

THE VELO VOICE

MT. WASHINGTON VALLEY VELO BICYCLE CLUB *Spring Newsletter April 2009*

MWVV Club Mission Statement:

"To promote safe cycling, unite cyclists and foster youth cycling throughout Mount Washington Valley"

Renew or Join Anew Members who renew or those who join at the April 16th Spring Moat meeting will be eligible for raffle prizes that night. MWVV Membership is \$20 for a single, \$35 for a family and **free for members 18 and under**. Enjoy the 3 free club social events, club rides and lots more. Remember, your dues keep the club cranking. We want more, younger riders involved in the Club this year. 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! Contact Glenn, for membership information: mwvvelo@roadrunner.com or visit www.mwvvelo.org.

Please check your address label to tell you when your dues are due...

Spring's loaded with bicycle related Buds in Bloom

The early birds have already been out riding, but many are still waiting for the mud in the driveways to turn back to dirt. The sand will be cleared from the shoulders and mountain bike trails will soon be ready for rolling.

There is a lot going on in the valley cycling community. Though bicycles were put away, area cyclists and club members were busy spinning about planning and hatching more ideas to improve bicycling in the valley:

*Mount Washington Valley Bike Path. There's a renewed interest in a multi-use trail between Madison and Bartlett with an initial focus on connecting North Conway and Conway. Volunteers are always needed for this and much work is needed to help piece together a jigsaw puzzle of landowners along the proposed routes. Learn more at www.mwvbikepath.org.

*Mount Washington Valley Chamber of Commerce. Much as skiing and snowboarding is packaged and marketed in the valley, the chamber is now going after road riders and mountain bikers. Think cycle and stay packages, goodie bags for cyclists, established routes, etc. There was an inaugural March meeting where the minds met to exchange ideas. In essence, the chamber is looking to be a one stop clearing house of information for visiting cyclists and to promote the valley as New England's prime cycling destination. The Club could see its events and rides listed at the chamber web site, which will have a cycling, section. The Chamber Web is www.mtmountwashingvalley.com. The chamber has also extended a limited complimentary membership to the Club. The club will lend a hand to the chamber in it's attempt to promote cycling, it can only help us!!

*Mountain Division Trail in Maine. The dream is a rail with trail from Fryeburg to Portland. The reality is that the Maine Department of Transportation has funded \$1.4 million for 4.1 miles of the trail in Fryeburg with construction planned to begin this summer. The trail would start at the Visitor Center and end at Route 113 at the Airport Road. Congratulations to club member, Dave Kinsman who is one of the prime movers for this trail.

Free Childrens Bike Safety Day is rearing to go

The first Mount Washington Valley Velo bicycle Club "Kid's Bike Day" is slated for Saturday, May 2 at Storyland in Glen from 10 a.m. to 3 p.m. The event is free to all who attend. Club volunteers and valley businesses have been stepping up to both **help** at the event and also to be **sponsors, but we still could use more of both**. Safety and fun will be stressed at the event, which has a May 3 rain date. Working behind the scenes is an across-the-board representation of the valley including area police, bike shops, the Kiwanis Club and others. Plans call for give-away bags with items like bike safety fliers, stickers, ice cream coupons, reflectors, water bottled and more. Bicycle helmets for children will also be given away to those we need them.

Club volunteers will be on hand to do helmet and bicycle safety checks. There will also be bike safety talks given by area police. Following these three checks, the children will ride through several safety courses in Storyland

and be given refreshments. The club could use any loaner or donated children's bikes for the event as well as for the Bike Swap to be held in June. (Date to be set)

Club joins League of American Bicyclists

The Velo Club is now a member of the League of American Bicyclists. (LAB) Joining the League has allowed the Club to get insurance for our events such as our "Kid's Bike Day". Sally McMurdo is the Velo Club LAB representative and has a Bike Safety certification from LAB. The organization, which has a membership of some 300,000 affiliated cyclists, is focused on "promoting bicycling for fun, fitness, transportation and work through advocacy and education for a bicycle-friendly America." According to the League's web site, the League was founded as the League of American Wheelmen in 1880. Bicyclists, known then as "wheelmen", were challenged by rutted roads of gravel and dirt and faced antagonism from horsemen, wagon drivers, and pedestrians. In an effort to improve riding conditions so they might better enjoy their newly discovered sport, more than 100,000 cyclists from across the United States joined the League to advocate for paved roads. The success of the League in its first advocacy efforts ultimately led to our national highway system.

