



MID-VALLEY BICYCLE CLUB

Spokesman

January 2001

A New Mil-
lenium

Up front

by John Morris, President

It's finally here, the new millennium...at least that's what the guy at the convenience store swears. He said the original Gregorian calendar didn't start with the year zero; it started with the year one. Do you think he knew what sort of a fiasco he would create years later? (I say "he" because this sort of sounds like a guy thing doesn't it?)

Introductions are in order, since I probably know more of you either as "the guy with the green helmet" or "the guy who sends 'Spam' email each year to get help with the Covered Bridge Tour." Some time during my term as president of MVBC I will cross my five-year anniversary with the club. I spent the first four years as director of the Covered Bridge Bicycle Tour. That event has grown from 75 paid riders the year before a group of us stepped in to rescue it from oblivion to almost 500 riders in 1999. I joined the club to ride my bike and meet new friends, not to go to more meetings - I get plenty of those at work, yeah, I'm another HP brat.

I plan to get married in July (more on that later) to Sue Farrens. We have four children who live with us, Jessie and Steven (age 16) and Caitlynn and Scott (age 13). With this much closeness, Saturday morning rides will take on a near religious meaning. I volunteer at the Linn-Benton Council for the Arts as a member of the Board of Directors and serve on the Corvallis Art Foundation. In my spare time, I like to compete in triathlons - a strange sort of

multi-sport event that tests your ability to exhaust every single muscle in your body in the shortest possible time.

Like most of you, I keep myself pretty busy. Although we joined the club to ride, we also understand the importance of giving back to the community that gives so much to us. That's why I signed up to run the CBBT in 1996 and stepped forward to be club president in 2001. These beliefs will be the theme of my term as president... we'll do things mostly to promote riding bikes and having fun... we'll strive to get as many people involved as possible... we will not overtax any single volunteer!

The first task this year will be to complete an event calendar and determine how much money we have to spend for each activity. On page 3 is a list of club events; if you are interested in taking on one or more of these, please let me know as soon as possible. If no leader is found by February 28th, the event will not be held. If you would "hate to see the club not hold that event," whatever that event might be, then now is your opportunity to step forward and be a leader.

Also in this issue

Loop Tour Dates

Ride Calendar

Winter Meetings

Touring In France

Each of us doing a little accomplishes a lot!

Humbly yours, John

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Advocacy for the New Year

This has been an interesting year for me. I heard a lot of concerns of the bikers in our area concerning the roads we ride on. Some are very legitimate and other could be classified as 'whining'. I did look into all of them. In the process I sure learned a lot about government and how to deal with the folks who work there. Here is a list of the things that I was involved with.

I entered written testimony about the need for a bike lane on Hwy 20 going over the bridge into Albany. I am not sure where this is going as the private contractor for the state is not bike literate and they have been given this project. I was not here to follow up on this.

The Bellfountain Road truck route was a real eye opener. I attended several work sessions with the county commissioners on the county transportation plan. There was testimony from a city councilor from Philomath who wants a truck route to bypass Philomath completely and go down Grange Hall Road, out Chapel, and down Bellfountain and Greenberry Roads to Hwy 99. There was a lot of testimony from the residents along Bellfountain and Chapel Roads that don't want that a truck route and I think we have won that one although it is sure to come up again. While working on the North Corvallis Land Use Plan I was studying the Corvallis Comprehensive Plan and found this:

13.11.7 The city shall work with Benton County and the Oregon Dept of Transportation to determine a long range need for, and feasibility of an additional or improved east-west connection between South 3rd and 53rd or Bellfountain Road, ect.

At the Corvallis Bike Pedestrian Commission meeting I brought this up and the city councilor indicated that he thought this was a good idea and he supported the truck route idea as a way to get truck traffic off South 3rd. We all need to be alert to this so we can make sure we have bike lanes on this route if or when it is completed. There goes one of our premier backcountry riding roads. Maybe not this year or next, but in your lifetime.

I have asked the county to solve the gravel problem at Pettibone and Independence Rd and Scott (with the county) said they would look into it and try to do something this next spring.

There have been several other small items like trees hanging down in the bike lane and blackberry bushes in the bike lane; most of these have been taken care of.

