

MAUMEE VALLEY WHEELMEN
P.O. BOX 8621
TOLEDO, OHIO
43625

TO:

KAREN MCKEE
503 N. MAIN ST. APT A
BOWLING GREEN, OHIO 43402



THANK YOU TO MVW CLUB OFFICERS

A BIG THANK YOU GOES TO PRESIDENT DENNIS NOWARD FOR THE DRIVING SAG WAGON. A BIG THANK YOU TO FOODTOWN GROCERY STORES FOR DONATING A MERCHANDISE CERTIFICATE TOWARDS FOOD AND TO RACE DIRECTOR RITA CARTER FOR GETTING THE SOUP, CRACKERS, COOKIES, HOT CHOCOLATE, HELPING WITH REGISTRATION AND SERVING THE RIDERS AFTER THE RIDE. THANK YOU TO NEWSLETTER EDITOR TIM DRIEHORST FOR HIS HELP AT REGISTRATION AND HIS HELP TO SERVE RIDERS AFTER THE RIDE. THANK YOU TO ALL OTHERS WHO SUPPORTED THE RIDE AND DROVE SAG WAGON ON THE COURSE (JASON WALLE'S FAMILY).

Equinox Report

Income = 55 riders x \$4.00 = \$220.00
Expenses = Insurance = \$100.00 Postage = \$12.00
Food = \$31.00

Profit
\$77.00

1989 U.S.C.F. NATIONAL CHAMPIONSHIPS

RECIPE OF THE MONTH

SENIOR TRACK

JULY 24-29, 1989

ARYMOOR VELODROME
EDMOND, WASHINGTON

SENIOR NATIONALS

R, TT, CRITERIUM, AND TRACK

AUGUST 5-13, 1989

COLORADO SPRINGS, COLORADO

MASTERS ROAD RACE & TIME TRIAL

AUGUST 21-25, 1989

DEAR MOUNTAIN, NEW YORK

SENIOR RR, CRITERIUM & TT

JULY 10-20, 1989

PARK CITY, UTAH

BEEF AND VEGETABLE SALAD

251 CALORIES PER SERVING

PREPARATION TIME: 15 TO 20 MINUTES

CHILLING TIME: 2 TO 4 HOURS

CONTENTS:

1 CARTON(8oz) LOW-FAT YOGURT

1/3 CUP PARED, SEEDED,
FINELY CHOPPED CUCUMBER

1/4 TEASPOON DILL WEED

1 CLOVE GARLIC, MINCED

2 CUPS GREEN BEANS, CUT 1 INCH

3 CUPS CAULIFLOWETS

12 oz COOKED BEEF TIP ROAST,

CUT INTO THIN STRIPS(ABOUT 2 2/3 CUPS)

12 CHERRY TOMATOES, HALVED

COMBINE YOGURT, CUCUMBER, DILL WEED

AND GARLIC IN SMALL BOWL. COVER

DRESSING TIGHTLY AND REFRIGERATE.

IN BOILING SALTED WATER, BLANCH

GREEN BEANS 5 MINUTES AND

CAULIFLOWERETS 3 MINUTES. DRAIN

AND COMBINE WITH MEAT STRIPS AND CHERRY

TOMATOES IN A 2-QUART SERVING BOWL.

COVER TIGHTLY AND REFRIGERATE 2 TO 4

HOURS. TOSS SALAD WITH YOGURT DRESSING

BEFORE SERVING. MAKES 4 SERVINGS.

NUTRIENT DATA PER SERVING: 251 CALORIES;

8.5g FAT; 75mg CHOLESTEROL; 112mg SODIUM

3.7mg IRON.

The Life & Times of D.B. Tire

(4-89) by T. Driehorst