She smiles on the snow too

Many club members spent their winter on the snow skiing, teaching, playing or all of the aforementioned. One such person is Marianne Borowski. Our always-smiling Club Bike Ride Coordinator is a Jackson Ski Touring Foundation instructor. The Foundation hosted a meeting of the Eastern Ski Writers Association in January, and one attendee was so impressed with her teaching, he wrote about her in the organization's January newsletter. Tommy Hine, a ski writer who retired after 43 years with the Hartford Courant, found himself on skinny skis for the first time in his 60 years of skiing. Marianne was his instructor and this is what he wrote in an article entitled "Seduced by skinny skis". "Marianne Borowski was a saint—a fun-loving, forgiving instructor who promised to teach me 10 things in 75 minutes; "She kept her word. The rest is now up to me. I need the practice and the stamina. I never knew it could be so exhausting sliding two slivers of woods on a snow-covered flat, let alone pushing that winded body up a hill." Still, thanks to Marianne, my downhill skis now have competition. Some days, they might even be neglected. "And I can't wait to tell my cardiologist. He'll be proud." And so are we—of Marianne who along with Tom Matchek will organize our 09 club rides. There will be a ride every weekend, with one being a "Special Monthly" ride, planned and hosted by club members. All the Club rides will be set up in a standard format that Marianne will have listed for those planning rides (Beginner, intermediate, advanced). Tom and Marianne will also continue to hold their "Thursday Magical Rides."

Bike for Books says thanks to Velo Club

By Andrea Masters, Director N Conway Library and Velo Club Member

Bike for Books, a major fundraiser for the North Conway Public Library, took place again on a gorgeous Columbus Day Weekend and was a great success. The mountain bike tour went through the local woods on well marked trails during peak fall foliage and afterwards, Elvio's Pizzeria could barely keep up making fresh pizza for all 109 riders. Many thanks to the MWV Velo Club, one of our presenting sponsors, and all the riders, volunteers, and other sponsors such as The Bike Shop, Elvio's Pizzeria, and Frontside Grind, who helped make this fundraiser for the North Conway Library so much fun and so successful.

A big thank-you also goes to all the businesses, restaurants, and ski areas that gave prizes for our free raffle and gave us food and drinks for the tour and the huge lunch, and all the properties that allowed access to their land for the bike tour. We couldn't have done it without all of you! Mark your calendars for this year's Bike for Books Mountain Bike Tour of the Valley: Sat., Oct. 10 on Columbus Day Weekend.

Spring Calendar (and a bit more)

With the advent of the bicycling season, there are many events planned in the valley this spring and beyond. Some dates are TBD, but will be in future newsletters, on the club's "being-redesigned" web site at

www.mwvvelo.org and be listed in club e-mail blasts. Don't miss club member Al Hospers great web site <http://www.nebikes.com> for the best information about what's happening regarding cycling in New England.

April 16 The MWVVELO Bicycle Club Annual Spring get together and club meeting will be held at the Moat Mt. Smokehouse and Brewery on Thursday evening. The Moat will once again supply us with some of their great appetizers, as we get to greet our biking friends and discuss the upcoming club plans for the '09 season. Detailed Information on all club events will be available at this gathering. Meet for socializing at 5:30 p.m. Bring a cycling friend or two and remember, **if you renew your membership or join the club at the Moat, you'll be eligible for some great prizes including Red Jersey Cyclery Tune Ups!!**

May 2 (May 3 is rain date) The First Annual **MWVVELO BIKE CLUB "KID'S BIKE DAY"** to be held at Story Land on Saturday from 10 a.m. to 2 p.m. Volunteers and Sponsors needed and welcome!!

