

World's Leading Bike Magazine

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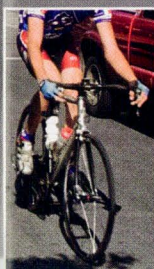
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THE DO-EVERYTHING DUO

MARK GAIER AND CLARK FRASIER USE THE SAME IDYLIC MAINE BACKDROP FOR BOTH THEIR RESTAURANTS AND THEIR RIDING

CLARK FRASIER AND MARK GAIER ASPIRED TO MOVE TO THE countryside and open their own restaurant when they were 20-somethings living in San Francisco. Northern California proved too expensive, though, so they visited a place a friend was selling in Ogunquit, Maine. "It was the middle of winter and it was kind of like *The Shining* out here," Gaier says. "There was snow up to the rafters and the building had been shut down for the season."

But the chefs recognized the potential of the hand-hewn farmhouse built in 1765, taking out loans and maxing out their credit cards to buy Arrows in 1988. Since then, top restaurant critics—including writers at the *New York Times*, *Food and Wine* and

Esquire—have named Arrows one of the best fine-dining spots in the nation.

Frasier and Gaier now also own MC Perkins Cove, located on the shore in Ogunquit, and Summer Winter in Burlington, Massachusetts. To avoid becoming "like stereotypical big chefs," as Gaier puts it, they both took up cycling a few years ago at the urging of Justin Walker, Arrows's executive chef. They explore Maine's rolling hills and flat seaside terrain. "The restaurant business is very stressful, and to relax a lot of people do things that aren't so great for them—smoking, drinking," Frasier says. "Cycling has become a wonderful part of not only our personal lives, but our professional lives as well." —Christine Mattheis



Try this recipe with toasted baguette slices.

Squash Your Hunger

Mom's Market-Basket Ratatouille

- 1 medium zucchini
- 1 medium yellow summer squash
- 1/2 cup olive oil
- 6 cloves garlic, peeled and finely chopped
- 1 large red onion, peeled, halved and thinly sliced
- Kosher salt and freshly ground black pepper to taste
- 1 small Italian eggplant, cut into half-inch pieces
- 1 medium red bell pepper, stemmed, seeded and thinly sliced
- 1 medium yellow bell pepper, stemmed, seeded and thinly sliced
- 1/4 cup red wine vinegar

Cut the skins plus about one-eighth inch of flesh from the zucchini and summer squash. Discard the cores. Slice the squash skins crosswise a half-inch wide; set aside. Warm the olive oil in a large sauté pan over medium heat. Add garlic, onion, salt and pepper. Sauté for five minutes, stirring frequently. Add the eggplant, red and yellow peppers, zucchini and yellow squash. Sauté, stirring frequently, over medium-low heat until the vegetables are just tender, about 10 minutes. Stir in vinegar, then add salt and pepper to taste; remove from heat. Serve warm, at room temperature or slightly chilled. Serves 6.

CALORIES PER SERVING	215
FAT	18 grams
CARBS	12g
PROTEIN	2g

Meet the Chefs



WHAT THEY'RE KNOWN FOR: Homegrown ingredients. A large garden adjacent to Arrows and an on-site greenhouse at Summer Winter provide the bulk of the restaurants' produce.

WHAT THEY RIDE: Frasier (right) has a LeMond; Gaier owns a Trek.

WHERE THEY'RE HEADED: The chefs rode in upstate New York's Tour of the Battenkill in April, and hope to participate in more organized rides—perhaps a century—soon.

WHERE TO FIND THEM: markandclarkrestaurants.com

BEST RACE BIKE: THE PINARELLO DOGMA, PAGE 87.