

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

Fall gathering's a HOOT

Nearly 100 Mount Washington Valley Velo Club members and guests — some in costume — attended the annual fall gathering held October 27 at the Red Parka Pub in Glen. With much appreciated appetizers prepared by the Red Parka Pub, those in attendance enjoyed the festive gathering complete with members donning bicycle related costumes from old-school gear worn by members Steve and Sally Swenson to the cowboy and biker babe get-ups of Dave and Connie Kinsman. The fun and frivolity were pieced together by event director Dick Pollock, with support from volunteer members Becky Oleson and Marty Basch who kept the lively affair flowing from the Parka's legendary stage. Prizes were awarded for various types of costumes and ranged from tune-ups from The Bike Shop to donations from Cooper Cargill Chant. Club members also enjoyed a video presentation produced by the 5-person co-ed Kennett High School mountain bike team the club sponsored by the club in the 24 Hours of Great Glen held at Great Glen Trails in August. The team comprised of students from North Conway and Intervale. Henry Gotjen, Ryle Ross, Mitchell Yahna, Ben Emery and Christina Mallett completed 22 laps and finished first in their division. The 50/50 raffle had a pot of \$129 with winner Steve Swenson donating his bounty to the Mount Washington Valley Bike Path; effort while the other half went to the club's Youth Development Fund to foster bicycling for children and teen-agers.

Never far from his camera, Dick Pollock prowled the Parka like a fat cat and captured the partying pedal people in costume. The cycling Swensons, Steve and Sally, wore some vintage cycling gear while Sally McMurdo and Peter Minnich donned creative accoutrements including Sally's glasses and Peter's “wish they'd were”-hidden tattoos. Biker babe Connie Kinsman wore colorful apparel while husband Dave let loose his inner cowboy. Becky Oleson sported a retro motif including go-go boots while Phil Swanson was dashing in a mullet. Photos courtesy of www.moatphoto.com.

Mug shots of the “gruesome crewsome”





Volunteers recognized

At the fall gathering, three individual volunteers received recognition for their tireless efforts. A huge trophy comprised of bicycle parts was awarded to ‘Volunteer of the Year’ John Routhier who volunteered for every club event this year, while ride coordinators Marianne Borowski and Tom Matchak were also honored. Marianne was given a stuffed monkey donned with a mini-Velo Club jersey and Tom received a classic cycling book "Need for the Bike". This year the number of club members volunteering for both club and valley cycling related events exceeded all expectations. ALL VOLUNTEERS THANK YOU, YOU MAKE THIS CLUB WHAT IT IS!!

Rain doesn't dampen BYOB3

Summer's pesky rain didn't soak through the spirits of the approximately 75 members and guests who turned out for the August 29 BYOB3 barbecue at Glen Ellis Campground in Glen. The weekend of riding and frivolity was planned for August 22 with an August 23 rain date at Echo Lake State Park. But annoying rain forced social director and photographer Dick Pollock to both postpone and relocate the barbecue to the handsome campground. The barbecue became a weekend affair with, you guessed it, a day of rain. However, the campground—located behind Patches Market off Route 302—contained a delightful and roomy pavilion, which provided shelter from the rain and chill. A handsome fireplace proved cozy and warm. Several picnic tables saved members from having to bring chairs as in past barbecues.

The grill, manned by Walt “Smokey” Jaronski, was sizzling while members munched on side dishes they had prepared from healthy salads to decadent desserts. Of course, Moat Mountain Smokehouse and Brewing Company provided a generous supply of adult beverages. On Sunday, the fog burned off and the sun finally smiled as members and guests went forth on rides ranging from 20-something miles to a century, prepared by Peter Minnich and Marianne Borowski. The 20-plus One Banana Ride went along Passaconaway Road and the Kanc, while a more challenging Two Banana Ride of 40 miles featured Bear Notch. Three Banana cyclists chose from a 95-mile three notch spin (Kanc, Franconia, Crawford) and a four notch 110-mile odyssey (Kanc, Kinsman, Franconia, Crawford).

Year in review

Club board member Glenn Ashworth updated the fall gathering with a year in review. The club had a banner year for community involvement, starting with the Kids Bike Day in May at Storyland in Glen which attracted some 120 children and was held together by 40 volunteers who checked bikes, manned stations and spread good cheer. The club will be holding another Kids Bike Day for 2010 at Storyland. Becky Oleson will head up the event with help from our club members and the community. Volunteers and sponsors are always needed!!!! The club donated three bicycles and three helmets to the Angels and Elves program, and sponsored the Crank the Kanc time trial in May, which was spearheaded by Phil Ostroski. This event again raised the money to keep the KHS mountain bike team going as well as raising \$\$ for the club's Youth Development Cycling Fund. \$200 was also raised for the Fund during the second Valley Bike Swap held in conjunction with the North Conway Public Library and the White Mountain chapter of NEMBA at Moat Mountain Smokehouse. A team of 5 Kennet mt. Bikers was sponsored in the 24hr of Great Glen race and as well as several adult members. Some of our valley's best young mt. Bikers had some of their expenses for their competitions subsidized by the YDCF. In an effort to join the increased promotion of bicycling in the valley, the club joined the Mount Washington Valley Chamber of Commerce and was a featured non-profit during the social gathering at the J Town Café at the Chamber After Hours in September. The club is also contributing to the Chambers Cycling committee, headed up by The Red Parka's Terry O'Brien, in an effort to make the valley a more bike friendly place. The club also made donations to the Valley Bike Path, Kearsarge Road lane upgrades and Bike for Books. Memberships, water bottles and club jerseys were donated to the Red Jersey's Summer Mountain Bike Series and other cycling events around the valley. Club volunteers were out at various events providing behind-the-scenes help at Crank the Kanc, Summer Mountain Bike Series, the bike swap, Newton's Revenge, the Mount Washington Hillclimb, the Mount Washington Century, Bike for Books and the Maine Bike Rally.

