



MID-VALLEY BICYCLE CLUB

Spokesman

May 2001

Viva la Diference'

Up front

by John Morris, President

What a wonderful club we have! Where else can you ride your bike with so many fit people, enjoy the weather (even when it is nasty), eat, tell stories, hear stories and eat – did I mention that already? We have a wonderful diversity of members all united for a common purpose – ride bikes.

There is Gran Jan who still does loop tours in her late 70s and Alex Johnson, who at the ripe age of 13 has discovered racing. There is Nancy Meitle who buys helmets for kids and sees that they know how to wear them. Susan Christie who advocates for bicycling and has never purchased a car! Sandy Kenny who rides more miles than most of us drive and my soon-to-be wife Sue who has just discovered the 10 o'clock Saturday morning rides. Richard Burgess who has helped more members get started than anyone I know and Vic Russell who shows up to say "hi" on nice days then leaves us in his dust as he rides away on his fixed gear bike (and does some really nice artwork on the side.) How about house hubby Glenn Peltier who can quote part prices from the top of his head or Betsy Reid who graces our presence periodically with hubby Don on their matching recumbent bikes. I could go on for a while, but I think I may have already belabored the point.

someone to ride with? Face it, we have as many different personalities as we have members – latest guess is we have about 160 members. There are two rides on Saturday morning, one on Sunday afternoon, there is the Wednesday ride and of course the Tuesday/Thursday hammer -fests. I won't even go into the special events like Covered Bridge and the monthly general meetings.

At a recent Board meeting we had a discussion about membership. Should we be doing things to increase our numbers? More importantly perhaps, why would we want more of us in the club?

Answers ranged from, "bigger is better," to "more people means more help to do the events we like to do," to "the more people

Also in this issue

- Ride Calendar
- Cycling in Moab
- Bike Safety Saturday
- Bike Commute Day

who understand the benefits of cycling, the easier it will be to get laws and resources that support this wonderful means of getting around."

What's the right way to enjoy cycling? Doesn't matter — if you come out to the Mid-Valley Bicycle club, we've got at least one of almost anything. If the club wants to increase its numbers, we can count on even more diversity in the future. Let's keep our club diverse and make it a fun place for everybody who likes to cycle.

With so much diversity, how could you not find

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Walt Prichard

There have been several interesting things happening this past month.

First, the Corvallis Bike Pedestrian Commission would like some input on locations for additional bike parking. This can be on public right of ways in the city or on private property, where the public will use it, the property owners will assume responsibility for repair and maintenance, and a concrete pad is present. I have at least one place in mind and that is to the north of the Ritchys/Beanery area. There surely are more places but I need your help to identify them - let me know as soon as possible. I will take the suggestions to the Commission for their approval. However I need your support and suggestions.

Second, I testified for the Multi Modal Plan that the City of Albany is considering. They have a federal grant of about \$11 million to upgrade the Amtrak Railroad Station. There are major facilities for bicycles in the plan, including bike lanes on both sides of the street going under Pacific Blvd., a Railroad Crossing at Jackson St. and connections to the bike path system, and a new stop light at 12th St. with bike lanes into the new Bus/Railroad terminal. They also will buy several parcels of land south of the present station for more parking and a major bus stop for all the bus routes in the valley (at least 5). There will be a sky-walk over Pacific Blvd. and the DD

tracks to connect the west side of town with the east side and with the transportation terminal for pedestrians and bikes. At the end of the meeting the Council voted to approve the project. Now the final engineering will take place and then the first phase will begin. This will be a major benefit for people riding bikes and for the general population. It will give us better access to the train service which will become important when the price of gas goes up to \$5/gallon in a few years. Next month I will give you some interesting information on the county roads we all ride on. Keep the rubber side down.



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Ashland Triple Challenge. July 1, 2001 at Lithia Park in Ashland, Oregon. Climb over 4000 feet through the Southern Oregon Cascade Mountains on a metric or full century, or choose the more gentle 30 miler. There will be plenty of good food and beautiful scenery to complement a very satisfying ride. Entrance fees are \$25 for the century, \$22 for the metric century and \$15 for the 30 miler. Sponsored by Siskiyou Velo, call James Williams at 541 857-9037 or email jbcedars@grtech.com for flyers or applications. Website is: www.mind.net/siskiyouvelo. Send snail mail to Siskiyou Velo, P.O. Box 974, Ashland, OR 97520.



