

# The Velo Voice

## MT. WASHINGTON VALLEY VELO BICYCLE CLUB

Summer Newsletter August 2009

### MWVelo Bicycle Club Mission Statement:

“To promote safe cycling, unite cyclists and foster youth cycling throughout Mount Washington Valley.”

### First “Kids Bike Day” a Huge Success!!



Nearly 120 children attended the first Kids Bike Day put on by the Velo Club at Story Land in Glen on May 2. If you take into account the parents and other family members who joined the children, more than 200 people took part in the day that included bicycle inspections, safety stations and a free lunch. Without the help of all the volunteers, the event could not have happened.

" I want to thank you all for your help in setting up the course, running the stations, and cleaning up. It was great to have such a conscientious crew. I hope you sign up to help next year-we sure can use you," wrote Sally McMurdo, the event safety coordinator in an email to all the volunteers. Area businesses, the Kiwanis Club, Kennett High School Key Club, Bartlett police, Bartlett Rescue and others helped with the event with either donations or personnel. The day was geared to children aged 6 to 12. Many younger children came too. There was a good representation from valley elementary schools. The club had planned for about 100 people to show up and was extremely pleased with the way things worked out. Plans are under way for next year's Kids Bike Day and a committee will research what changes can be made to improve the event. They will also discuss options for riders who want to stay around with their bicycles after completing the safety stations.

The day also received positive feedback in the local press, including a couple of letters to the editor in The Conway Daily Sun from thankful mothers who praised the event.

### Crank the Kanc Yields New Record and Boosts Club Youth Fund

Some 200 cyclists competed in the 25th Crank the Kanc Time Trial May 18 which saw a new record set by Timothy Tapply of Natick, Mass. on the 21-mile long course. The time trial was a benefit for both the Club's Youth Development Cycling Fund and the Kennett High School mountain bike team. Tapply completed the course in 1:02:18.30. The old record, established in 2008, was 1:05:00. Many club members turned out to tackle the 2,390 foot elevation gain in the popular event which had a full field some 18 hours after registration opened. Included in the top 5 finishers was Intervale's Pete Ostroski riding for the Red Jersey Cyclery. He finished fourth. Eaton's Heather McKendry, riding for the Mount Washington Valley Velo Club, was the third female finisher. Glen's Erik Corbett, a club member, completed the course using a handcycle, while the lone mountain bike entrant was Conway's Rich Laracy.

Thanks to our great Race director Phil Ostroski.

## **Club Sponsors “ 24HRS OF GREAT GLEN” Mt. Bike Riders**

This year the club has sponsored a co-ed team of 5 riders from Kennett High school. Ben Emery will captain a team named “Slow and Steady gets Eaten by the Bear” made up of 5 Kennett Mt. Bike members who will compete in the 24HRS of Great Glen race August 8th and 9<sup>th</sup>. The club has also helped fund a 4 member adult team led by Phil Swanson and Becky Oleson and two other club members, as well as two other members riding solo. Volunteers are always needed for this event Contact Mary Power at 4662333 at Great Glen and the Mt. Washington Auto Road.

## **Bike Coalition of Maine Thanks Maine Bike Rally Club Member Volunteers**

“A big thank you to members of the Mt. Washington Valley Velo Bicycle Club who were instrumental in pulling off a wildly successful 2009 Maine Bike Rally in Fryeburg on July 10-12. On behalf of the Bicycle Coalition of Maine, the Casco Bay Bicycle Club and the Merrymeeting Wheelers Bicycle Club, I want to extend our thanks to those of you on the steering committee, ride leaders and all who joined in the rides. Nearly 300 bicyclists came to Fryeburg to enjoy the beautiful scenery and bicycling in the Mt. Washington Valley. The Bicycle Coalition of Maine was proud to be a part of this event and we thank you for sharing your corner of the world with us.” Said Allison Vogt, Executive Director Bicycle Coalition of Maine  
The Coalition also sent a check to the club for \$250 to thank us for all our help. Check out [www.BikeMaine.org](http://www.BikeMaine.org) for pictures from the event and information on the 2010 Maine Bike Rally from July 9-11.

