

ads
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purposes



By Tracy Beard
PROVISIONS
ALONG THE TRAIL

Bucatini all'Amatriciana

- 2 Tablespoons extra-virgin olive oil
- 4 oz. pancetta or unsmoked bacon, chopped
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon freshly ground black pepper
- ¾ cups onion, minced
- 28-ounce can peeled tomatoes with juices crushed by hand
- 12 ounces of dried bucatini pasta
- 1 clove garlic - minced
- ¼ cup Pecorino romano cheese, grated

Heat oil in a large heavy skillet over medium heat. Add pancetta and sauté until crisp and golden, about 4 minutes. Add pepper flakes and black pepper. Add onion and garlic; cook, stirring often, until soft, approximately 8 minutes. Add tomatoes, reduce heat to low, and cook, stirring occasionally, until sauce thickens, about 15-20 minutes.

Meanwhile, bring a large pot of water to a boil. Season with salt; add the pasta and cook, stirring occasionally, until 2 minutes before *al dente*. Drain and reserve 1 cup of pasta cooking water.

Add drained pasta to sauce in skillet and toss vigorously with tongs to coat. Add ½ cup of the reserved pasta water and cook until sauce coats pasta and pasta is *al dente*, about 2 more minutes. Add more pasta water if the sauce is too dry. Stir in the cheese.



Pear Mule

- 1½ oz. Wild Roots Pear Infused Vodka
- 1 oz. St Germain elderflower liqueur
- ½ oz. lemon juice
- ½ oz. simple syrup
- Ginger beer

Place ice in a cocktail shaker. Add pear vodka, elderflower liqueur, lemon juice, and simple syrup. Stir vigorously. Strain into a copper cup filled with ice. Top with ginger beer and serve.

Roland Wines



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Less Work: Go farther

E-bike excursion entices

By Tracy Beard

I love to ride bikes. Ever since I was a little kid I have had a bike, from a tiny tricycle to my really cool 10-speed. As an adult, I have had different bikes, including a refurbished Cannondale that I put several hundred miles on to my last year's birthday present, a Trek FX3. During recent travels, my husband Steve and I have had the opportunity to ride e-bikes. Initially, I thought this would be cheating, but you still must pedal, and we covered longer distances with more challenging terrain using the pedal assist. Our recent rides were on two different e-bike brands, one was an E-Mountain Trek bike, and the ride was predominantly on dirt trails in Klamath Falls, Oregon. The other was on a Raymon Hardray E 5.0 E-Mountain Bike, and the ride took place on pavement and gravel in Vienna, Austria. These two rides won me over to the e-bike world. You, too, can experience an e-bike ride at one of a few Portland, Oregon, shops.



The First Ride

While in Klamath Falls, Oregon, Steve and I spent half the day with Lillian Schiavo. She is the co-owner of Zach's Bikes with Zach Gilmour. Lillian led us out of the shop and down the road to the Link Trail, a 2.7-mile out-and-back trail near Klamath Falls, Oregon. Birders, hikers, and mountain bikers love this local trail. We pedaled along the relatively level path adjacent to the river. We stopped along the way, and Lillian shared a little history about the area, and we all enjoyed watching the flock of pelicans sunning themselves on the water.