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From the Membership Chair

Lyle Dalton

By now, you should have received your 2001 membership card. Present it at the Corvallis Cyclery and Peak Sports to receive a 10% discount on non-sale merchandise, excluding bicycles, bike frames, service labor, and sale items.

You might notice that they are a little late and that they do not reflect your membership expiration date. Instead they were bulk-mailed to all current members regardless of anniversary date. Sorry, I ran out of time last year, and didn't get them out till now. So, enjoy them for the next 12 months, and I will try to get cards out on a more timely basis this year.

As a reminder, when you renew your membership please include a signed renewal/application form. These permanent records insure that your vital information is on file for our insurance purposes. Names are always disappearing from the database for no reason, and if I don't have it, you don't get your membership benefits (newsletter). Also, if you haven't received your newsletter, or your membership card, call me at 752-4639, or email at lldalton@proxaxis.com.



Follow Me to Salem

Susan Christie

We rode to celebrate the 30th anniversary of the legendary "bike bill." We rode to support a new bill, HB 3712, Safe Routes to School, now in the state legislature. We rode to participate in our state government's decision making process. We rode to have fun!

They called and we came, lots of us, maybe a few hundred, and gathered on the steps of the state capitol building. We listened to Don Stathos, the "father" of the bike bill, tell about its origins and how difficult it was in 1971 to even get the bill out of committee. We listened to Governor Kitzhaber's words of appreciation for the efforts of Oregonians over the years to show that bicycling is a very good thing. And he knew all the reasons why it is! He told us that the entire nation looks to Oregon for leadership in many ways, among them how to make things better for people who want to ride their bikes. He sat on a bike and conducted a ceremonial re-signing of the original bill. Then Representative Earl Blumenauer stood up and told us about the bill he has introduced in the national congress. The Bike Commuter Act would give employees who bike to work the same financial incentives that car-poolers and mass transit users receive.

The event was the Bicycle Transportation Alliance's (BTA) rally at the capitol. More than 20 cyclists from Corvallis, most of them MVBC members, left Corvallis early Friday morning to join cyclists from all over the state in Salem. We stopped along the way at the little café in Buena Vista for coffee and what had to be the most delicious scones ever baked by human hands. While we enjoyed this treat, we passed around a copy of the Oregon Revised Statute that resulted from the original HB 1710 in 1971. It begins, "Out of the funds received by the Department of Transportation or by any county or city from the State Highway Fund, reasonable amounts shall be expended as necessary to provide footpaths and bicycle trails."

MAX HEADWIND

Mother Knows Best

I'm home from work, Honey.
Gee, I was going to go for a ride,
the weather looked pretty nice today,
but it's started raining, and it's cold.

You'd better ride anyway.
Monster Cookie's coming.
You'll be glad you did.

Are you sure?

My legs feel stiff and weak as I push
against the headwind
no other cyclist is dumb enough to be out in this

but I extend my ride up toward Bald Hill
and I see all sorts of locals who didn't expect
a bicyclist
in this kind of weather

a small rabbit, chewing its cud
in the middle of the path
and a newt, a newt! after all those
signs about newt crossings
with his little legs lifting him up
in rock-still attention

and I arc around to see
a full-arc rainbow
shining in the sky
blessing my way home

and showing me the way
to the pot of gold
that is home.

We all signed our names at the bottom, to show that we had participated in the commemoration of this historic event. And in Salem, Governor Kitzhaber signed his name right under all of ours. We'll keep the original of this document in the club archives for posterity!

After the festivities at the entrance to the capitol building, some of us went inside, spent a few moments in awe of its beauty and stateliness, then made our way to the offices of our senators and representatives, to tell them and their aides about HB 3712 and why they should support it.
Good work MVBCers, good work indeed.