## **What to do when encountering dogs while riding**

What should you do? Here's some advice from the League of American Bicyclists:

REACTING TO DOGS (Tips from the League of American Bicyclists)

1. Priorities: Make sure that you do not hit the dog; you will fall and you might kill the dog; Stay in control of the bike; if you panic then you might lose control and fall; Try to not hurt yourself or the dog; you are just riding and he is just being a dog.
2. Non-aggressive approach: Continue pedaling and ride past the dog; he is protecting his territory and should stop; Remember that some dogs bark and chase for fun with no intention of attacking; The faster you and your feet are moving, the less likely you are of being bitten.
3. Aggressive approach: Yelling at the dog will usually startle the dog enough to get him to disengage; Spray water from your water bottle into his face; he'll get a drink and back off; Physical violence and pepper spray should only be used in extreme cases.

## **Fat Tire Cruisers**

Looking for some fat tire fun? Try the Tuesday Fat Tire Cruisers ride. It's not just single-track, but dirt roads, rail trails and even some pavement. Already the groups have ridden the Presidential Rail Trail, the dirt roads around Lake Chocorua and some of the those fun dirt roads in North Fryeburg.

Get more information at [fattirecruisers.blogspot.com](http://fattirecruisers.blogspot.com). The rides are led by Joan Kelley.

## **Club Safety Instructor to Give Talk**

Sally McMurdo, League of American Bicyclist trained safety instructor, will give a safety talk to summer help at Storyland's facility. Many part time employees, brought in from other countries, use bikes for their transportation to and from their jobs and homes. Storyland and the Club recognized a need to try to convey safe cycling practices such as riding on the correct side of the road, using helmets and having night-lights when traveling at night. Sally will explain these things as well as inform them of the cycling laws in our state.

## **Valley Cycling Events and Rides:**

Weekly rides listed on [www.mwvveloclub.org](http://www.mwvveloclub.org) calendar

Tin Mountain Century Aug. 1

Tour de Lovell Aug. 4

24 Hrs of Great Glen Aug 8, 9

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

BYOB3 at Echo Lake State Park from 3 p.m. to 6 p.m. Aug. 22 (Aug. 23 is rain date)

Steve Blum's Backyard BBQ Ride Sept. 12

Loon Echo Land Trust Hike n' Bike Trek Sept. 19

Bike for Books Oct. 10

Fall Club meeting Oct. 27 Red Parka Pub

## **NEMBA White Mountain Chapter**

Aug. 1 and 2 White Mtn. MTB Weekend at Echo Lake help maintain trails, bike and enjoy some fun with other Mt. Bikers. Contact Rob Adair [radair@allpointstech.com](mailto:radair@allpointstech.com) for more information.

## **Red Jersey Mountain Bike Summer Race Series:**

Aug. 20 Cranmore Mt.

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

## **Volunteers needed for BYOB3 and fall Club gathering**

Want to lend a hand at a couple of cool Club events? Volunteers are needed for the BYOB3 at Echo Lake State Park on Saturday, August 22. Though the rides are in the morning, the fun fest is from 3 p.m. to ??p.m., helpful hands are needed to set things up and tear things down.

Word is the October 27 Fall meeting at the Red Parka Pub will have a Halloween theme. So get out those lime green disco era bike shorts and the wackiest bicycle jersey you've got for a chance at winning prizes for costumes that show a bicyclist's point of view of the world. Volunteers are needed for that as well.

Contact Dick Pollack at 770-8277 or [richardpollack@yahoo.com](mailto:richardpollack@yahoo.com).

## **Renew or Join Anew**

**If you haven't yet paid your dues for this year, *please send them in.*** *Your date of renewal is on the envelope.* MWVV Membership is only \$20 for an individual, \$35 for a family and free for members 18 and under. 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, or Phil for membership information [mwvvelo@adelphia.net](mailto:mwvvelo@adelphia.net) or visit [www.mwvveloclub.org](http://www.mwvveloclub.org).

