
<td>Dori Nelson 503-364-1551</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Participants will ride together on this moderately paced ride. 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>
<td></td>
</tr>
<tr>
<td>24</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Mt Angel Abbey</td>
<td>45</td>
<td>B</td>
<td>Jakey Ross 503-581-7462</td>
</tr>
<tr>
<td>24</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Corban University</td>
<td>23</td>
<td>B</td>
<td>Rob Lundblad 503-508-6181</td>
</tr>
<tr>
<td>25</td>
<td>Sun</td>
<td>7:30 AM</td>
<td>PEACH OF A CENTURY</td>
<td>65/72/100</td>
<td>C/D</td>
<td>Don Thompson 503-705-7796</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>This is the club’s final event ride of the year. The ride starts at Chemeketa Community College. Visit <a href="http://www.salembicycleclub.org">www.salembicycleclub.org</a> 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.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Maple Grove</td>
<td>58</td>
<td>B</td>
<td>Lisa Morriss 808-987-3051</td>
</tr>
<tr>
<td>31</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Monmouth/Independence</td>
<td>33</td>
<td>A</td>
<td>Marilyn Monson 503-559-3589</td>
</tr>
</tbody>
</table>

### September Weekend Rides

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Start Time</th>
<th>Event Name</th>
<th>Miles</th>
<th>Diff.</th>
<th>Contact Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Frey’s Dahlias</td>
<td>37</td>
<td>A</td>
<td>Winnie Sangirardi 503-362-9150</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Sun</td>
<td>1:30 PM</td>
<td>Frey’s Dahlias from Stayton</td>
<td>20</td>
<td>A</td>
<td>Norm Johnson 503-569-4255</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>The ride starts from Roth’s near the intersection of Shaff and Golf Club Roads in Stayton.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Mon</td>
<td>8:00 AM</td>
<td>Swan Island Dahlias - Long</td>
<td>86</td>
<td>C</td>
<td>Mark Lebow 503-390-4627</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Note the earlier start time.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Mon</td>
<td>9:00 AM</td>
<td>Swan Island Dahlias from Mt Angel</td>
<td>45</td>
<td>B</td>
<td>Marilyn Monson 503-559-3589</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>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Donald</td>
<td>62</td>
<td>B</td>
<td>Lisa Morriss 808-987-3051</td>
</tr>
<tr>
<td>7</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Cascade Gateway</td>
<td>32</td>
<td>A</td>
<td>coordinator tba</td>
</tr>
</tbody>
</table>
August Weekend Rides - continued

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>Sat</td>
<td>11:00 AM</td>
<td>Sherar’s Falls Scenic Bikeway</td>
<td>33</td>
<td>C</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Joanne Heilinger 503-559-7417</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Join us on the first of a two-ride weekend on state Scenic Bikeways. The ride will depart from Imperial River Company in Maupin at 11:00 am and will ride the loop counterclockwise. Contact the ride coordinator to RSVP.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Sun</td>
<td>8:00 AM</td>
<td>Wheatland &amp; Buena Vista Ferries</td>
<td>74</td>
<td>D</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>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>8</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Buena Vista Ferry</td>
<td>45</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Winnie Sangirardi 503-362-9150</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Crooked River Canyon Scenic Bikeway</td>
<td>37</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Joanne Heilinger 503-559-7417</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>This is the second ride of the Central Oregon Scenic Bikeways weekend. The ride departs from Rim Rock City Park in Prineville at 9:00 am. A longer (49-mile) loop is also available. Contact the ride coordinator to RSVP.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</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>Rob Lundblad 503-508-6181</td>
<td></td>
<td></td>
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</tbody>
</table>

Weekday Rides

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Ride</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</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. Text Doug if you are a little late and he will wait for you.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tues</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>
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</tr>
<tr>
<td></td>
<td></td>
<td>Meet at McKay Park on Hollywood Dr. between Silverton Rd. and Sunnyview Rd. This ride was on Wednesday evenings during prior years.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weds</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>
<td></td>
</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>Weds</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 start at 9:00 am if the forecast temperature is 80 degrees or more and 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>Thurs</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>
<td></td>
</tr>
<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 Jim Ross 503-581-7462
Vice-President Pam Carey 503-999-2845
Secretary Laurie Garrett 503-551-7786
Treasurer
Winnie Sangirardi - Membership 503-362-9150
Emily Loberg 503-949-7097
Paul Lindauer 707-322-7093
Gary Strand 503-370-6364
Keith Lippy 503-508-0291

