

Put pedal to pavement in Monster Cookie ride

By **CRAIG MURPHY**
Of the Keizertimes

Mmm...cookies. You don't have to be the Cookie Monster to appreciate the Monster Cookie Metric Century Bicycle Ride, taking place Sunday, April 26.

The 39th annual event, sponsored by the Salem Bicycle Club, begins at 10 a.m. and covers a 62 mile (100 kilometer) path from the state capitol in Salem to Cham-poeg State Park and back.

Keizer's Hersch Sangster and his family started the event in April 1977 and it has grown ever since.

"We started with 12 riders that first year," Sangster said on Monday. "We're expecting about 2,000 this year."

The event derives the first part of its name from the sweet treat; the Metric Cen-

tury part comes from the race distance. The event was originally called the Salem Bicycle Club Metric Century Bike Ride.

"The first couple of years, we offered baked apple pies along the route for riders," Sangster said. "We got complaints, since the riders couldn't put the pies in their jerseys."

In 1982, that problem was solved when Nancy Lewis and others started baking monster cookies – complete with the M&Ms – and giving them to riders.

"The race became known as the Monster Cookie Ride and the name stuck," said Sangster, noting *The Oregonian* refers to the event as the third best bike ride in the state.

When the event was started, the goal wasn't to be bet-

ter than any other event. As far as Sangster is aware, this is the oldest continuous running bike ride in Oregon.

True to tradition, monster cookies will still be available at stops. Riders can also order a sandwich for \$7.50.

Pre-registration costs \$25 before April 17, or \$30 for day-of-ride registration from 8 to 10 a.m. T-shirts are also available for \$20.

More information on the ride is available at www.salem-bicycleclub.org or by calling Larry Miles at 503-580-5927 or via e-mail at cookie@salem-bicycleclub.org.

Salem Bicycle Club is also sponsoring an End Polio Ride with the Keizer Rotary on June 28. Information on that event is available at www.keizerrotary.org.



WMS Hoops funder raises \$5,000

Left: Whiteaker sixth grader Olivia Cartwright adds her name to a banner signed by all the Hoops for Hearts fundraiser participants. Below: Ryan Starkweather puts up a shot during a celebratory party at the school earlier in March.
KEIZERTIMES/Eric A. Howald

Whiteaker Middle School students made another huge donation to the American Heart Association this year. The Wolverines raised more than \$5,000 exceeding their goal for the monthlong fundraiser.

Students Mikayla Colenan and Noah Kuhl both raised more than \$200 for the effort.

"I had a grandpa who passed away from heart problems, so this is an issue that means a lot to me," Mikayla said. "We also just had (defibrillators) installed in the school so that goes to show how important this is."

Noah said family members were his biggest source of help.

"This is something I do every year because I know people who have had heart problems and I like knowing I'm helping them," Noah said.

What's the key to being a good fundraiser?

"You have to show people how much (the issue) means to you," Mikayla said.

Student Nathan Young was the school's top fund-raiser this year.



Super Hero of summer savings

BANG!

May 15-Sept 1, 2015

- *2015 Kids & Families Bowl Free. Register at KidsBowlFree.com/TandCBowl
- *Dollar Mania
- *Kid/Teen Camps \$35 per week
- *\$8 child 2 game open play inc lunch, Monday-Friday open 4pm
- *Parent n'Tot Bowl \$10 per couple, inc snack
- *Largest Game Arcade in Keizer

Town & Country Bowl & Arcade
BowlCrazy.com 503-390-2221 BowlCrazy@gmail.com

Register NOW or drop-in on Spring Break Camps, 3/23-3/27

Lemonade Day!

LemonadeDay.org

REGISTER TODAY!
 LEMONADE DAY IS
 MAY 3RD

WE ARE CHANGING THE TRAJECTORY OF OUR CITY, ONE LEMONADE STAND AT A TIME BY TEACHING KIDS TO START, OWN AND OPERATE THEIR VERY OWN BUSINESS.

Lemonade Day is **FREE** and open to young people of all ages in Salem/Keizer. Register today to get in on the amazing experience!

SALEMKEIZER.LEMONADEDAY.ORG/CITY-STORY

CHIP@LEMONADEDAY.ORG

503-689-2366

Yet another CEED venture

TERRA GARDENS

NURSERY & BARK

270 Cordon Rd. NE, Salem
(Between Center & State)

OPEN 7 DAYS YEAR ROUND

Did you know that Blueberries are rich in antioxidants which help ward off illness? In fact, the Latin name for Blueberry means vaccine

Grow, Enjoy, Live!

We Know Plants, We Know Soil

\$5 off \$25 purchase

Coupon must be presented at time of purchase. Not valid with any other offer. Expires 04/19/15

\$5.00 OFF DELIVERY

Coupon must be presented at time of purchase. Not valid with any other offer. Expires 04/19/15

TERRA GARDENS

270 Cordon Rd. NE Salem
503.581.0441
www.terragardens.net