

## *Burn calories while foraging for ‘carbs’*

I like to bike. I also like to eat. Sometimes that means “searching” for extra yummy “carbs”. My wife says that’s my code word for sugar. I admit it. I do have a sweet tooth.

Pedaling to procure food has advantages. One burns calories while conducting the “nutritional” quest. I find cycling more enjoyable when I have a destination in mind that revolves around food or java.

For instance, I was reading in *Time* magazine about “skillet food” where chefs forego the traditional four-walled restaurant. One of chefs, Josh Henderson, operates in various locations in the Seattle area. I checked out the website: [www.skilletstreetfood.com](http://www.skilletstreetfood.com).

I was hooked by this: “Our goal is to provide seasonally relevant, locally sourced and impeccably executed bistro style food . . . out of our Airstream trailers.” After flying into Seattle with our fold-up Bike Fridays, I checked for locations of The Skillet. I located the Airstream behind a warehouse near the Seahawks’ stadium. We had pedaled 15 miles.

Without a shred of guilt, I gleefully consumed a kobe beef burger, fries and a gourmet chocolate cupcake with peanuts. I figured it was almost a “zero-calorie” indulgence. I estimated my round trip would burn approximately 1,000 calories.



I’ve used the same guilt-free, carb-pedaling hunts throughout the Northwest. During a 300-mile loop from Nampa, Idaho, to the mountain town of McCall, I would stop for blackberry cobbler a la mode in New Meadows. When I turned 50, I rode 800 miles to see my brother’s family in Wyoming. That would translate into 26,000 additional calories burned in eight days! I enjoyed every bite of homemade lasagna/pie in Kemmerer, pancakes/eggs in Lamont plus a hamburger/potato salad in Kaycee.

And yes, each time I pedal through Carlton, Ore., I “refuel” with mixed-berry pie at the Penguin Café. There are a lot of reasons for participating in the 200-mile Seattle to Portland ride. One of my reasons is to support churches near Napavine, Wash., that make scrumptious banana bread to sell to riders! When I fly into Portland, one of my goals is to pedal south to carbo load on Lori Kerr’s peanut butter cookies about 15 miles north of Corvallis.

I do eat more than the recommended servings of fruits and vegetables per day. I eat lean meat. But, it is perfectly OK to stray from dietary guidelines – in moderation – especially if one cycles to the caloric destinations!