SPOKES

Editor Larry Lohrman 425-269-4962
Editorial Staff Doug Parrow
David Philbrick

Editor’s Email: spokes@salembicycleclub.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.
PEACH OF A CENTURY
AUGUST 25, 2019

Pre-Registration is now OPEN:

Registration on the day of the ride is Open at 7:30 am

The Peach of a Century is the last of the premier supported bicycle event rides hosted annually by the Salem Bicycle Club. This is the 32nd year of the Peach. The ride is open to all bicyclists who agree to Share the Road with other road users by riding safely, lawfully, and courteously. The Peach of a Century is not a race and will proceed rain or shine. Each participant must wear a helmet that meets CPSC requirements. There is no mass start.

Each route starts and ends at Chemeketa Community College in Salem, Oregon. The full century route is challenging with some steep hills. The 76-mile route also involves a significant amount of climbing. The 66-mile route offers flat to rolling terrain with some moderate hills. The routes follow low-volume roads past the farm fields of the Willamette Valley, through forested foothills and rural communities east of Salem.

There are three rest stops on the 100-mile route and two on the 66 and 76-mile routes. All rest stops have food, water, sports drink, restrooms and the friendly volunteers. There will be a piece of fresh locally made Peach and Berry Pie for all at the end! All riders must finish by 6:00 p.m. A SAG vehicles will sweep the courses at day’s end.

Registration at: salembicycleclub.org for online and registration forms are available at the local bicycle shops. Pre-registration deadline is August 19. There will be day of ride registration.

For more information: peach at salembicycleclub.org

THE VINEYARD TOUR,
ROSEBURG, SEPT 1, 2019

The Vineyard Tour Road Bike Ride is a cycling event held each September sponsored by Umpqua Velo Cycling Club and offers 5 cycling routes to appeal to riders of all ages and abilities. Enjoy some River Blendz Coffee and rolls available at the start of the ride. Meet other people like yourself on a back country road in the beautiful Umpqua Valley wine country. Bike routes range from 15 mile, 30 mile, 50 mile half century, 75 mile, to 100 mile century. Each route uses scenic lightly traveled rural roads that follow the striking Umpqua River. Cyclists will pass by dozens of vineyards, wineries, forests, fields, and orchards along the way. Enjoy a meal after your ride by Big D's BBQ Catering (Chicken, Ribs and Black Bean Patties) along with some local craft beer and wine. Join us for the Umpqua Vineyard Tour Road Bike Ride, Oregon cycling at its best. For details and registration see: thevineyardtour.com.

CLASSIFIED ADS

Bike For Sale: Scott CR-1 Pro (Compact Double) 52 cm, 2014 Model. Ultegra Components; Bontrager RXL Wheels; $800 or best offer.

Contact: Barb - bschreiber.barb@gmail.com
503-949-8403

For SBC members only: free, noncommercial ads for bicycle paraphernalia. 25-word maximum.

Send ads to: spokes@salembeicycleclub.org.
MINUTES

June 25 General Meeting

Treasurers Report: Jim Ross provided the report. As of June 25, 2019, the club has a Total Checking/Savings balance of $27,447.24.

Monster Cookie: Earnings are approximately $13,272.50, thanks to Hersch and his crew of volunteers.

Open Board Position: Rob Lundblad joined the board by unanimous vote. The Board still has an open position for Treasurer that it will fill within the board.

Governor’s Camp: Mary Ann Sangster led 6 groups of kids (over 130 children) on a bike ride at the camp.

50th Year Celebration Ride: The ride celebrating the Salem Bicycle Club’s 50 years is Saturday, August 17, 2019. There will be two rides leaving from the Red Lot. Cake and ice cream will be served from 10:30 am to 1:00 pm at Willamette Mission Park where the 2 rides intersect. Please join us for a day of riding and celebration.

Program: Guests for the evening were Mischia O’Reilly from Cherriots Trip Choice and Kristina from The Bike Peddler. Misha gave an overview on alternate forms of transportation via bicycling, walking, and bus rides available here in the Salem area. The Trip Choice mission is to cut down on car congestion, emissions and promote a healthy, happy, stress free community.

Kristina from the Bike Peddler here in Salem gave an interesting and fun talk about E bikes. She said E-Bikes are “tons of fun”! We thank both of our guests for their time and for educational and interesting talks.

