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KP Parks hosts 'Shake & Bake' bike relay

By Scott Turner, KP News

On Nov. 2, Key Pen Parks will host a mountain bike relay at 360 Trails.

"We're calling it 'Shake & Bake: Four Hours at 360 Trails,'" said Key Pen Parks Recreation Coordinator Jessica Smeall. "It's not a race. The goal is to get as many laps as you can in four hours."

Anyone 11 years and older can participate, although, according to park volunteer Courtland Capwell, the event is geared toward experienced mountain bikers.

There will be male, female and co-ed teams of four, two and solo riders.

There is a \$30 entry fee with the money going to support the creation of additional trails in the park. There will be a barbecue immediately after the relay.

"The event is to showcase the four miles of new trails that Courtland has built in the northwest corner of the park," Smeall said. "This is our third bike event at 360 Trails, but it's the first one that we're running ourselves. It exposes everybody to the new trails."

The park district plans to host more run-



File photo by Scott Turner, KP News

Last year, there was a multi-sponsored mountain biking event hosted at 360 Trails. On Nov. 2, Key Pen Parks is hosting the Shake & Bake: Four Hours at 360 Trail relay event to get people to enjoy the expansive park, just west of Wauna, off of SR-302 and 144th Street.

ning and biking events as interest in adult softball declines, she added.

Capwell, a former Home resident, used to run through the 360 Trails property with his dog when he lived on the peninsula.

"I'm a two-time cancer survivor and I got into fitness and biking because I knew I needed to change my life," Capwell said. "When I ran there with my dog, I thought the property would be a cool place for mountain bike trails."

So when he got a phone call that the district was developing a park on the property, he offered to help make some trails, he said. That was about four years ago.

But according to Capwell, the trail-building effort didn't really take off at that time.

"Trails don't build themselves. It's a lot of work to build trails and nobody else was really interested," he said.

Fast-forward to last December. Capwell teamed up with fellow mountain biker Shawn Bornhoest and since then they have built nearly four miles of mountain bike-specific trails.

The park itself has many multi-use trails,

Go for a ride

The Shake and Bake 360 Trails Mountain Bike Relay will take place Saturday, Nov. 2 at 360 Trails. The relay runs from 10 a.m. to 2 p.m. Registration is \$30. For information visit keypenparks.org or call Smeall at (253) 884-9240, extension 22.

but for safety reasons the mountain bike trail is a one-way trail for mountain bikers only. "You won't run into any horses or runners or dog-walkers," Capwell said.

The park district is delighted with the new bike trail, Smeall said. "Courtland has given us hundreds of hours of volunteer time in building the bike course. He's our bike expert.

"The trails are bike-specific because they have elements and obstacles built into them like log berms that are specific for mountain bikes," she said.

(See Relay, Page 19)

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(From **Relay**, Page 18)

In the Shake and Bake relay, each team will do a lap and then pass the baton to the next team member, Capwell explained.

The teams that do the most laps in four hours will get prizes. "We're going to try to give prizes to almost everybody," he said.

In some ways, the Shake and Bake relay is "sort of a grand opening of the new mountain bike trail. But it's more like a celebration of what we've done, and we're also raising money for the park," Capwell added.

The event can use a few more volunteers, but what's really wanted is for people to come and discover the new trails, Smeall said.

She said Key Pen Parks is "always trying to keep our community healthy and active.

"The more opportunities we can give for people to be in athletic events in the local community is something we're really passionate about," Smeall said.

Having a good, safe mountain bike trail right here on the Key Peninsula is proving to be very popular, Capwell said.

"Every day we have somebody new come and discover the new trail. They like it because it's closer to home than anywhere else they can go. In fact, we're starting to call it the 'Closer to Home Trail,'" he said.

Recipe collection book available

By Karen Lovett, KP News

The Longbranch Improvement Club's "Savories and Sweets, South Sound Treats" cookbook is ready for sale.

Twenty-three people submitted 60 names in the contest to name the book.

Mandy Peterson won the contest. Peterson, a relative of one of the LIC members, does not live on the Key Peninsula, but was thrilled that one of her several submissions was selected. She was presented with a basketful of goodies and an apron sewed by Nancy Carr, embroidered with the cookbook's name on it.

Tempting recipes were tested and passed with flying colors by the Longbranch Improvement Club's cookbook committee headed by Barb Floyd.

Additional volunteers, Peg Bingham, Barb Doat, Sharon Gearhart, Connie Hildahl, Karen Johnson and Barb Van Bogart put much effort and countless hours to create the book. The group spent time cooking, typing, proofreading and organizing recipes to guarantee their cookbook would be a first-rate project.

The electronic proof containing original artwork and local history in addition to 386 recipes was printed in August by the Cookbook Division of Morris Publishing in Nebraska.

Committee members said they were quite pleased with the book and several members proofread it before the final printing.

The majority of the more than 130 contributors were not LIC members. Most of the recipes were tested before acceptance. Comments about tested recipes are included in cookbook notes, Floyd said.

The book is divided into eight food categories and also includes a 12-page section on measurement substitutions and baking tips. Two separate indexes list recipes by title or contributor.

"The committee members are all psyched to have it in hand," Floyd said.

The book was first offered for sale at the LIC Spaghetti Social, Sept. 21.

It costs \$20 and is available at Sunnycrest Nursery and Florial, The Blend Wine Shop and at the LIC during its 7 p.m., third-Wednesday meetings.

Farm Tour 2013: A happy success

At press time, it was too early for official reports, but some news received at the 2013 Key Peninsula Farm Tour Headquarters reported increased attendance, possibly double that of 2012 at the Gateway Park on SR-302.

Blue Willow Lavender Farm reported fewer visitors, but increased sales by 50 percent. Trillium Creek had an outstanding sale day. Parking lines were long for Gentle Giant Meadows Farm, and the turnout for the Fire Commissioners' pancake breakfast was perhaps the best ever, organizers said.

Kaukiki Farms looked magical in the early fog, vendors at Creviston Valley Farm reported brisk sales, especially for the Longbranch Improvement Club's cookbook.

Visitors came from Tacoma, north of Seattle, Gig Harbor and the Key Peninsula. A visitor from Germany traveled the longest distance. The antique huckleberry machine exhibit by the Key Peninsula Historical Society at Gateway Park received rave reviews.



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