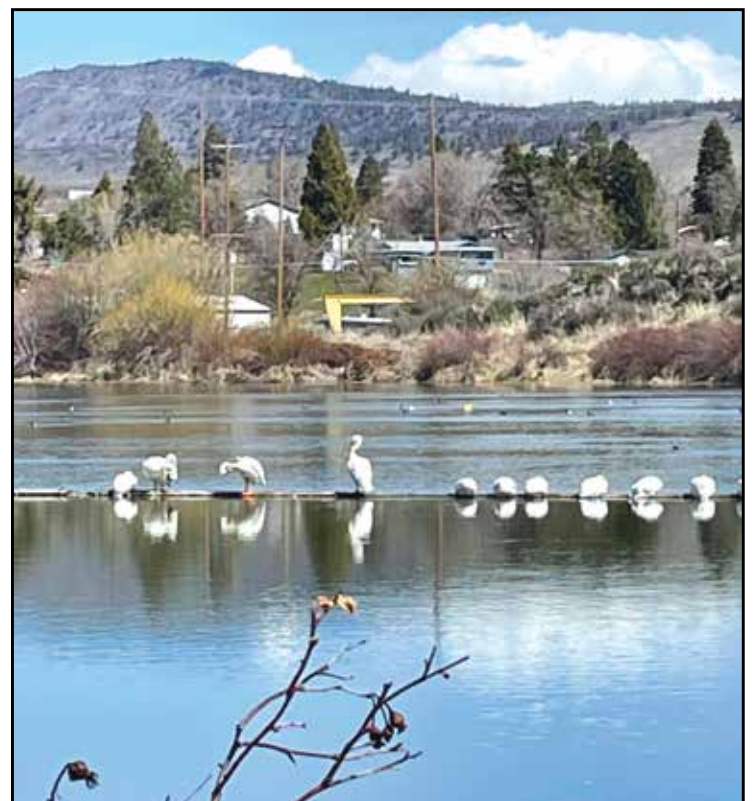
We headed up to Moore Park on the north end of the trail. This park features disc golf, a day camp area, a concession building, picnic and play areas, and new Bike Skills Trails. The courses are designated and color-coded green for beginners, blue for intermediate riders, and black diamond for the Evel Knievels of the mountain biking world. Although not all trail parks allow e-bikes, this one does. With all my years of bicycle riding, I have never enjoyed riding on gravel. Well, that was all about to change. The E-Mountain Trek bike featured wider tires with deeper tread, and the pedal assist allowed me to ride up the hill easily. Although my need for speed ended 10 years ago with my downhill ski accident, riding down the gravel hill at 20 miles per hour was exhilarating. My knuckles were white, but it was a blast.

The Second Ride

In May, Steve and I spent time in Europe, and one of the highlights was a 21-mile e-bike ride in Vienna, Austria. We did the Go Green E-Mountain Bike Tour with Vienna Explorer Tours and Day Trips. The ride was a mix of riding on gravel and pavement. We traversed alongside the Danube River, weaved through spectacular green landscapes, then pedaled 1,300 feet up a steep climb through vineyards to the top of the highest hill in Vienna, Kahlenberg, where we stopped to appreciate fabulous city views. We also took in a bit of nourishment (*pictured here*) before continuing downhill.



On the way down, we traveled through the village of Nussdorf, lined with spectacular homes, then along the Danube's banks and Vienna's most popular recreation area, Danube Island. We finished by riding through Vienna's largest park, the Prater.



Take a Test Drive

A few places in Portland, Oregon, sell e-bikes and offer test rides and tours. I interviewed Pedego Electric Bikes Portland store manager Brook Conners. This shop is located at 1905 NE Martin Luther King Jr. Blvd, Portland.

When I spoke with Brook about what I liked in the e-bikes I had already ridden, I learned that Pedego bikes have a throttle feature that the ones I rode did not. Yes, these e-bikes do not require pedaling all the time. Wow, a tangible way to cheat when you have pushed yourself just a little too far. Now again, I love the pedal assist, especially when you are climbing up a steep hill. You can shift down and pedal faster, but a little push along the way makes it much more manageable. However, I must admit, I was tired at about mile 18 in Vienna. If I had been on a Pedego with a throttle, I would have cheated and let it take me effortlessly to the finish line at the shop.

I have numerous books with 40-50-mile rides with hills that I would love to cruise, but alas, I am not as fit as I once was, and a pedal-assist bike with a throttle to help me finish sounds like a dream come true.

I asked Brook about two different models that would meet my city/country riding needs, and she suggested the Boomerang with a low step-through or the Interceptor Cruiser. The batteries last anywhere from 23-46 miles on the small unit and 38-76 miles on the larger one. Of course, if you totally cheated and just used the throttle the entire time, your battery would last somewhere in the middle of the range. The cost for these bikes begins at \$2995 and goes up. Brook also told me that if you purchase one of their locks with your bike, the purchase comes with a warranty against theft. That is a significant selling point today. E-bike rentals at Pedego run \$20-\$25 per hour, \$50-\$65 for a half day, and \$100-\$125 for a full 24-hour day.

So, if you want to go farther faster, consider test-riding an e-bike.

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Tracy Beard writes about luxury and adventure travel, traditional and trendy fine dining and libations for regional, national and international magazines. She is in her eighth year as CRR's "Out & About" columnist. She lives in Longview, Wash.

