

THE VELO VOICE

MT. WASHINGTON VALLEY VELO BICYCLE CLUB

Spring Newsletter June 2011

MWVV Club Mission Statement: *"To promote safe cycling, unite cyclists and foster youth cycling throughout Mount Washington Valley."*

Spring Get Together A Huge Success

Over 100 cyclists attended the annual Club Spring Social gathering April 19th at Moat Mountain Smokehouse and Brewery. This annual spring event provided an opportunity for 83 continuing members to renew membership and several new members to join. Marty Basch provided entertainment with a humorous talk about bike safety. **Our thanks to Steve and Vicki Johnson, owners of the Moat, who supplied the great food at this event.**

Kid's Bike Safety Day 2011

We finally got to see what good weather would do for the Annual Kids' Bike Safety Day. The partly sunny, warm weather proved to be the winning element for the 3rd Annual Safety Day. At least 135 kids participated, an improvement of 60% over last year. Action at the helmet inspection station was brisk. We actually ran out of some sizes of the free giveaway helmets. The eight mechanics were very busy for the first two hours. The mechanics thought the kids' bikes were in better shape this year than in the past. Only two loaner bikes were put to use. The seven safety stations were well-manned by teams of volunteers organized by Safety Coordinator Sally McMurdo. The Safety Course had to be modified this year due to construction of a new water ride in the Safari Tour area. Sally McMurdo the Safety Chair was able work around the construction to create an effective, enjoyable course. Phil Swanson and members of the Kennett Mtn. Bike Team led the Adventure Rides around the parking lots for kids who had passed the Safety Course and wanted more riding. Dan and Lori Palmer along with Trish Ashworth held down the refreshment stand, where 240 hotdogs were consumed! According to Denise Sachse, Volunteer Coordinator, **63 people volunteered to help** out in some capacity to make the Kids' Safety Day an overwhelming success. Our thanks to all who made this day such a success and helped make biking safer for the kids in the valley.



Left: Roland Dubois gives a safety talk to several kids

Joan Palubniak and Eric Corbett hand out free helmets

Club Rides Start Spinning

Marianne Borowski's Thursday Rides: Finally, after a couple of bad-weather cancellations early in the season, the Thursday Ride series got off to a fine start on May 12th. Marianne gathered 40 yellow-clad enthusiasts at the Maine Information Center to ride one of two fine loops – a 20 miler or 30 miler - on the back roads of Brownfield and Denmark, Maine. Marianne had promised a sunny, mild day. Mild it was, but the sun did not penetrate the cloud cover until the ride was over. No matter. All riders had a fine time. Traffic was light and the black flies kept to themselves. It was a great start for Marianne's Thursday outings.

Steve Swenson's Annual Ride: Despite threatening weather on Saturday May 14th, 20 or so club members toured through East Conway, North Fryeburg, and Stow, Maine to sample the baked goods and coffee at the renovated Stow Store. On the return leg, we rode Green Hill Road back to East Conway. For the riders who started at Cranmore, it was a 44 mile outing. Several riders started at Webster's Store and rode a 24 mile route. A few drops of rain wet the road in Stow but the real rain held off until Sunday. Club members interested in hosting rides, met at the Moat on Saturday afternoon, after the ride, to sign up for leading the season's Saturday Rides. Twenty-two leaders signed up to do Saturday Rides. To check out the ride schedule, go to the website www.mwvveloclub.org and see the great new calendar Roland Dubois has set up this season.

27th Crank the Kanc Time Trial

This favorite event was held (Saturday May 21st with proceeds going to benefit the Kennett Mtn Bike Team and the WMVelo Club's Youth Cycling Development Fund. Registration for the 27th Annual Crank the Kanc, handled by BikeReg, filled up in less than 30 minutes. Fifteen Club members along with some of the Kennett Mt. Bike Team helped run the event. This season registrations saw an increase to 16 three-person teams with 207 solo riders.

“Crank the Crawford” the 2nd hill climb time trial will also be held again this year on Sept 12 entries are open!



Becky Oleson helps pull exhausted team member Phil Swanson through the Crank the Kanc finish line.



Steve Swenson wins the “Older then Dirt” Crank the Kanc Category. This category was named by Steve himself!

Youth Hillclimb Riders Wanted!!

The Club is looking for youth applicants for the Mt. Washington Hill climb Scholarship Program sponsored by Regency Hotel. Application forms are available from the club or at local bike shops. Applicants should be younger than 21 years, demonstrate road riding talent, a strong desire to do the Hill climb, financial need, and a desire to do some community service. If you know of any young riders who might be a serious applicant, please contact us.

