

## By-Laws Changes Proposed by the HBC Board

A copy of the proposed by-laws can be viewed on HBC's website, at: <http://tinyurl.com/m8tw66h>.

These proposed changes include giving flexibility for scheduling our annual meeting (Article II, Section 5), and increasing the flexibility to the process involved in electing officers and clarifying Director reimbursement (Article III, Sections 3 and 5). In addition to some routine housekeeping, these changes are suggested as part HBC's process of applying for tax-exempt status with the IRS. Please read over these proposed revisions, and come to HBC's annual meeting to vote for, or against, these proposed changes.



### Kids Loved the Bike Rodeo

Weather was perfect for the Outdoor Fest at Spring Meadow Lake on September 28, 2013 where ten Helena Bicycle Club members donated their time to educate young cyclists as they completed the bicycle rodeo. Children were taught how to ride safely on streets, looking for cars at stop signs, riding out of driveways, looking over their left shoulder for a vehicle and properly signal when turning left and right. Dodging rock sponges was popular with all kids. More than 75 kids went through a bike rodeo. Bicycles and helmets were supplied from the Helena school district. Peggy Stringer

### Put Your Foot Down For Safety—Opinion

In his excellent Independent Record editorial, *Ride like you're an ambassador for all bicyclists*, published on September 22, 2013, HBC member Bill Schneider suggested that, among other things, we cyclists should signal our stopping at stop signs and stop lights by literally putting a foot down to the pavement.

Attendees at HBC's September meeting discussed this, and agreed that this would be an effective way to demonstrate we were complying with Helena's traffic laws. Moreover, by demonstrating our compliance with traffic regs, we might encourage an increasingly positive local culture of mutual respect between cyclists and motorists. You can read Bill's editorial at: <http://tinyurl.com/obbeshf>. /s/ Bruce Newell

HBC Great Rides!

## AVON PIE RIDE

**Length:** 56.4 miles

**Cumulative Elevation Gained & Lost:** 4,327 feet

**High Point:** 6,312 feet (MacDonald Pass)

**Low Point:** 3,920 feet (Spring Meadow Lake)

**Road Surface:** Paved

**Best Season:** Any time but winter

**Best Time:** In good weather

**Map Link:** <http://ridewithgps.com/routes/3418284>

**Cautions:** Highway 12 has fast traffic and, in places, narrow shoulders. You'll climb over Mac Pass twice, first going west then returning east — twice exerting yourself climbing and enjoying two thrilling if potentially hazardous descents. Watch for deer, elk, moose, bear, and slow elk. Heck, ripping down the Pass you need to be watching for slow bumble bees. Use good sense; enjoy this ride with a sober appreciation of your flesh's many frailties. Please don't set out on this ride with fog, ice, or snow on your route. Finally, call ahead to double check the Cafe's hours.

**Narrative:** Cars are powered by gasoline, diesel, and occasionally by electricity. Cyclists are pie powered. Nothing turns a good bike ride great like a big slice of homemade pie, a dollop of ice cream, and a cup of joe. As you know, the secret of exuberantly successful cycle touring (be you a day-tripper or a round-the-world adventurer) is designing your route to skip lightly from one opportunity for pie a la mode to another.

The Avon Family Cafe, a handy 28.2 mile jaunt west of Helena, offers the hardy cyclist the perfect excuse for a sixty-mile trans-divide jaunt. MacDonald Pass is a big bump, about a 2,400 foot climb from Spring Meadow Lake, but the return climb always feels a bit easier — perhaps because it is. The elevation gain from Elliston to the Pass is just over 1,200 feet. At this point you're traveling with the power of pie, and as everyone knows, it is pie (and pi) that makes the world go around (and round). <http://southwestmt.com/listings/7904.htm>

This is a lovely ride. Living in Helena we sometimes take for granted the nearby continental divide's beauty and majesty. This ride's a good opportunity to wake up and smell the Lupine. In the early summer, wildflowers abound on the pass. From the summit, the view of the distant Flint Creek Mountains is always a pleasure. Elliston offers a convenience store, bar, and if need be, a hotel. There's a reasonable-to-good shoulder all the way to Avon and back. It's late in the cycling season and your legs are strong. Pie's calling, can you hear it?

Alternatives: With a sturdy-tired bike, you might up the ride's length and difficulty by returning via Austin Summit or Priest Pass. Also, ride just one way, or with two groups leave cars at Spr. Mdw. Lk and at the Cafe.