MID-VALLEY BICYCLE CLUB BOARD MEETING NOTES

Monday, April 9, 2001

Present: Richard Burgess, Susan Christie, Tim Corbett, Lyle Dalton, Rob Gandara, Nancy Meite, John Morris, Mark Newsome, Walt Prichard, Lloyd Swanson

Old Business

Club Software

In his efforts to locate the club's three copies of Office97, John has learned that two of them are in the hands of Don Reid (CD Key 2987-5971634, no need to upgrade) and Lyle Dalton (CD Keys 2978-5541751 and 269-056-104, using for membership). Lloyd's copy does not belong to MVBC, but he does need an upgrade. Lloyd also needs the Adobe Acrobat software, to enable him to more easily post the newsletter on the website. The Board will continue to search for the best prices for the software.

Revisions to Bylaws (Second Discussion)

John will post the revised draft on the website and submit the proposed changes to the newsletter, so that the entire membership can review the document. The changes will also be presented to the membership at the April 16 general meeting. At the May meeting, the membership will vote on the revised Bylaws.

Event Calendar for 2002

John has initiated discussion with other

bike clubs to resolve conflicts between rides, for example, the Portland Bridge Pedal and our Covered Bridge Tour. By working ahead for a year, we should be able to minimize conflicts. The table shows the proposed calendar for 2002.

Finances and Budget

This topic was tabled until the next meeting.

Growth in Membership

The Board spent quite some time in a discussion about whether or not we should make an effort to increase the club membership. Rob said he would like to see us recruit more young people. Walt stated that he meets many people out riding who don't seem interested in the club. Two questions seemed significant: How would the club benefit by an increase in membership? What have we to offer new people? Benefits of an increase in membership include (1) having more people to help with the work and (2) continuing to promote an interest in cycling. To new people, the club offers (1) the camaraderie of working and riding with like-minded people, (2) a safe environment to increase one's skills, and (3) an opportunity to work on behalf of cyclists' interests. At present, we have the website (which has the membership form), plus the newsletter distributed to the bike shops. Many people still don't use the Internet, however, and Board members agreed that we need

other tools. Lloyd Swanson volunteered to draft a business card and a brochure that could be widely distributed, along with a poster that could be placed on bulletin boards around town, with the cards attached.

BTA Bicycle Education Program

Susan and Walt updated the Board on the BTA's bike safety program and its future funding. Eleven classes will be taught in Corvallis schools this spring. This is

the last year for the original ODOT grant, thus we need other funding sources to continue the program. Rick Waring, ODOT Bicycle/Pedestrian Safety Program Manager, reported to the Corvallis Bicycle/Pedestrian Advisory Commission that he will apply for another 3year grant under his program. If he is successful, we will have another 3 years to institutionalize the program in Corvallis. Dean Codo, and other members of Getting There, are working on plans to raise funds for a trailer to store and transport the program's equipment.

Tax Exempt Update

Our status is still pending. Dick Runing reported to John Morris that someone in the San Francisco IRS office has not yet completed and submitted the paperwork to establish our nonprofit status, but expects to do so soon.

New Business

Newsletter

Lloyd and Mark presented the new masthead, which the Board approved, with permission for Lloyd and Mark to polish and refine it. Lyle suggested that a larger font would be more attractive. Regarding bulk mailing, there is still \$86.00 in our account at the Post Office, but we haven't used bulk mailing for a while. There isn't that much cost savings, plus the process is labor intensive. After our nonprofit status is official, however, there will be a substantial cost savings. At that time, we might want to implement bulk mailing again. The Board discussed implementing an e-mail option for the newsletter and decided not to do so at present, because (1) we need to mail 200 hardcopies to qualify for bulk mailing, (2) the newsletter is posted on the website, and (3) a change in the publication process would be a major effort.

Starting Place for Saturday Rides

Some months ago, the Board agreed by consensus that the Saturday ride starting place should remain at the Circle Blvd. Beanery. The Board made this decision only after a full report from

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Event	Date	Leader
New Year's Day	January 1	
Pig out Ride	May 4	
Bike Saturday	May 18	
Loop Tour #1	June 22-30	
Mary's Peak Climb	July 4	
Loop Tour #2	July 27-Aug 4	
Covered Bridge Tour	August 11	
Crater Lake Rim Tour	August 24-25	
Volunteer/Annual Banquet	November 13	
Christmas Party	December 11	

MVBC EVENT CALENDAR: May-June, 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 a 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

May 5, Saturday, 9 am Showers, but great food.