If you see or hear of anything that needs attention that affects our riding, let me know and I will look into it and try to get the right people to respond. Have a Good Year and keep the rubber side down.

Walt Prichard



MVBC Website Update

Mark Newsome

The MVBC club website is available at <http://www.mvbc.com>. (<http://mvbc.com> works too). Here's some of the things you can find there:

Under "Event Calendar" you can find a listing of upcoming events and rides. You can view a ride's route sheet simply by clicking on its link.

Clicking the "Newsletters" link displays a list of our newsletter archives. Starting with the May 2000 issue, our online newsletters are published in Portable Document Format (PDF). Compared to the older HTML versions of our newsletters, the PDF issues look just like the printed one you receive in the mail.

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Event	Planned Date	Leader
General Club Meeting	February	
General Club Meeting	April	
Pig Out Ride	May 5	
Greenway Tour		
Loop Tour Preview Night		
Bike Saturday		
Swap Meet		
Loop Tour #1	June	
Mary's Peak Hill Climb	July 4	
John & Sue's Wedding Reception	July 7	Sue Farrens
Annual Picnic		
Loop Tour #2	August	
Covered Bridge Tour	August 12	Joe Monteleone
Crater Lake Rim Tour	August 25,26	
General Club Meeting	October	John Morris
Officer Nominations	October	John Morris
Officer Elections	November	John Morris
Volunteer/Annual Banquet	November	
Christmas Party	December	

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If you don't know about PDF or aren't sure whether your browser can display it -- not to worry. Click on the latest newsletter. If it doesn't display, simply click on the "Get Adobe Acrobat" icon at the bottom of the page. It will download and install the FREE reader.

The "Route Sheets" link brings up a list of (nearly) all of our club's rides. (We're adding more all the time.) The rides are grouped by type of terrain, whether the ride is "flat", has "some hills", or is "very hilly". Each category is sorted by distance. Just click on a link and use your browser's print button to get your very own route sheet for your next ride! "Join MVBC" brings us the club's registration/renewal form. "Who's Who" lists the club's current slate of board members. "Cycling Links" brings up a page of links to cycling-related websites: NW bike clubs, safety information, etc.

Here's some other info. Our website strives to be browser "independent". We test it on both Internet Explorer and Netscape on both Windows and Linux. No special tools are used in its design -- the site is written in "standard" HTML using a text editor. We recently redesigned the site to make it load faster on slow modem connections. The site is hosted locally at Peak (www.peak.org).

If you find a typo, have a suggestion or question, be sure to email the webmaster at "webmaster@mvbc.com".

Thanks to Richard & Lindy

Thank you, Richard and Lindy, for again hosting an excellent Christmas Party. A good time was had by all, especially upon opening all those exotic 'gifts' (a cyclist in pink?).

MAX HEADWIND

Solstice

I see the solstice approach, come, and pass
sometimes it seems such a slow process
and other moments there's a Doppler shift
as the days change length

Each evening, I watch the change
and know that it's all minor, we're
not halfway through winter
but winter is just beginning

but sometimes I almost feel
my energy rising, like the sap in the trees
my winter fat leaving
I wake earlier, find my pedaling becoming easier

and the days seem to herald the change
not just with more hours of grey light
but with bright days, of sun, shadows
and birds exulting
then the days, too, change their minds
and grey returns while the days decide what to do.

CYCLOTOPIA

DECK THE HALLS WITH

- commuter gear
- maps & books & calendars!
- winter clothing
- cool christmas shwag

GUNNAR Bicycles



GARY FISHER

cannondale
HANDMADE IN USA



240 SW Washington
757.9694

MID-VALLEY BICYCLE CLUB BOARD MEETING NOTES

Monday, December 4, 2000

Present: Alan Acock, Lindy Burgess, Richard Burgess, Susan Christie, Lyle Dalton, Nancy Meitle, John Morris, Mark Newsome, Lloyd Swanson
Next meeting: Monday, January 8, 2001, again at the Burgess home

Agenda Items

As the new MVBC president, John Morris came prepared to lead the meeting. He had a list of agenda items for the Board to discuss, some of which were information items that would help him become better educated about the Board's most recent activities.