The 2011 White Mountain Summer MTB Race Series

This season the Summer Mt. Bike Race series will again be held at various sites around the valley. Entry Fees have been reduced and race results will be on a new web site. Series sponsors are being sought for \$100. All sponsors will have their banners displayed at races, their names placed in all our monthly ads, in a “Thank You” ad at the end of the season, their businesses listed on race series posters spread throughout the valley. Sponsors will also be listed and linked on a new web site for the race series (www.summerraceseries.com). This is a fun way to enjoy some racing at your own level. If you don't race, come watch and maybe you'll get the bug!

Sponsors also get one free entry at each of the 4 events. Contact Phil Ostroski at philanno@roadrunner.com or Tony Tulip at tulip5nh@hotmail.com

White Mountain 2011 Summer MTB race series dates and locations

- June 17:** Thorne Point at Attitash
- July 15:** Great Glen Trails
- August 19:** Cranmore Mountain
- September 18:** Bear Notch Ski Touring

Mt. Washington Valley Cycling Event calendar

Kids' Bike Safety Day at Storyland May 8

Steve Swenson Annual Ride May 15

Crank the Kanc May 22

Community Family Bike Day May TBD.

Peter Minnich Annual Birthday Ride June 4

Summer Mountain Bike Series at Great Glen Trails Thursday evenings May thru Aug

White Mt. Summer Race Series June 17 July 15 Aug 19 Sept 18

Newton's Revenge July 9

Tin Mountain Mount Washington Century Ride July 16

24 Hours of Great Glen Aug. 13/14

Mount Washington Auto Road Bicycle Hillclimb Aug. 20

MWV Bicycle Club Half Century and Pot Luck Aug 27th

Crank The Crawford Sept 10th

BYOB3 Rides and BBQ at Glen Ellis Campground Sept 24th ride, eat, enjoy, bring family and friends

North Conway Public Library's Bike for Books Oct. 8

'Cross in the Glen Oct. TBD

Porky Gulch Nov TBD

Club Half Century & Pot Luck Dinner and Autumn BYOB3 Picnic Switched!

Due to logistics, this year we've shuffled the Club "Half Century & Pot Luck Dinner" and the annual "BYOB3 Ride/BBQ". The BYOB3 and Barbecue will again return to Glen Ellis Campground but it will be held September 24th instead of its usual August venue. While the Half Century and Pot Luck Dinner will be held August 22nd instead of Sept. Details on these events will follow on the website

Club donates 5 bikes to Angles and Elves 2010 Christmas event.

This past Christmas our club donated 5 new bikes; several helmets and many other bicycle related accessories to the Kiwanis Angels and Elves program. These bikes helped make Christmas special for some local children in need. And a **special "Thank You" to those club members** who made a special donation to our club Angels and Elves fund for these Christmas Bikes and to our two sponsors who helped us with the getting and setting up the bikes at their expense.

Its Easy to be a Member and Stay a Member!

Membership is only \$20 for an individual single, \$35 for a family and is free for members 18 and under. Remember, your dues keep the club cranking. You get to attend have 3 free social events, Weekly rides and much more, plus you get access to the club web site/e-mail and can contact other members to find riders of your own level. Get your cycling friends to join, too! ***Please note: everyone's dues are due on April 1st of the year, to help make membership work less complicated.*** Please pay your dues for this year as usual. Contact Ralph Fiore for membership information: mwvvelo@roadrunner.com or visit www.mwvveloclub.org

This season we will be dropping those who haven't paid their dues for quite a while, so please send in your dues to stay a member

2011 Mount Washington Valley Velo Club Sponsors

Please support those businesses who support our club and who help support cycling in the valley!

Tin Mountain Conservation Center

Adventure Suites "the theme hotel"
Bob and Terrys Sports Outlet
Cooper, Cargill, Chant
Craig Harrison: Creative Guy
Downeast Bicycle Supply
Eastern Mountain Sports
Great Glen Trails Mt. Washington Auto Rd.
Matty B's Mountainside Café
Moat Mountain Smokehouse and Brewing Co.
Mt. Center Physical Therapy with 3 locations
Mt Washington Valley Sports Massage
Pearl Izumi Outlet Store
Purity Springs Resort and Restaurant
Red Parka Pub
Red Jersey Cyclery
The Alpine Clinic
Trails End Ice Cream Shoppes Intervale and Bartlett

MWVV Club contacts: Sponsorship Dick Pollock richardcpollock@yahoo.com . Membership Ralph Fiore MWVVelo_membership@roadrunner.com Volunteering Denise Saches denisesachse@roadrunner.com

This is one of three newsletters planned for the 2010 season. Please submit newsletter items to Peter Minnich peterminnich@yahoo.com

Keep an eye on your e-mail inbox for more information on upcoming events and dates as the season moves along at www.mwvveloclub.org.