**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. Keep an eye on your e-mail inbox for more information on upcoming events and dates as the season moves along. Submit newsletter items to Marty Basch at [rodeman@aol.com](mailto:rodeman@aol.com). This is #2 of three newsletters planned for the 2009 season.

# **MT WASHINGTON VALLEY VELO BICYCLE CLUB** **2009 SPONSOR APPRECIATION MAILING!**

Each year several businesses in our valley are willing to sponsor our club. Many of these sponsors are directly related to cycling, are avid cyclists themselves or they just believe that helping cycling flourish in our valley is important. This year 17 businesses or organizations have put their support behind our club. Their support has helped us to grow and be able to strive to meet our club mission *“To promote safe cycling, unite cyclists and foster youth cycling throughout Mount Washington Valley”*

Our membership is now at an all time high of 165 members. But more importantly, we have been able to extend our ride programs, our support of important valley organizations and continue our youth cycling program. Without our sponsors, none of this would have been possible. Please take the time to look over this mailing.

When you are thinking of buying something or are wondering where to stop for some fun and a good meal or supporting valley organizations, please remember the folks who have helped us out and please support them by giving them your business!!

## **TIN MOUNTAIN Conservation Center**



Tin Mountain Conservation Center has two great fundraising events coming up: The TMCC Mt. Washington Century-Saturday, August 2<sup>nd</sup>, which is a fun and challenging century ride. This year several mileage options are available so check them out on the Tin Mt. Web site below. TMCC also holds the Mt. Washington Hillclimb on Aug 15<sup>th</sup> so come help volunteer. Go to [www.tinmtn.org](http://www.tinmtn.org) for information on all their great adult and kids nature programs and upcoming events.

## **THE BIKE SHOP**

“The Bike Shop”, located on Mtn Valley Mall Blvd ( North South road), North Conway, NH is home to the valley’s largest inventory of bicycles, with over 100 cycles on the floor ready to ride home. Come in and browse the shop for bikes, cycle clothing and accessories, or bring in your injured bike for expert repair. Our prices are always great and our service is too!! PHONE (603) 356-6089. A sponsor of Mt. Washington Valley Velo Bicycle Club.



The Alpine Clinic Dr. Daniel F. O'Neill (NH Knee Clinic), Dr. Dougald MacArthur and Dr. Andrew Chen deliver the best in 21<sup>st</sup> century holistic orthopaedic care to the North Country including arthroscopic knee and shoulder surgery, to gender specific total joint replacement to sport psychology and beyond. With five locations: Littleton, Holderness, Woodsville, and at North Conway's 1-2-1 Fitness Center, plus surgical services in Berlin, allows easy access for all of your orthopaedic, sports medicine, and sports psychology needs. Also in the works is a state-of-the-art facility in Franconia, NH. Visit these doctors on the web ([thealpineclinic.com](http://thealpineclinic.com))

### **The Red Parka STEAKHOUSE AND Pub RT 302 Glen, nh tel: 3834344**

The Red Parka's beautiful garden Patio is now open every day from 3:30 for cool drinks & great meals or snacks. There is lots of fun here in Beautiful Downtown Glen this summer - our annual Beach Party is scheduled for Wednesday June 25th with sand on the dance floor, contests, and great entertainment. In addition to our regular lineup of super bands on weekends, Thursday nights will also feature some of the best music in the North Country. For more information on upcoming events and specials, go to [www.redparkapub.com](http://www.redparkapub.com). And as the Red Jersey says, "Go Ride Your Bike!"

### ADVENTURE SUITES "A THEME HOTEL" 3569744

Created with a cup of fun, a pound of adventure, a bunch of love and a sprinkle of magic, Adventure Suites has a theme to suit everyone. Whether you prefer the psychedelic décor of the 1970's in the Love Shack, the romance furnishings of Ancient Rome, surviving a night in the Jungle, exploring the unknown in the Cave, feeling the solitude and beauty of a far away wilderness in the Log Cabin, spoiling yourself in the Victorian Spa, enjoying all the modern conveniences of the NY Penthouse or relaxing in your own movie theatre, Adventure Suites is the perfect place to escape. Each suite includes a two person Jacuzzi or larger, free movies, breakfast in our Diner make your own waffles, toasted bagels, cereal and more, free internet access and WI FI, billiards, use of our outdoor fire pit overlooking the mountains and evening "munchies" including popcorn and fresh baked cookies. Great for couples and families, birthdays, honeymoons, anniversaries, family vacations, romantic evenings, corporate retreats and kids' slumber parties. Customizable packages can be added to your room for your special occasion