Comprehensive Schedule

John's approach toward special events is that if someone doesn't step forward right away to take the lead for planning, then we should simply not plan to do that event. He suggested we publish the schedule for the coming year in the newsletter and ask for volunteers, with two caveats in mind: (1) watch for volunteer burnout, which happens to people who try to do too much, and (2) recruit leaders outside the Board. For this second item, Alan suggested we might be able to draw from the list of people who have ridden many miles on Saturday and Wednesday rides.

Budget

John said he would like to have a budget for the year and he has started a list of items to which the Board can add. Figures for 1999 are on the website.

Calendar

John asked about the beginners' rides, which is a series of four rides, usually in April, that ends with the Pigout Ride in May.

The Board also had a general discussion about youth/parent involvement and family events. We have a youth representative now, Michael Dalton, and Lyle agreed to ask him for his ideas on youth activities for the Com-

prehensive Schedule. The discussion included some thoughts on Bike Saturday, which we held at the Boys and Girls Club last year. One suggestion was that we might want to consider working with small groups of kids, going where they are, and focusing especially on needy populations of kids. John suggested that we could plan a family bike ride around town as part of Bike Saturday.

Helmets

Nancy summarized what has been accomplished with the money the Board allocated last year for helmets. We have spent \$1,500 so far; \$500 remains.

Ride Starts

The Saturday rides have been starting at the Circle Street Beanery since Osborne Aquatics Center closed last year for renovations. Rides could begin at the Aquatics Center now, but many people like starting at the Beanery. However, the Beanery is a business, and some Board members felt that we might be an inconvenience, whereas the Aquatics Center is a civic cause, and it's less of an inconvenience for them to keep the ride book. John will ask the ride captains about this issue, and check with Beanery management. Board members agreed that riders have been considerate about not blocking the entrance to the Beanery or taking up parking needed by shoppers at Richeys. They keep the ride book outside, so that they don't interfere with customers.

Equipment Storage

Dan Youngberg is still storing club equipment, but has not built shelves yet.

Membership Renewals

Members who renew are simply sending in their checks, without signing the waiver form. Since this might be a liability issue, the Board discussed ways of reminding people to send in the form along with the check. Suggestions included e-mail reminders and newsletter articles. Lyle has a standard wel-

come letter and a "thanks for renewing" letter, but sending them out to everyone is very labor intensive. John and Lyle will explore ways of automating the task.

Taxes

No one knew if Dick Running has any additional information, thus our tax status is still uncertain. John will call Dick to ask if there is any news.

Bylaws

The Board agreed that the bylaws are out of date. A change made in 1998 is not reflected. The corresponding secretary is now the membership secretary and the duties are different. We also have yet to decide on a schedule for general meetings: monthly or less often?

General Membership Meetings

Last spring Walt Prichard expressed an interest in surveying members to learn how they feel about general meetings. He might be interested in doing this before next summer. Board notes from last year will remind us that we discussed new meeting places, a variety of schedules, and essential meetings (loop tour preparation, election of officers, Christmas party, etc.). Everyone agreed that the Silver Spokes party in November was a great success, although expenses exceeded income for the event. The July picnic at Belfountain Park was not a success. Very few people attended. Possibilities for future meetings include a program by Enrique Semadeni on their cross county tour and tour of Spain and a program by Nancy Meitle on cycling in Alaska.

Mail

John asked about processing mail from the club P.O. box. Mark explained that he picks up the mail every Friday, gives all newsletters to Lloyd Swanson and membership registrations and renewals to Lyle Dalton.

Ride Coordination with Other Clubs

John asked if the Board attempts to coordinate rides with other clubs, to avoid scheduling major rides on the same day. Registration for this year's Covered Bridge tour was lower than

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MVBC EVENT CALENDAR: January-February, 2001

Saturday rides meet at Circle Blvd. **BEANERY**. Sign up roster is available until ten minutes past the hour. Rides begin at fifteen minutes past the hour. An ANSI/SNELL approved helmet is required. Recommended equipment: Frame pump, spare inner tube, patch kit, minor adjustment tools, full water bottle, and clothing to fit the climate because we ride rain, or shine. Because of the range of abilities, rides usually break into groups riding at different paces. Group sizes and abilities vary depending on who shows up. Tour Captains: Richard Burgess 758-5006 & Tim Corbett 757-6691.