July 9 Board of Directors’ Meeting


Treasurers Report: The SBC budget figures as of June 30, 2019 are:

- CD2019-09-19@1.69 $2,022.62
- CD2020-05-19@2.23 5,074.77
- CD2021-11-19@2.47 3,049.73
- Events-9695 2,227.06
- Operating-9687 14,268.97
- Trust—USPS 16.79
- Paypal 787.30
- Total Checking/Savings $27,447.24

2019 Proposed Budget: The budget was reviewed and adopted by the board. It will be published in SPOKES.

Monster Cookie: The earnings for the ride are approximately $13,183.

50th Year Celebration Ride: The ride celebrating the Salem Bicycle Club’s 50 years is Saturday, August 17, 2019 at Willamette Mission State Park. There will be 2 rides starting from the Red Lot at 9:00 am. Both rides intersect at Willamette Mission Park where there will be cake and ice cream served from 10:30 am to 1:00 pm. Follow the Birthday Signs! Please join us for a day of riding and celebration!

Awards: The board discussed the 10/500 and top 20 volunteer awards. Planning is ongoing.

Community Grant List: Charity donations were discussed. Planning is ongoing.

PEACH OF A CENTURY: The ride is scheduled for Sunday, August 25, 2019. Volunteers are needed. Please join us for a great ride!
THE HUB RECOVERS SBC MEMBERS STOLEN BIKE

A new SBC member recently reported the following story about the Hub recovering her stolen bicycle:

“I received a phone call from the Hub Friday afternoon when someone walked into the store with my stolen Marin bicycle (I purchased it from the Hub) looking to change the tires. Although the handlebars were changed and one of the serial numbers scratched off and the tires shot, The Hub recognized it as mine. They confronted the guy who brought in the bike and he willingly released it. He said someone on Pine Street had given it to him.

I decided to donate the Marin to the Hub and in exchange Kirk (the owner of the Hub) tuned up my Trek (that I’ve been using since the Marin was stolen) for free. After all I went through with the Marin (problems with the gears and shifting, the Hub replacing components under warranty - and then the Marin being stolen) it was clear to me that I am not supposed to ride that bike. The Hub will find a home for it and I will receive a tax deduction. It’s a win-win.”

Interesting story! Great job by the guys at the Hub!

LUMINOSA METRIC CENTURY
AUGUST 10, 2019

Luminosa is here! Register now!
Morrison is excited to present Luminosa: Morrison Metric Century 2019! August 10th, 2019. Sponsored by Pacific Office Automation and the Morrison Foundation, this first-class, multi-distance bike ride supports Morrison Child and Family Services in providing prevention, foster care, mental health, and substance abuse treatment to children, youth, and families. Four unique routes (62 or 44 or 26 or 11 miles) begin and end at Champoeg State Park south of Portland and everyone is welcome at the Finish Line Party featuring food, games, and live music by The Denominators!

See https://www.bikereg.com/luminosa for details and registration.

CENTRAL OREGON SCENIC BIKEWAYS WEEKEND
SEPTEMBER 7-8, 2019

by Joanne Heilinger

Join Salem Bicycle Club’s annual trip to Central Oregon to ride some of our state’s Scenic Bikeways on the weekend of September 7 and 8.

We will meet in Maupin, Oregon under the bridge at the Imperial River Company hotel at 11:00 a.m. on Saturday. It is about a 3-hour drive from Salem, so you can either stay at one of the motels in Maupin and sleep in late, or leave from home Saturday morning. We will be riding the Shearer’s Falls Scenic Bikeway, doing the route counter-clockwise this year. The route is about 33 miles long, with about 1,700 feet of elevation gain.

From Maupin we will travel by car to Prineville, about 75 miles, on Saturday afternoon. Everyone will be expected to make their own lodging arrangements in or near Prineville. We will meet at 9:00 a.m. Sunday at Prineville’s Rimrock City Park on Main St/OR Hwy 27 to ride the Crooked River Canyon Scenic Bikeway. The Scenic Bikeways route is an out-and-back distance of 37 miles. There is an option to extend the route and make it a 49-mile loop.

If you plan to participate, will you please let me know by calling 503-399-9652, 503-559-7417 or e-mailing bikes8cats2@yahoo.com.
EDUCATION AND OUTREACH COMMITTEE

The Education and Outreach Committee participated in following community bike events;

Kennedy Elementary Bike, Roll & Scoot Event, Adam Stephens MS Bike Skills Community Event on May 29, West Salem Community Family Bike Ride on May 26, Harritt Elementary Bike skills/Community event June 7 and the Governor’s Campout- Bike Skills Module on June 22 at Willamette Mission Park.