- **PIG OUT!!! Don't eat breakfast, come prepared to eat well. Secret route.**

START TIME CHANGE TO 8:00!!!

May 12, Saturday, 8 am: Bring the sun screen, unseasonably hot.

- **Long Ride:** Bellefontain Rd. to **Harrisburg. 61.2 miles** (B480)
- **Medium Ride:** Bellefontain Rd. to **Bellefontain 40.2 miles** (B240)
- **Short Ride:** Bellefontain Rd. to **Decker. 28.8 miles** (B090)

May 19, Saturday, 8 am: A bit cooler, but still a nice day for a ride.

- **Long Ride:** Armitage Pk via Harrisburg. **79 miles** (A640)
- **Medium Ride:** Brownsville via Shedd. **52.4 miles** (B330)
- **Short Ride:** Harvest Rd. to **Shedd 34 miles** (A210)

May 21, Monday, 7 pm: General Meeting at King Tin Restaurant

May 26, Saturday, 8 am: Summer-like.

- **Long Ride:** Alsea Falls. **69 Miles** (C590)
- **Medium Ride:** Kings Valley, return via Airle. **45.6 Miles** (B280)
- **Short Ride:** Decker. **32 miles** (B170)

May 28, Monday, 7 pm: Board Meeting at Richard Burgess, 3160 NW Arrowood Circle

June 2, Saturday, 8 am: Not summer-like.

- **Long Ride:** Roaring River Fish Hatchery. **80 Miles** (B650)
- **Medium Ride:** Waterloo. **61.3 Miles** (A520)
- **Short Ride:** Albany. **34 Miles** (A160)

June 9, Saturday, 8 am

- **GREENWAY TOUR - unsupported, stop at Buena Vista B&B if desired**
 - Three routes, exact mileage unknown at this time.

June 16, Saturday, 8 am:

- **Long Ride:** Alsea Falls. **69 Miles** (C590)
- **Medium Ride:** Kings Valley, return via Airle. **45.6 Miles** (B280)
- **Short Ride:** Kings Valley, return via Airle. **45.6 Miles** (B280)

June 23, Saturday, 8 am:

- **Long Ride:** Stayton, via Jefferson. **82.2 Miles** (B670)
- **Medium Ride:** Jefferson, return via Riverside. **48.3 Miles** (B310)
- **Short Ride:** Albany. **33 Miles** (B140)

June 30, Saturday, 8 am:

- **Long Ride:** Peoria, Armitage, Marcola. **103.6 Miles** (B690)
- **Medium Ride:** Armitage Park. **79 Miles** (A640)
- **Short Ride:** Saddle Butte. **37.4 Miles** (A230)

- *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 Independence 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.*

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Moab, Utah
 Rod Inman

When I started to tell Gran Jan about the great biking trip I'd just returned from with my son in Moab, Utah, she couldn't understand how anyone could ride a bike on those slick rocks. The slickrock sandstone formation is just one of the many layers of various colored rocks that make the great arc of National Parks along the Colorado River such spectacular sightseeing.

The entry gate to Arches National Park is 2 mi. from Moab and this park can really burn through your supply of film. If you wanted to ride the 25 mi. of paved roads in the park your legs would burn a little too; but we sure had a blast coming down out of the park along The Great Wall. We had ridden from our campsite in Moab around the west side of the park on Off Road Vehicle (ORV) roads and entered the park via Willow Flats road, and hit blacktop at Balanced Rock. This made the gain in elevation more gradual but included a lot of soft sand and made the 45 mi. loop seem like a long day. Spectacular sightseeing, hikes into and around the arches, and lots of photo stops to be enjoyed here.