Show and go rides start at 10:00

January 1, 2001, MONDAY, 9 am: Do this ride and you are guaranteed to have a great bicycling year!

- **Food, Fun, a new lease on life:** Riverside Dr. to **Elmer's Restaurant (Albany)** back via Independence, **32 miles (B-110)**

January 6, Saturday, 9 am: This is for those who are still honoring their resolutions

- **Long Ride:** Through Shedd to **Saddle Butte** back via Tangent. **37 miles (A-230)**
- **Short Ride:** Peoria Road to **Peoria** back via Abraham Drive. **27 miles (A-070)**

January 13, Saturday, 9 am: Now we know the weather forecast was right

- **Long Ride:** Through Philomath to **Greenberry Store** back via Bellfountain Road. **43 miles (B-260)**
- **Short Ride:** Through Philomath to **Decker Road** back via Bellfountain Road. **33 miles (B-170)**

January 15, Monday, 6:30 pm General Meeting at Papa's Pizza, Alaska slide show at 7 pm

January 20, Saturday, 9 am: Because of the rain, you get extra credit

- **Long Ride:** Independence Highway to **Monmouth** back via Highway 99W. **44 miles (B270)**
- **Short Ride:** Independence Highway to **Helmick Park** back via Highway 99W (bring a snack). **34 miles (B-200)**

January 27, Saturday, 9 am: Good food is guaranteed

- **Long Ride:** Peoria Road to **Brownsville** back via Shedd. **53 miles (A-350)**
- **Short Ride:** Riverside Drive to **Albany** back via Springhill Drive. **33 miles (B-150)**

February 3, Saturday, 9 am: Think of Spring as you battle those headwinds.

- **Long Ride:** Shedd to **Lebanon** back via Tangent. **52 miles (A-340)**
- **Short Ride:** Harvest Drive to **Shedd** back via Tangent. **34 miles (A-210)**

February 10, Saturday, 9 am: Might be wet, will be cold.

- **Long Ride:** Bellfountain Road to **Bellfountain** back the same route. **40 miles (B-240)**
- **Short Ride:** Bellfountain Road to **Peterson Road** back via Philomath (bakery stop required). **29 miles (B-090)**

February 17, Saturday, 9 am: Might be cold, will be wet.

- **Long Ride:** Independence Hwy to **Monmouth** back via Hwy 99. **44 miles (B-270)**
- **Short Ride:** Independence Hwy to **Suver** back via Hwy 99. **31 miles (B-120)**

February 24, Saturday, 9 am: Big winds today, you guess from where.

- **Long Ride:** Philomath to **Kings Valley** back via Arlie. **46 Miles (B280)**
- **Short Ride:** Philomath to **Decker Road** back via Bellfountain Road. **33 miles (B170)**

Announcements: (Note that the rides below are "Show & Go" style.)

- *No host goodies and banter at Circle Blvd. Beanery half an hour before the Saturday rides. Please, only go inside if you plan to buy something.*
- *Every Wednesday at 9:30 AM: Meet near Camp Adair Road—first gravel parking lot east of Hwy. 99W. Ride to Dallas or Monmouth at an easy to moderate pace. Weekly except when nobody shows up. Dave Wallace 753-1778. Counts for Club Mileage if somebody remembers to record it.*

Tandem Touring in the Dordogne Region of SW France

Lloyd and Grace Swanson

Using a route in the book, *Cycling in France* (Ulysses Publications), a route (and a lot of assistance) from a professional touring organization (Dick Powell at the Bicycle Outfitter, Palo Alto) on the Internet, and some guesswork, we plotted a route in the Dordogne region of SW France on Michelin maps that we estimated would take us about 6 weeks, minus the time we would spend on the Riviera and in Paris. Once on our route, we also relied on information from fellow travelers and made changes as we went. We relied heavily on the Michelin 'Green Guides'. We did have extra time, allowing us to add a couple loops to our route, including another beautiful area, the Gorges-du-Tarn.