Special thanks to Jim Ross, Mary Ann Sangster, Kiki Sangster, Emily Loberg and Misha OReilly for helping at these past events.

Emily Loberg will be a guest speaker at the September General Meeting. She will be talking about being an Adventure Cycling Leader.

There is an opening on the Education and Outreach Committee, so if any club member is interested contact Hersch. The next meeting will be September 9 at 2 pm at Birdie Bistro.

Hersch

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
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www.bikeleague.org
Email: membership@bikeleague.org
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Too many of today’s athletes believe carbohydrates are “bad.” If that’s true, what does the latest sports nutrition research say? The following studies, presented at the American College of Sports Medicine’s 66th Annual Meeting (Orlando FL, May 2019) indicate sports scientists agree that carbohydrates (grains, fruits, veggies; sugars, starches) can be health- and performance-enhancing sport foods. As you may (or may not) know, ACSM is a professional organization for sport science researchers, exercise physiologists, dietitians, doctors, and health-care providers for athletes (www.ACSM.org). Here are some answers to questions posed by ACSM researchers.

**Does sugar cause diabetes?**
No. The problem is less about sugar, and more about lack of exercise. Most fit people can enjoy a little sugar without fear of health issues. Muscles in fit bodies burn the sugar for fuel. In unfit bodies, the sugar accumulates in the blood. Fitness reduces the risk of developing Type 2 diabetes.

In a 6-week training study to boost fitness, 35 middle-aged men with over-weight or obesity did either endurance cycling, weight lifting, or high intensity interval training. Regardless of kind of exercise, all types of training improved the bodies’ ability to utilize glucose with less insulin.

These subjects had blood glucose levels within the normal range at the start of the study; their glucose levels improved with exercise. While we need more research to fine-tune the types of exercise that best manage blood glucose, rest assured that living an active lifestyle is a promising way to reduce your risk of type 2 diabetes.

**Can natural foods replace ultra-processed commercial sport drinks and foods?**
Yes, standard (natural) foods can be fine alternatives to commercial sport fuels. Look no further than bananas! In a study, trained cyclists who enjoyed bananas (for carbs) plus water (for fluid) during a 46-mile (75-km) bike ride performed just as well as those who consumed a sport drink with an equivalent amount of carbs plus water.

Natural foods offer far more than just fuel; they contain abundant bioactive compounds that have a positive impact on health and performance. For example, after the ride with bananas, the cyclists had lower levels of oxylipins (bioactive compounds that increase with excessive inflammation) compared to the sport drink ride. Athletes who believe commercial sports foods and fuel are better than standard foods overlook the benefits from the plethora of bioactive compounds found in real foods.

*Are potatoes—an easy-to-digest sports fuel—a viable alternative to commercial gels?*
Yes. In a study, trained cyclists ate breakfast and soon thereafter competed in a 2-hour cycling challenge that was then followed by a time trial. For fuel, the subjects consumed either potato puree, gels, or water. The results suggest 1) both emptied similarly from the gut, and 2) potatoes are as good as gels for supporting endurance performance.

The cyclists completed the time trial in about 33 minutes when they ate the potato or the gel. This is six minutes faster than with plain water. Any fuel is better than no fuel!

*Is fruit juice a healthful choice for athletes?*
Yes, fruit juice can be an excellent source of carbohydrate to fuel muscles. Colorful juices (such as grape, cherry, blueberry, orange) also offer anti-inflammatory phytochemicals called polyphenols. In a study, subjects did muscle-damaging exercise and then consumed a post-exercise and a bedtime protein recovery drink that included either pomegranate juice, tart cherry juice, or just sugar. The protein-polyphenol beverages boosted muscle recovery better than the sugar beverage.

*Does carbohydrate intake trigger intestinal distress for ultra-marathoners?*
Not always. During a 37-mile (60-kilometer) ultra-marathon, 33 runners reported their food and fluid intake. They consumed between 150 to 360 calories (37-90 g carb) per hour, with an average of 240 calories (60 g) per hour. This meets the recommendation for carbohydrate intake during extended exercise (240-360 calories; 60-90 g carb/hour). The majority (73%) of runners reported some type of gut issues. Of those, 20% of the complaints were ranked serious. Interestingly, the GI complaints were not linked to carbohydrate intake.
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.
Carbs in the News, continued from page 8

intake or to gut damage. In fact, a higher carbohydrate intake potentially reduced the risk of gut injury. (More research is needed to confirm this.) Unfortunately, runners cannot avoid all factors (such as jostling, dehydration, and nerves) that can trigger intestinal problems.