The Island In The Sky district of Canyonlands National Park is west of Moab and is accessible via Utah 313, about 10 mi. north of Moab. Though we didn't have time to

make it into this area (west of the Colorado River), it would no doubt be another spectacular bike ride. Both the entrance to Canyonlands National Park and to Dead Horse Point State Park are only about 20 mi. from Hwy 191 that runs through Moab.



Richard Inman at top of Portal Trail on Poison Spider Mesa, overlooking Moab

Moab is currently a little strip development along Hwy 191 where tourism means \$\$\$. Restaurants, motels, campgrounds, and lots of retail stores featuring local specialty items seem to make up the main part of town. This little

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the ride captains, who had carefully investigated all potential concerns and talked several times with management of both Richeys and the Beanery. Riders are aware they should park their cars away from the businesses, avoid obstructing store entrances, and be considerate of other customers. In the last newsletter, however, Jerry Rooney's article raised the original concerns again and suggested it might be better to start rides at the Aquatic Center. The Board revisited the issue and asked the ride captains for an update. The Board then voted unanimously—with the exception of Lyle Dalton, who abstained—to keep the Saturday 8:00/9:00 AM ride starting point at The Beanery. The motion, made by Susan Christie and seconded by Rob Gandara, stated that ride leaders can start a ride from a n- other location if they wish, provided they get the ride sheets signed and delivered to the ride captains. The ride sheet is a legal document allowing the signer to be covered by our League of American Bicyclists insurance, thus it is important that all riders sign. Positive aspects of The Beanery as a starting place include the support we offer to local businesses and good visibility for the club.

Willamette Valley Community School

The Board discussed initiating a relationship with this charter school linked to 509J. Its creative adventure-based curriculum is directed at middle school and high school students. Students at the school are required to have a bike and helmet at school every day. The school is very much in need of additional financing and has expressed an interest in partnering with MVBC. When our nonprofit status is established, we will need beneficiaries for our funds, and Willamette School, with its ties to cycling, seems an excellent choice. The Board envisions Wil-

lamette School working with us to make the Covered Bridge ride a premier annual event in the Northwest. We would make the school a beneficiary of the ride, and they would do promotions and fundraising. Long-term planning is needed, so the school will not be a major beneficiary this year, but we can begin planning for next year. John Morris, Joe Monteleone, and Tim Corbett will continue to work with the leaders at Willamette School and keep the Board informed.

Information Sharing

Nancy Meitle reminded us that we plan to take \$1.00 from each entry in the Covered Bridge tour and apply it to support of the BTA's school bike education program. The Board agreed that MVBC will serve as an "insurance policy" for the BTA program if Rick Waring, ODOT's Bicycle/Pedestrian Safety Program Manager, is not successful in his application for another grant. Next Board meeting: Monday, April 23, at Richard and Lindy Burgess' house. Major items will include budget and charities. Next general meeting: Monday, April 16, at Papa's Pizza. Lloyd and Grace Swanson will tell us about their tour in France.

*(Moab, continued from page 6)*

town of about 5000 pop. has as many bike shops as Corvallis, and lots of bike rentals, Mt biking guide services, canoeing, whitewater rafting, and 4 wheel drive rental and guide services. The one large grocery store is always very busy. There are brew-pubs too! Since we were there to ride our Mt bikes and were only on blacktop riding out to or returning from riding on sand and sandstone, I can only mention a few other places where I would like to have ridden on the road. Utah 128 (Dewey Road) heads east along the Colorado River

and puts you at the lowest points (4000 ft) looking up at the sandstone layers and looked like beautiful biking. This road winds along the Colorado River for most of its 35 mi. And from Dewey Road one could ride up through Castle Valley east of Moab and climb up to 8300 ft in the Manti-La Sal National Forest on the La Sal Mountain Loop Road and loop back into Moab. We had ridden up jeep roads and a few miles of the paved La Sal Mountain Loop Road to find the top of Kokopelli trail for what we hoped would be some great singletrack riding back down through the changing habitat zones. The trail is down the north facing side of the slopes, unfortunately it was still snowed in on April 4th. Hindsight says check with one of the local guides before starting out on this long ride.