We chose this area of France for its excellent road system, its beauty, and its wealth of small villages with tourist accommodations. We were following river valleys most of the time with an occasional climb over a plateau to another river valley. Usually we were on small country roads with little traffic. A good thing, because when we were on major highways, shoulders were non-existent - like biking on Hwy 99 without a shoulder. Most guide books agree that France is the ideal country to bike in - it has a superb road system and bicycle-friendly motorists, lots of small villages, and delectable food and wine. It is very nice to travel with a coupled tandem. The airlines only asked if the bike bag weighed less than 70 lb (it weighed 63) and nothing was damaged. We left Portland on August 30 and returned October 11. We chose this time period to avoid the tourists and the French vacation season during August. We traveled with a soft-side bike bag, a wheel bag, and a large duffel bag containing our camping gear and two panniers. We used the other two panniers as carry-ons. After flying to Charles de Gaulle, we took a taxi to the train station (gare Austerlitz) in Paris, then a train to our headquarters village, les

Eyzies in the Dordogne region. At a hotel there, we assembled the bike and left our luggage. When we returned to les Eyzies, we disassembled the bike, took a train to Paris and left the bike in our hotel room while we were sightseeing in Paris.

We traveled with a small Handheld PC computer and a digital camera. The computer allowed us to write a daily journal of our activities and observations which we regularly sent to our family and friends via E-mail. The camera recorded the time and day of each photo which assisted us in remembering the places we had been. Plus, we could edit the photos each evening to delete the duds.

We relied totally on ATMs for cash. It was a good decision. We began using them upon arrival at the airport to get money for a taxi and found them plentiful everywhere. Every post office has one. It was nice to avoid all the exchange rate fees.

Our tandem was heavily loaded. Our panniers, built by Bob Beckman (Bend, OR), are quite large. Food and cooking gear were in the front and our clothes and personal effects were in the rear panniers. Not much food since we usually bought that on a daily basis. We stacked the sleeping bags and pads and tent on the rear rack. On top of that was often damp laundry, which hadn't dried from the night before.

We camped most of the time and were very impressed with French campgrounds. They were plentiful (at least in this area), clean, with hot showers and often swimming pools, and easy to locate - usually within the village. Many were operated by the village. Sometimes we could order fresh bread for the following morning. But there was one problem - they don't have picnic tables! We had to eat off our bike tarp on the ground.

Since we didn't have a definite itinerary other than where we were going, we stopped each day when we felt like it and when we found a campground. We averaged 52 km/day - not heavy duty biking. We first always located the Tourist Information office to find out

where the campgrounds were and about local attractions. In most instances, the people there were bilingual. Otherwise, English was a rarity in these small villages. Then we would locate an epicerie (grocery store) for dinner items. Since most stores close from noon to 2 or 3 PM, we had to find our picnic lunch items before noon. We would bike over to a boulangerie/patisserie (bakery) every morning for that wonderful French bread and pastries for our breakfast. We normally stopped about once a day for coffee - Starbucks-quality coffee at French prices! No 'restaurant coffee' in France! Leaving les Eyzies, we went up the Vezere River to Montignac (site of Grotte de Lascaux - prehistoric caves dating back 15000 years), then south (cross-country) to Sarlat and Beynac. At Beynac we proceeded up the Dordogne River to Castlenau, then south (cross-country) to Figeac where we did a mini loop of the Lot River and the Cele River and their beautiful valleys. Returning to Figeac, we went further up the Lot River, then up the Gorges du Dourdou to Rodez, then south to Millau and then up the Gorges du Tarn. Returning to Millau we took a different route to Rodez, proceeded down the Aveyron River, through the Gorges de l'Aveyron. We went cross-country to St Cirq-Lapopie and down the Lot River, through the vineyards surrounding Cahors, to Puy-l'Eveque, then cross-country to Bergerac (another wine region), up the Dordogne and Vezere Rivers and back to les Eyzies.

