



In Good Taste

Off to Work; Lean, Green, and Next Week!

Written By: John Sancomb

Now that the weather is getting warmer—those 60s a couple of weeks ago got everybody's cabin fever breaking— I'm looking to get back on a bicycle and get out on the roads. I like to both road bike and mountain bike but I must admit, the cold and dreary fall, winter, and spring hasn't given me much chance to condition for biking. Working in town, I can look at biking to work to put some miles on my bike instead of the car. Things just fall into place sometimes and here too, the timing is great. I'll be able to start with the perfect event: Bike to Work Day! I dropped into Pedal

Moraine to check out some of the fun new things and ask about Bike to Work Day. The owner, Mark Ramsey, told me that his wife, Ori, was the person responsible for the West Bend Bike to Work event. Things fell into place again! Coming up on Friday, May 16th is the 58th anniversary of Bike to Work Day, and week preceding it, focuses on using alternatives to the automobile to commute to work and to travel by bicycle for daily travels in general. Nationwide, people take to the streets and bike paths and join other like-minded cyclists in an effort of conservation, exercise, and



The West Bend Train Station on the Eisenbahn Trail

such noted citizens as the Wright Brothers, Diamond Jim Brady, and John D. Rockefeller, the League is credited with getting roads paved in this country before the reign of the automobile. The League has focused their continued advocacy at the local level as well as in the national forum, with their most recent efforts being a "Conserve by Bike" amendment to be added to the energy bill, the Bike Commuter Act that would extend the transportation fringe benefit in the tax code to bicycle commuters, and has advised the National Highway Traffic Safety Administration (NHTSA) on rumble strip design and working to reduce fees charged to bring bikes on domestic flights. In 1994 the group changed their name to The League of American Bicyclists.

In West Bend, Bike to Work Day was started in 2008 by

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community. The National Bike Challenge further aims to unite 50,000 riders to pedal 30 million miles from May 1, 2014 until September 30, 2014. West Bend will be celebrating Bike to Work Day for the seventh year, with kick-off events being held at the West Bend Train Depot, located at 200 Wisconsin

Street, along the Eisenbahn Trail on Friday, May 16th from 6:00am to 8:00am. Be sure to like "Bike to Walk West Bend" on Facebook!

The first Bike to work day was organized by The League of American Wheelmen in 1956. The League was started back in

1880 to address the heavily rutted roads that made cycling, a new sport at the time, not only difficult, but dangerous as well. The League started out with 102 thousand members nationwide, with their founding meeting in Rhode Island. Through their efforts and members involvement, including

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Ori Ramsey, a Graphic Designer and bicycle commuter, to raise awareness of the safety concerns bicyclists face while traveling amongst cars on the roadways. The grass-roots event started out with just 14 people. Ori reached out to the Wisconsin Bike Federation who were early in their development but they weren't equipped to offer much assistance. In 2009, Ori gained sponsorship and the event gained momentum. Today, the event is attended by hundreds meeting for fellowship and support.

The events in West Bend include a "Fix-a-Flat" clinic presented by Pedal Moraine Cycle and Fitness at 7:00am, Bike Commuting 101 presented by Wisconsin Bike Fed at 7:20am, Commuter Raffle

with tons of great cycling and fitness prizes with the drawings at 7:50am, free technical support provided by Mountain Outfitters, and complimentary coffee provided by Dunn Brothers Coffee. The free event will help you understand what commuting by bike is all about.

Ori has handed the baton off to the Healthy People Project of Washington County for the organization and yearly operations of Bike to Work West Bend. In 2006, the YMCA and Washington County Health Department co-sponsored a public forum related to obesity, where over 100 representatives from area businesses attended. From that forum, the Healthy People Project of Washington County coalition was formed, to address

and improve the health status of Washington County residents as it relates to poor nutrition and physical inactivity. The core team is made up of ten local individuals representing the Kettle Moraine YMCA, the West Bend School District, the City of West Bend, UW-Washington County, local hospitals, and businesses. For more information on the Healthy People Project of Washington County, go to www.getmovingwashingtoncounty.org and click on the Healthy People Project logo.

To make the bike to work experience more enjoyable, you can stop into your local bike shop and check out the accessories that will get your ride ready for the task. Items such as fenders, to keep the road spray off of your back, as well as racks

and panniers for carrying your items for work, make the commute by bike not only enjoyable, but a good way to take positive steps for your health, the health of the environment, and a great way to meet other morning commuters in an enjoyable setting. With the rain and gloom these last couple weeks, I stopped into Pedal Moraine to check out what they had to combat the less than cooperative weather. Mark Ramsey, the owner of Pedal Moraine Cycle and Fitness located at 1421 south Main Street in West Bend, explained that they offer rain proof gear to keep commuters dry and warm, even in this year's messy weather. And a great benefit of participating in Bike to Work Day is that with the energy you use on your ride, you won't have to feel

guilty about the doughnut greeting you at work.

If eating doughnuts doesn't sound like a good energy snack with your new-found exercise routine, Ori offers up an energy bar to satisfy your hunger, treat your taste buds, and ease your snacking guilt.

No Bake Granola Bars

- 1 cup Rolled Oats
- 1 cup Steel Cut Oats
- 1 cup Rice Crispies
- 1/2 cup Dried Fruit (I use raisins)
- 1/2 cup Chopped Almonds
- 1/4 cup Butter
- 1/2 cup Brown Sugar
- 1/4 cup Honey
- 1/2 cup Mini Chocolate Chips
- 1/2 cup Peanut Butter

Grease a 9x13" baking dish. Mix oats, cereal, fruit, almonds and chocolate chips in a large bowl. Melt butter in a small saucepan,

then carefully whisk in sugar, honey and peanut butter until dissolved evenly. Pour the butter mixture over the oat mixture and stir together. Spread evenly into the baking dish and press down firmly with the back side of a spoon. Refrigerate for one hour, or for best results overnight. Cut into squares and enjoy!

Notes:

Store in refrigerator as they tend to get soft and crumbly if they warm up too much.

Leave out the peanut butter and press chocolate chips into the top for a "chewy" granola bar flavor.

Experiment with different nuts, peanuts are great.

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