The board and those who help make it possible

The club is powered by volunteers. The present board of directors is comprised of: Glenn Ashworth membership and sponsorship, Marianne Borowski, ride coordinator, Roland Dubois web site and IT, Sally McMurdo Safety, Phil Ostroski, finance, Dick Pollock social events, John Routhier volunteer coordinator for events. This year many club members have helped out with events. Our thanks for their dedication and enthusiasm. Next season, several members have volunteered to help by volunteering to take over some of the tasks that help keep the club running. John Routhier will handle volunteer coordination, Ralph Fiore will be our membership coordinator, Dick Pollock will take over Sponsorship, Becky Oleson will head up the Kids Day event, Phil Swanson will take up the 24 hr event race coordination, Trish and Glenn Ashworth will work with Marianne Borowski on our Club rides, and the social events will be run by several members who will be assisted again by Dick Pollock.

Odds and ends

The club has nearly 175 members (30 people joined at the spring gathering at Moat). Seventeen businesses came through as sponsors.(see the list attached and please think of them when you do business in the valley) Club rides — Thursday rides with Marianne, weekend rides and monthly rides — drew members and also attracted many non-members who decided to join the club because of those rides.

The club's 501C3 non-profit status has been formalized (thanks to Becky Oleson of Cooper Cargill Chant), the web site keeps getting lots of hits thanks to Roland Dubois and Creative Guy Craig Harrison designed the club jerseys (41 more were sold this year).

Holiday gifts available

There are a few club jerseys still available for purchase. With the upcoming holidays, there is the perfect gift for the cyclist in your house. The styling jerseys cost \$45 each. Interested? Call Glenn Ashworth at 356-2238.

A Tin Mountain Conservation “Thank You”

A study this summer by the National Conference on Citizenship that focused on volunteerism in the face of recession noted the downturn as a civic depression. The article reports “70 percent of Americans have cut back the time they spend volunteering and performing other civic activities as in the past.”

In light of recent reports, Tin Mountain Conservation Center, a long-standing club sponsor, considers itself lucky and celebrates its long-term relationship with the Mount Washington Valley Velo Club. Much of what Tin Mountain accomplishes is done so through the support of our volunteers. This year alone, members of the Velo Club helped with the planning and also staffed the Mt. Washington Century Ride-Bretton Woods Aid Station, churning out PB&Js for over 150 cyclists. Several avid Velo members also hit the Hillclimb in August, catching racers, supplying water, parking, serving food and wrapping racers in warm fuzzy blankets. And in October at the Fryeburg Fair, Velo members educated participants on nocturnal & diurnal animals at Tin Mountain’s Fair display, not an easy task with over 160,000 passersby.

“The MWVelo club always has stepped up to the volunteer plate when Tin Mountain has asked, and that has made the difference. Their support is unwavering and invaluable” **says Executive Director, Michael Cline.** **“We have forged a relationship that we hope lasts a lifetime. Thank you, MWVelo members!”**

Renew, join anew or maybe give someone a membership for the holidays.

MWVV Membership is \$20 for a single, \$35 for a family and free for members 18 and under. Remember, your dues keep the club cranking. We want more, younger riders involved. So, talk it up among your kids and their friends to sign on for free. 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! Visit the club web site for more information: www.mwvveloclub.org

MWVVELO BICYCLE CLUB 2009 SPONSORS PLEASE CONTINUE TO SUPPORT THESE FOLKS WHO SUPPORT CYCLING IN OUR VALLEY

Tin Mountain Conservation Center

Alpine Clinic and NH Knee Center Trails End Ice Cream Shoppes

Cooper, Cargill, Chant PA Craig Harrison | Creative Guy

Adventure Suites a theme hotel Debony Healthy Hair Salon Great Glen Trails

Matty B's Mountainside Cafe Moat Mountain Smoke House Pearl Izumi

Mt Center Physical Therapy & Rehab Profile Suburu The Bike Shop

Red Jersey Cyclery The Red Parka Pub The White Mountain Cafe

This is the third and final newsletter planned for the 2009 season. Keep an eye on your e-mail inbox for more information on upcoming events and dates for 2010. Submit newsletter items to Marty Basch at rodeman@aol.com