We visited several cliff-side villages, including Rocamadour, St Cirq-Lapopie, and Conques, villages which were (and are) important pilgrimage stops to Santiago de Compostela in Spain. Our routes took us through beautiful villages labeled as 'Plus beaux' (Najac, Bruniquel, St Leon-sur-Vezere, Limeuil) and through bastide villages, such as Villefranche-du-Rouergue, Villefranche-du-Perigord, Monpazier, Beaumont, and Domme.

At about 4 weeks into our tour, we left our bike at a hotel in Cahors and took a

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expected because there was a conflict with rides hosted by the Portland and Salem clubs. We used to coordinate rides, but haven't done so in recent years. John will consider trying to coordinate with the Portland and Salem clubs, as well as with the Santiam Slow Spokes and the Eugene club. Nancy mentioned that our Crater Lake tour is a club ride, not a public ride.

Bicycle Transportation Alliance (BTA)

John asked about the BTA. Susan summarized its history, its goals and objectives, its work in the legislature, and the annual Alice B. Toel clips award. Nancy described the BTA bicycle education program and Katherine Inman's leadership of the program in Corvallis schools through a BTA grant. The 4-year pilot program, funded by ODOT, expires this year. The BTA will seek other funding sources. Support from local clubs like MVBC could be a big help. The Board voted to become an affiliate member of the BTA, pay the \$35.00 fee now, and consider a larger contribution to the education program later, after we are certain of our tax status.

Newsletter

Lloyd expressed his concern about the quality of the masthead graphic, now that the newsletter is published electronically through Kinko's. Mark and Nancy will assist Lloyd with improving the graphic. Lloyd also requested that all board members give him their preferred phone and e-mail information for regular publication in the newsletter.

Lloyd needs help with collating, folding, and labeling the 200 copies of the newsletter each month. John will check with Sue, to see if the boys at her Children's Farm Home facility would be interested in doing this task. If they are not, the Board will seek club members willing to help.

Lloyd also needs a scanner for the

newsletter. The Board voted to purchase one at a cost of \$150 or less. As a long-term solution to technology concerns, John will ask Hewlett-Packard about their equipment donation program. We should prepare a list of computer needs (for example, laptop, scanner, printer) and activities for which the equipment will be used. We need to submit the information by March for H-P's community program.



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train to Nice and spent 4 nights on the French Riviera. It provided a nice break for us.

During our 6 weeks in France, we cycled 30 of the 41 days. We only encountered 3 or 4 days of rain. We camped 20 nights and used hotels the other nights (only 6 nights when it was too cold or wet). The weather didn't turn cold until October. We biked 850 miles. We spent the last week in Paris. Paris was cold and wet; being early October we shouldn't have been surprised. What made it unpleasant was our lack of warm non-cycling clothes. Actually, we found walking around Paris as tourists to be much more tiring than cycling.

We had to get used to dogs and their residue on the sidewalks. Paris has had an ongoing campaign to get dog owners to 'curb' their dogs but we didn't see big signs of success. Dogs are permitted everywhere in France, including restaurants and grocery stores. Even worse than in the US, it was disappointing to observe graffiti everywhere, on both public and private property. We were pleased, however, to see recycling containers located everywhere.

We had only minor problems with our tandem. A broken cable and lost bolt on the drag brake and a couple flats were it. It was raining a little the day we had our flats but the sun came out while changing tires. I was a little dismayed to pull out a spare tube and realize it had the wrong valve stem, but a quick patch job took care of the problem.

Some highlights of the trip were cycling along the rivers on small country roads with little or no traffic, cycling on top of plateaus with valleys below, listening to distant church bells pealing the hour or to sheep and cattle bells as they grazed alongside in pastures, cycling along the rivers, exploring the many small villages (usually <250 people), dining in cafes and restaurants and enjoying French cuisine, celebrating Grace's birthday with a picnic dinner in Villefranche-du-Perigord, visiting ancient churches, castles and chateaux, listening to concerts in a couple of churches including Notre Dame (Paris),



A picnic at Monbazillac

spending time on the Riviera and in Paris, and interacting with the French people - their hospitality was outstanding.