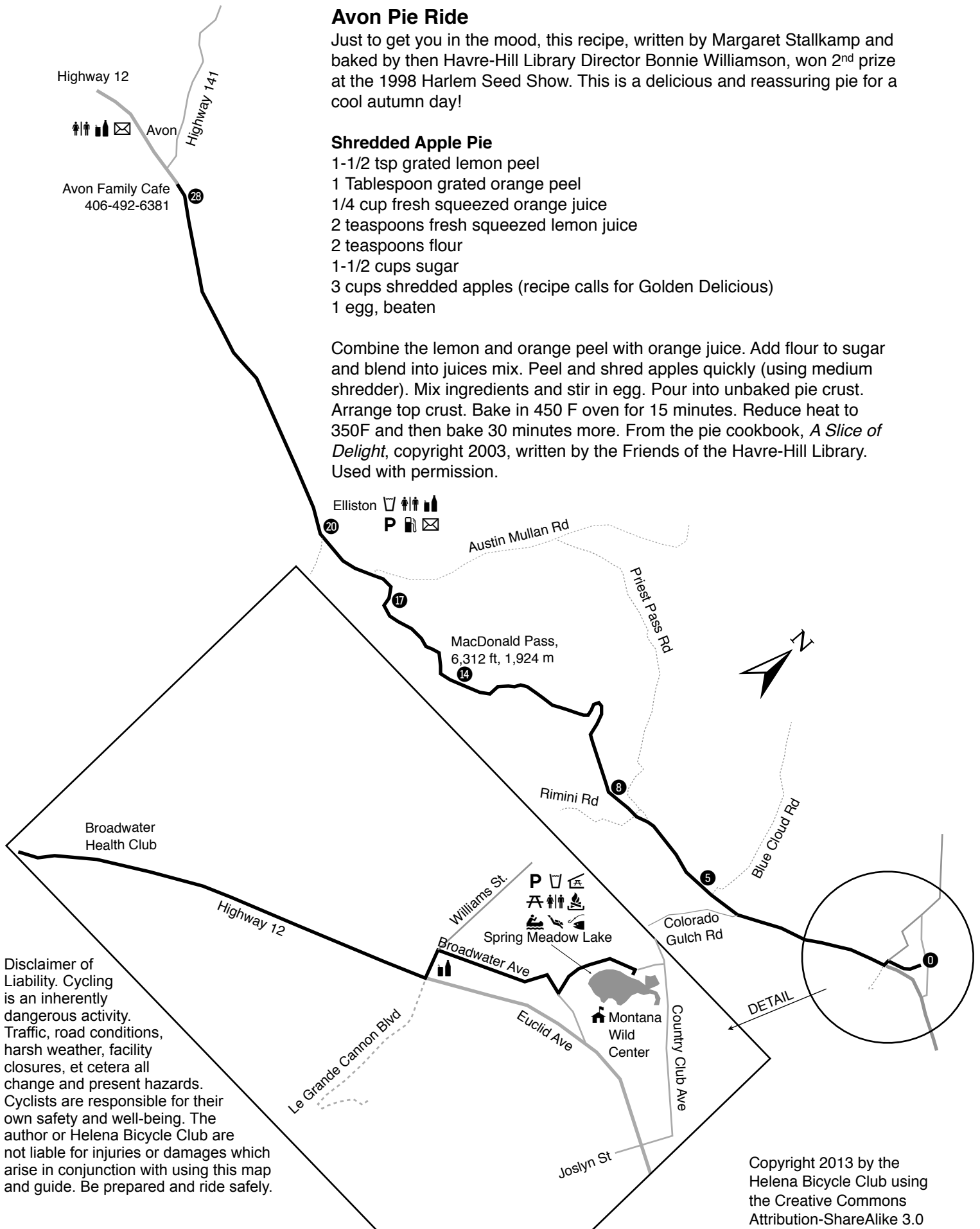
## Avon Pie Ride

Just to get you in the mood, this recipe, written by Margaret Stallkamp and baked by then Havre-Hill Library Director Bonnie Williamson, won 2<sup>nd</sup> prize at the 1998 Harlem Seed Show. This is a delicious and reassuring pie for a cool autumn day!

### Shredded Apple Pie

- 1-1/2 tsp grated lemon peel
- 1 Tablespoon grated orange peel
- 1/4 cup fresh squeezed orange juice
- 2 teaspoons fresh squeezed lemon juice
- 2 teaspoons flour
- 1-1/2 cups sugar
- 3 cups shredded apples (recipe calls for Golden Delicious)
- 1 egg, beaten

Combine the lemon and orange peel with orange juice. Add flour to sugar and blend into juices mix. Peel and shred apples quickly (using medium shredder). Mix ingredients and stir in egg. Pour into unbaked pie crust. Arrange top crust. Bake in 450 F oven for 15 minutes. Reduce heat to 350F and then bake 30 minutes more. From the pie cookbook, *A Slice of Delight*, copyright 2003, written by the Friends of the Havre-Hill Library. Used with permission.



Disclaimer of Liability. Cycling is an inherently dangerous activity. Traffic, road conditions, harsh weather, facility closures, et cetera all change and present hazards. Cyclists are responsible for their own safety and well-being. The author or Helena Bicycle Club are not liable for injuries or damages which arise in conjunction with using this map and guide. Be prepared and ride safely.

Copyright 2013 by the Helena Bicycle Club using the Creative Commons Attribution-ShareAlike 3.0 Unported License.