The Café, located in the heart of the Northern White Mountains, in Gorham, serves a variety of hearty breakfast sandwiches, bagels, wraps, paninis, quiche, and soups, along with an enticing variety of baked goods, including muffins, scones, croissants, cookies, and cakes. Try our beverages including organic coffee, espresso, cappuccinos, lattes, many smoothies, iced coffee and frozen drinks. Drop by and say hello to Matt, Jenna. Grab breakfast or lunch to go. We hope to see you soon! They are available for private parties or other events. Give us a call at 603.466.2511 or drop us an email

[Info@WhiteMountainCafe.com](mailto:Info@WhiteMountainCafe.com)



We're proud to be an official

Washington Valley Velo Club

sponsor of the Mount

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If you're not familiar with our store, Pearl Izumi offers top of the line cycling apparel, footwear and accessories as well as a full Run line (for all the cross trainers out there). Being a factory outlet, we're able to offer this product at discounts anywhere from 25%-75% off retail. We take pride in our service and are always happy to help you find exactly the right gear - whether it's your very first pair of cycling shorts or you need just the right piece for your winter commute. And don't forget to mention your Velo club membership at checkout and receive an additional 10% off any of our discounted merchandise!! Rt 16. N.Conway (356-5183

## Profile Subaru.



At our dealership, located on Rt. 16, we provide the highest level of customer service through our knowledgeable and helpful sales, service and parts personnel. We offer a top-notch customer experience. Whether you are looking for a new vehicle, online specials, need parts or service or would like information on Subaru products and services, please call Phone: (603) 447-3845 or e-mail us at [profile@subarumail.com](mailto:profile@subarumail.com) If you would like to, just come in and visit our vehicle showroom, or take a Subaru for a test drive. We're proud to support your active lifestyle, your community, and the organizations that are important to you like the Mt. Washington Valley Velo Bicycle Club. Contact our sales, service, and parts departments



Matt Braun, is an avid cyclist, continuous sponsor of Mt. Washington Valley Velo Bicycle Club and creator of Matty B's. He has made his place unique from the others by providing a comfortable, fun atmosphere and creating a menu of both "the regular" and unique meals - all proving to be delicious. Matty B's is located directly across the street from the Attitash Ski Area, and 10 minutes north of North Conway. Matty's is the perfect spot for both family and friends. There is a full service restaurant area for sit-down meals with the family and friends. The bar offers the complete menu, and a great time. Matty B's also has an outside deck, for those great warm and sunny days. Sit down, enjoy food and drink as you watch your friends cycle by or families enjoy the summer activities offered at Attitash.



*The diverse backgrounds of the Cooper Cargill Chant attorneys allow us to deliver valuable perspective and innovative, result-oriented solutions based on a broad range of in-depth legal and life experiences. We assist our clients with their business and personal matters, resolving disputes, avoiding or minimizing legal problems while providing each one with a level of attention and experience that ensures our clients are receiving the best possible value. Our skilled attorneys provide their legal knowledge, life experience and judgment to resolve legal problems expediently, efficiently and cost-effectively. The largest and most experienced law firm in Northern New Hampshire, we are counsel to hundreds of small businesses and associations and thousands of individuals in Central and Northern New Hampshire and Western Maine. Yet, we remain small enough to know each of our clients personally. GOOD PEOPLE GREAT LAWYERS! N. Conway 3565439 Berlin 7525200*



**”OFFICIAL MECHANICS OF THE 24HRS OF GREAT GLEN AND THE MT. WASHINGTON HILLCLIMB”. The Red Jersey Cyclery has been your premiere bicycle shop in the White Mountains for many years, offering the kind of service you and your bike deserve. From recreation to racer, serving all of your cycling needs. The Cyclery will help you BYOB (build your own bike) from frame up. We have supported the Valley Velo bicycle club since its start. Club members get a 10% discount on parts purchased at our shop Contact us at [info@redjersey.com](mailto:info@redjersey.com) or phone: 356-7520**