We included the more famous of the local rides but also enjoyed some rides that don't show up on all of the local riding maps and where we didn't see any other trail users. We were there pretty early in the season (it only snowed on us one day) but there were still lots of trail users at the well-known trails. Lots of motorcycles on the Slickrock Trail, Honda 4-tracks on the Porcupine Rim trail and jeeps on the Poison Spider Mesa ORV track. The jeep jamboree started the day we were leaving, a good time for non-jeepers to be elsewhere.

The riding there can be very challenging but the vistas and geological formations are very rewarding. Looking down to where your tires are going you'll see mostly sand and sandstone. One especially fun bit of riding was off of the ORV track (marked by little white jeeps painted on the rocks) on the expansive slickrock formation on Poison Spider Mesa, where fear of becoming lost is the only real barrier to riding in any direction you might want to go.

With the La Sal Mountains, Arches National Park, and colorful sandstone for-

(Continued on page 8)

Proposed Change to Bylaws

John Morris

During the past three months, the new Board has been discussing and proposing revisions to the club's bylaws. Several grammatical and format changes have been made to the document to make it more readable. However, there have been some substantive modifications that need review and a vote by the membership. Please see below for a review of these changes:

- Article 7, Meetings of Members
 - o The bylaws called for an annual meeting in October. The practice has been to hold the annual meeting in November. To provide flexibility, it is proposed the bylaws be held during the last two months of the year.
 - o Notice to members has been updated to provide for electronic notification. We are not changing any requirements for notices in the newsletter, but we are adding a requirement to post certain notices to the club website. Also members are allowed to vote by either postal or electronic mail on club issues.
 - o While the bylaws express a bias for Robert's Rules of Order, the voting requirement (E.4.) does not conform. A revision is proposed to make voting by the membership conform to Robert's Rules.
- Article 8, Election of Officers
 - o The role of corresponding secretary has evolved into a membership chairperson. The Board proposes modifying the bylaws to reflect these new responsibilities.
 - o Wording was confusing around how many members-at-large are allowed. The Board has clarified the language by designating a number (two) and providing for a separate youth director-at-large.
 - o A specific date for transition of duties has been proposed for January 1st.
 - o Although it has been the practice for some time, the treasurer has never been officially designated as the insurance liaison. This has been specified in the bylaws.
 - o Added the responsibilities of the ride co-captains to maintain a ride calendar.
- Article 9, Directors
 - o As mentioned earlier, modifications have been made to provide for conducting business by electronic means. Care has been taken, however, to not exclude anyone who does not have Internet access.
 - o The Board has proposed adding a section on Voting that says, "Unless otherwise provided within these bylaws, decisions of the board shall be made based upon a simple majority of those present."

Article 13, Amendments

- o The phrase is proposed, "Posting to the club's website for 30 days with a notification in the club newsletter at the beginning of the period may substitute for printing in the newsletter; in such a case, complete printed copies will also be available upon request by any member." The Board felt this provides a savings in mailing expenses without omitting anyone without Internet access.

Although such business can be quite tedious, our recent approval by the IRS as tax-exempt has underscored the importance of making sure our bylaws reflect our actual business practice. By the current bylaws provisions, it is required that a complete copy of the revisions be presented at a club meeting – this will be done in May with the vote being requested at the July 16 general club meeting. Please see any of the current Board members if you have questions or concerns.

(Moab, continued from page 7)

mations almost always somewhere in your 360° horizon view, you spend a lot of time just sitting on your bike and staring off into the distance. From some viewpoints the slickrock formation appears to extend before you for dozens of miles and the vertical walls of canyons drop hundreds of feet from just in front of your tire to dry creek beds. It's quite a sight, but if you've ridden some of the great single track riding here in western Oregon, including right here in Mac forest, the Mackenzie River Trail, and the trails above Oakridge, you won't feel badly about heading home.

One evening we arrived back at Moab in time to enjoy the Moab Skyway Chairlift up to the Moab Rim for a little hike, some bouldering and more picture taking 1000 ft above Moab. We watched a squall line come up the river, sprinkle a few drops on us and move on towards the mountains. We even had time for a short stroll into the Matheson Wetlands Preserve, owned and managed by the Nature Conservancy, before dark. We had used a shuttle service to deliver us and our bikes to the Porcupine Rim trailhead and had only ridden 18 mi. that day!