Some lowlights were cycling in the rain a couple days, waiting out a thunderstorm for a couple hours huddled under a gas station canopy and subsequently having to cycle on a heavily trafficked, wet highway for about 10 miles, and sightseeing in Paris on wet, cold, and windy days. (to be continued)

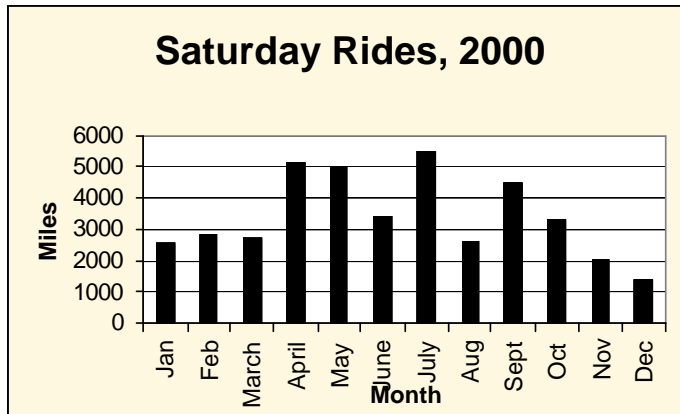
OUR RIDE CAPTAIN REPORTS

Make your resolution and jump on that bike!

With only two more rides to go in 2000, we have ridden a total of 1,433 miles on our Saturday rides during December. December has been a tough month, so far. My gas bill stated that temperatures were nine degrees below last year's average. My feet get cold just thinking about getting on a bike. I hope Santa brings me a pair of electric socks this year.

We've decided to continue starting from the Circle Beanery. We'll be updating the ride sheets to suit. Be sure to come on in for a coffee and a snack.

Here is a graph of our monthly riding for Saturdays.



January and February are filled with mileage on our old standard routes. These are classics and we're lucky to be able to ride in any direction and find a real treat. See you out there!

Monday Club Meetings

Do you have the winter blues? Are you passing the time dreaming about traveling to far away places. This winter you can travel the world through the eyes of bike club members. Maybe you can get

some ideas for your next adventure.

Our normal meeting location is not available in January and February because of the holiday schedule. Please note meeting locations.

Monday January 15th - Nancy Meitle and friends Alaska, The land of the Mid-night Sun. Come for dinner at 6:30 and stay for slides and stories at 7:00. Papa's Pizza 1030 SW 3rd St.

Monday February 19th - The Travels of Enrique and Kay Semadeni. Location to be determined.

Monday March 19th - Richard and Lindy Burgess Southern England and The Vintage Bike Rally

Monday April 16th - Lloyd and Grace Swanson Cycling in Bicycle Heaven (SW France)

January Meeting

Alaska is a wonderful place to bike. There is something for everyone. If you like big miles and paved roads for touring or the challenge of dirt roads for that mountain bike or short miles and a bike tour that works for kids you can find it all in Alaska. After five trips to Alaska I have it figured out. This presentation will focus on how to travel in Alaska and will feature helpful tips. I am looking forward to sharing my adventures with you.



A successful New Year's Day breakfast ride

- Club Information -

The Mid-Valley Bicycle Club is a recreational touring club for cyclists of all ages. We ride rain or shine! Helmets are required for all riders. Social and educational meetings are held regularly. Check this Newsletter or our website at www.mvbc.com for current information.

I (We) want to join the Mid-Valley Bicycle Club. Enclosed are annual dues as checked below.

Membership: \$15.00 Individual or \$20.00 Family

Name: _____ Phone: _____

Address: _____ Email: _____

Family member names: _____

Please check here if you do NOT want to be included in the club roster published in the newsletter

In consideration of my application, I hereby, for myself, my executors and administrators, waive and release any and all rights and claims for damages I may have against the Mid-Valley Bicycle Club, its officers, and members, prior to, during, and after my membership or association with the club or any event. I agree to accept all rules and regulations of the club.