May 16 The club will once again be the main sponsor for the **Kranc the Kanc time trial. Ride or help!!**

June TBD The second annual **Valley Bike and Recreational Equipment Swap**. The fund raiser for the club and North Conway Library and the club is still being planned so clean out your garage, get your old bikes and recreational equipment you haven't use in years and donate them to the club so we can "recycle" them back into use here in the community. Any proceeds go into our "Youth Cycling Fund".

Looking ahead

June 7 National Trails Day

July 11 Newton's Revenge

July 10 to 12 Bicycle Coalition of Maine Bicycle Rally in Fryeburg

Aug. 1 Tin Mountain Century

Aug. 8th & 9th 24 hrs of Great Glen Mt. Bike Race

Aug. 15 Mount Washington Auto Road Bicycle Hillclimb (sold out)

Aug. 22 (Aug. 23 is rain date) MWVVELO Bicycle Club Free BYOB3 Ride and BBQ

Oct. 10 Bike for Books N. Conway Library

NEMBA White Mountain Chapter

May 17 Pump Track Build Day at Pudding Pond

Aug. 1 and 2 White Mtn. MTB Weekend at Echo Lake

Red Jersey Mountain Bike Summer Race Series:

June 18 Whitaker Woods

July 16 Thorne Pond

Aug. 20 Cranmore

Sept. 11 to 13 Fat Tire Festival at Bear Notch XC

BUMPS rule Mount Washington

Newton's Revenge and the Mount Washington Auto Road Bicycle Hillclimb are two of nine events in the Bike Up the Mountain Point Series, familiarly known as BUMPS. The series begins with a race up Whiteface Mountain in the Adirondacks on June 20 and concludes on October 10, with the two races up Mt. Washington and five other hillclimbs at various locations throughout the summer. At the conclusion, the King and Queen of the Mountains prizes are awarded to the man and woman accumulating the greatest number of points in five of the nine races. In view of the "hors categorie" (beyond category) steepness of the Mt. Washington Auto Road, points earned in Newton's Revenge, which benefits the observatory, and the Hillclimb, **which benefits our sponsor Tin Mountain Conservation Center**, are doubled. For information see www.hillclimbseries.com.

The 24 hrs of Great Glen. The club will again sponsor or help sponsor a team(s) in this great event. Please notify us by May 15th if you are interested. mwvvelo@roadrunner.com Information regarding the event can be found at <http://www.24hoursofgreatglen.com/> Note: **There is also a 12hr category this year!!!**

Bear Notch Time Trials. Anyone who is interested in setting up weekly time trials up Bear Notch Road should contact Matty Braun at 3870044 matty@matty-bs.com Matty Bs Mountainside Café.

MWVVELO BICYCLE CLUB SPONSORS

“PLEASE SUPPORT THESE BUSINESSES AS THEY SUPPORT OUR CLUB!!”

- **Tin Mountain Conservation Center**
- **Alpine Clinic and NH Knee Center**
- **Badger Realty-Kevin Killourie**
- **Cooper, Cargill, Chant PA**
- **Craig Harrison | Creative Guy**
- **Cranmore Family Fitness Center**
- **Debony Healthy Hair Salon**
- **Great Glen Trails**
- **Matty B's Mountainside Cafe**
- **Moat Mountain Smoke House**
- **Mt Center Physical Therapy & Rehab**
- **Pearl Izumi**
- **Profile Suburu**
- **Purity Springs Resort**
- **Red Jersey Cyclery**
- **The Bike Shop**
- **The Red Parka Pub**
- **The White Mountain Cafe**

MWVV Club contacts: Club Rides Marianne Borowski. Club Social Events Dick Pollock, Club Web Site Roland Dubois, Club financial “Guru” Phil Ostroski PO Box 6 Intervale, NH 03845, Membership and Sponsors Glenn Ashworth 356-4438 This is #1 of three newsletters planned for the 2009 season. Submit newsletter items to Marty Basch at rodeman@aol.com.