**Outdoor Fun That’s Just Right! Ride a Bike along gentle carriage roads or challenging mountain trails. Brave the rapids or float down the river. Reach the peak or stroll through the wilderness. At Great Glen Trails in Pinkham Notch we offer adventures in all sizes and shapes. Bike, Paddle, Trail run, climb or join us for one of our premier competitive events like the 24hrs of Great Glen Mt. Bike Race, our cyclocross events, The Summer Mt. Bike series, Our Trail running race series and many of our other outdoor experiences that make your life interesting and fun! Stop by and visit us and enjoy the view at our great facility at the base of the Mt. Washington in Pinkham notch. Check us out at [www.greatglentrails.com](http://www.greatglentrails.com) or call us at 603 4662333**



## **Mountain center physical therapy and sports rehab**

MCPT, conveniently located in Conway on Main Street, is known as the premier outpatient facility in the Mount Washington Valley. Offering comprehensive services in physical therapy, wellness, and fitness. We know how important your health; career, quality of life and recreational activities are to you. Return to regular activities following an injury, surgery or illness. We work with you; your family and physician to get you back to your peak physical form. Our therapists and trainers will also instruct you on how to maximize your fitness levels and performance, whether you are training for a specific sport, or just want to be in optimal condition to perform recreational activities such as hiking, biking, golfing, and skiing. Many conditions we treat are associated with sports related injury, orthopaedic injury, work related injury, joint replacement, and neurological pathologies. All of our therapy programs are individualized to focus on a person's needs and goals. We blend traditional health care techniques with the most current evidence-based treatment, wellness and prevention strategies. [www.mtnctrpt.com](http://www.mtnctrpt.com) phone 603 4472533

## **THE MOAT MOUNTAIN SMOKEHOUSE AND BREWING CO.**

**3566381**

Located on Rt. 16, (White Mt. Hwy) the Moat has 174 Seats in its restaurant and brewpub. Upstairs there are 5 cozy Inn rooms available. Starting with mountain water, the Moat produces it's own ales and lagers to go along with it's eclectic menu of smoked barbequed foods, including beef, pulled pork, chicken, great oven fired pizzas, and many more fantastic items with specials every day. After a day on your bike or just anytime, stop by and enjoy the valley's best, freshest beer and food. The Moat has been a sponsor of the Mt. Washington Valley Velo Bicycle club since it's inception. Check us out at [www.moatmountain.com](http://www.moatmountain.com) or [info@moatmountain.com](mailto:info@moatmountain.com)

## **Debony's Healthy Hare Styling Salon Rt 16 in Jackson NH.**

"Debony salon welcomes both men and women. We encourage folks to stop by. We have a wide variety of locally produced, and organic products. FYI- We have some wonderful chemical free sunscreens that I've done a lot of field testing with.... All club members will receive a 10% discount on retail purchases." Debony and Bruce are avid cyclists, who race and support Mt. Washington Valley Velo Club each year.

## **CRAIG HARRISON: "CREATIVE GUY"**

Craig Harrison had designed all of our Velo club logos, cycling clothing, advertisements and poster designs. He is a graphic designer, illustrator, photographer, and consultant for advertising and web designs He is an outstanding cyclist and skier who has supported the Velo club from the beginning. Visit his web site at [www.harrisoncreative.com](http://www.harrisoncreative.com) call 3742745 or e-mail him at [craig@harrisoncreative.com](mailto:craig@harrisoncreative.com)

## **TRAILS END ICE CREAM SHOPPES**

Trail's End is a new sponsor for the club this year, but by no means unknown to the club members who frequently end their rides with a well earned serving of great ice cream!! Trails End has expanded this season, to include a new location next to Subway across from the scenic overlook. This gives us all the opportunity to stop at either their location in Bartlett on Rt 302 or in Intervale. Stop by and have the best ice cream the valley offers with friendly service.