- **We know that consuming carb during extended exercise enhances performance, but does it matter if endurance athletes consume a slow-digesting or a fast-digesting carbohydrate prior to extended exercise?**

   Likely not, but this can depend on how long you are exercising, and how often you want to consume carbohydrate. Well-trained runners consumed 200 calories of carbohydrate in UCAN (slow-digesting) vs. Cytocarb (fast-digesting) prior to a 3-hour moderate run during which they consumed just water. At the end of the run, they did an intense sprint to fatigue. The sprint times were similar, regardless of the type of pre-run fuel.

   That said, the slow digesting carb provided a more stable and consistent fuel source that maintained blood glucose concentration during the long run. Hence, endurance athletes want to experiment with a variety of beverages to determine which ones settle best and help them feel good during extended exercise. A slow-digesting carb can help maintain stable blood glucose levels without consuming fuel during the run. Fast-digesting carbs need carbohydrate supplementation throughout the exercise to maintain normal blood glucose.

   **Concluding comments:** These studies indicate carbohydrates can help athletes perform well. To be sure your muscles are fully fueled, include some starchy food (wholesome cereal, grain, bread, etc.) as the foundation of each meal. Consuming carbs from just fruit or veggies will likely leave you with inadequately replenished muscle glycogen. Think twice before choosing a chicken Caesar salad for your recovery meal.

© Nancy Clark, MS RD CSSD, July 2019. Nancy Clark, MS, RD counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her newly updated Sports Nutrition Guidebook is now available in a new sixth edition. For more information, visit www.NancyClarkRD.com. For her popular online workshop, visit NutritionSportsExerciseCEUs.com.

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**RIDE THE RIM OF CRATER LAKE - SEPT 14**

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 14 and 21, 2019. 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 14. 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 Robert Lundblad will be camping at the south end of Diamond Lake Thursday, Friday and Saturday nights and leaving from the North Entrance at 8:30 am. He will be wearing an SBC jersey and have a clipboard for signups. Members choosing to start at South start should contact the ride coordinator to make other arrangements to sign up.

Visit http://ridetherimoregon.com for information about the Crater Lake Rim Ride, accommodations in the area, and other park activities. 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 roblundblad@netscape.net or 503-508-6181 if you plan on “Riding the Rim” or with any questions or suggestions.
Beginner? Pro? Tourist? Racer?

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SBC CALENDAR

Board Meeting
Tuesday, August 13, 6:30 p.m.
Boys and Girls Club, 1395 Summer St NE
Contact: Jim Ross

Rides Committee Meeting
Friday, August 9, 7:00 p.m.
7883 Jani Ct NE
Keizer, OR 97303
Contact: Joanne Heilinger

General Meeting
No General meeting in August.

Tuesday, September 24, 6:30 p.m.
Carrier Room at First United Methodist Church at State and Church St - Emily Loberg presents, “How to Lead a Bike Tour”.

OFF THE BACK

PRESIDENT'S LINK

This last month your board evaluated several issues. The budget, upcoming speakers, donations, the 50th birthday ride, and current bicycle events were explored. Even an initial scanning of possible awards for this year was started. As often is the case in board meetings, no motions were made and therefore no decisions were voted on.

An important part of our meeting was the commitment to the Peach Ride. We realize that much of the success of the recent Monster Cookie Ride was due in a great part to the splendid organization of the committee and then the fantastic support of the volunteers. We want the Peach to be promoted and experienced in a similar manner. Thanks to all of you who make these events a great way to improve our cycling community.

In September our general meeting presenter is Emily Loberg. She recently led a group our ride for Adventure Cycling in Hawaii and she will enlighten us on the mechanics of leading a group ride. For October we are currently seeking a speaker.

Normally, when bikers stop for the usual coffee break in the middle of a ride or when we meet otherwise the topic of bicyclist safety is center of conversation. How many times have we each shared a close call or some unsafe circumstance on these excursions? The League of American Bicyclists recently made the comparison that 18% of the bike and pedestrian accidents are only covered by one percent of the highway funding. And road deaths tracking shows that the United States ranks tenth in a list of industrialized nations. Our mandate for forming our club is to promote bicycling, safe bicycling. If any one of you have ideas as to how we can get safer please share them with a board member.

In advance, thank you for the Peach help.
Ride safe

Jim Ross