Signature(s): _____

Date: _____ Signature of parent or guardian if under 18: _____

Send to: MID-VALLEY BICYCLE CLUB, P.O. Box 1373, Corvallis, OR 97339-1373

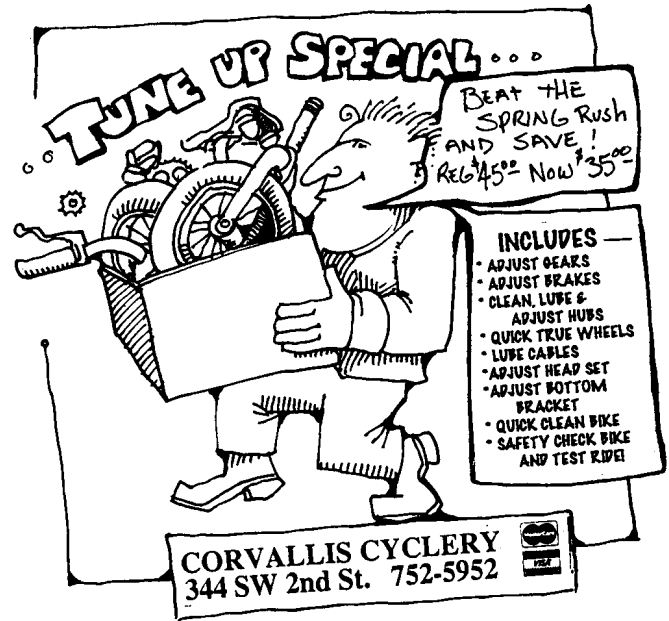
Loop 2001 – A Bicycle Odyssy

'The Aufderheide'

The Loop Tour Committee has decided to venture into new territory this year. Experienced 'loopers' will recognize parts of the North Cascades (Mt. Hood) and Middle Coast/Cascades (three tours ago) tours. We have combined parts of these routes, along with a segment utilizing 'The Aufderheide' scenic route. Route details have yet to be finalized. The tour as it now stands:

- Day 1: Corvallis to Mill City (Kimmel Park)
- Day 2: Mill City to Detroit Lake (Humbug Forest Camp)
- Day 3: Detroit Lake to Timothy Lake
- Day 4: Timothy Lake to Cove Palisades
- Day 5: Cove Palisades to Sisters
- Day 6: Sisters to Cougar (French Pete Campground)
- Day 7: Cougar to West Fir
- Day 8: West Fir to Coburg
- Day 9: Coburg to Corvallis

Loop 1 dates are June 23 -July 1. Loop 2 dates are July 28- August 5th



Stan Smith will once again be sag driver for Loop 1 and Richard Burgess will be sag driver for Loop 2. Prices will be the same as last year (adults: \$45 & children: \$22.50). Registration Forms will appear in the March newsletter. If you have any questions you can contact Dan Youngberg by email at dan_youngberg@hp.com.



MID-VALLEY BICYCLE CLUB
P.O. Box 1373
CORVALLIS, OR 97339-1373

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Meetings & Announcements

General Meeting — January 15, 7 pm
Come for dinner at 6:30 pm and stay for slides and stories at 7:00 pm

Papa's Pizza 1030 SW 3rd St

Future Events

March 3-4 - Oregon Bike Festival, Doubletree Hotel - Lloyd Center, Portland

March 30-April 1 - Seattle International Bicycle Expo, www.cascade.org

April 12-16 - New Zealand International Tandem Rally, Hawkes Bay, philipshambrook@xtra.co.nz

May 6 - Monster Cookie Ride, www.salembicycleclub.org

May 25-28 - Northwest Tandem Rally, Pendleton, www.pendleton.or.us/pccguest/nwtr2k1.htm

June 23-July 1 - Loop Tour I

July 7-8 - STP, www.cascade.org/stp/

July 28-August 5 - Loop Tour II

Connie's Café is open!

A re-creation of the original Connie's, designed to provide a 'simple' delicious and healthy offering of lunch, espresso drinks, smoothies and fresh baked goods to compliment the Village Marketplace art and antique mall. Connie's will feature breakfasts on the weekends only.

Hours:

Tuesday thru Friday 9:30 am—5:00 pm

Saturday and Sunday 8:00 am—5:00 pm

(Breakfast Sat 8 am — 2 pm & Sun 9 am—2 pm)

IMPORTANT SUBMISSION INFORMATION

Submit articles, stories and photos for the February MVBC Spokesman no later than February 5.

Please send this material to the editor in Word 95 format:

Lloydvswanson@home.com