I planned the rides we did and checked for campground availability using a recent book by Lee Bridgers, [Mountain Bike America - Moab](#), on mountain biking in the Moab area and the Moab-Utah.com website. To learn more about Lee Bridgers and his book, click on Dreamride at the Moab - Utah site and click again on the picture of Nate Toone flying. Moab has a very nice Visitor Information Center and a cute little historical museum. My son, Richard, spent his entire spring break watching over me while we rode our mountain bikes along the sand and sandstone ORV tracks. On our way back to California we drove through the scenic Red Rock Canyon National Conservation Area west of Las Vegas and saw more bike riders out enjoying the beautiful Sunday morning there than on any other stretch of blacktop.



- 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

Don't Forget Pig Out Ride!
Charlie and Becky Steinmetz

Pig Out Ride is Saturday, May 5. This is the day to **Ride to Eat**, rather than the usual **Eat to Ride!** Leave your eating conscience at home for the day. We will ride rain or shine. Please bring the family out for this one. May 5th is the day to eat, drink and socialize...oh and of course...RIDE! See you Saturday, May 5 at The Beanery, 9:00 a.m.

Help! Help! Help!
Nancy Meile

Bicycle Safety Saturday is coming Saturday, May 12th from 1-4 pm. This year's event will held at The Boys and Girls Club on Circle Boulevard. The afternoon will feature bicycle safety activities for children. We need folks with all types of skills. Each station will need several volunteers. Sign-up with a friend. Just give me a call with your first choice! Registration, helmet adjustment and sales, bicycle engraving, tire inflation, minor repairs, video, refreshments, or obstacle course. Feel free to leave a message..... 753 -0304.

Bike Commute Day - Tuesday, May 15

During 'Get There Another Way' week
 7:00-9:00 AM: Free continental breakfast in Central Park
 5:30-7:00 PM: Join other cyclists at Old World Deli for food, conversation, and a bicycle "fashion show."

Swap Meet
Walt Prichard

At our July picnic we will entertain a tailgate swap meet this year. Start thinking about the things you can bring to trade or sell. Remember, this will be a great chance to change the looks of your garage. You can take out all those parts that are too good to throw away and bring back some better ones.
 If you don't have a trunk or tailgate on your bike, bring out the trailer or, if you really have a lot of stuff, bring the car.

Ride Captains Report

Great news, we're going to do the Greenway Tour in June. It will be unsupported except for an optional stop at the B & B in Buena Vista. This is an MVBC classic and shouldn't be missed. What a great way to get ready for Loop! Remember the Pig Out Ride on May 5th and then roll to 8:00 ride starts beginning May 12th.
 We had a stupendous mileage total for March with over twice the miles recorded over March of last year. Way to go!
 The issue of Saturday's starting location was brought up at the March (early April) board meeting. The Board decided to leave the Saturday start location at its current location, the Circle Beanery.

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

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Meetings & Announcements

Future Events

May 5 - MVBC Pig Out Ride, www.mvbc.com
May 6 - Monster Cookie Ride, www.salembicycleclub.org
May 19 - Reach the Beach, American Lung Assn of Oregon, www.reachthebeach.org
May 25-28 - Northwest Tandem Rally, Pendleton, www.pendleton.or.us/pccguest/nwtr2k1.htm
June 2 - Apple Century Bike Ride, Wenatchee, www.wenatcheesunrise.org/century
June 9 - Strawberry Century, Santiam Slow Spokes, 541-926-6415
June 16 - Tour de Blast, www.tourdeblast.com
June 17-22 - Ride Around Wyoming, (307) 672-6323
June 23-July 1 - Loop Tour I
June 24 - Watermelon Rides, www.salembicycleclub.org
July 7-8 - STP, www.cascade.org/stp/
July 14 - Oregon Bicycle Winery Tour, Epilepsy Foundation benefit, (866) 222-5868
July 28-August 5 - Loop Tour II
August 12 - MVBC CBBT, www.mvbc.com
Sept 8-15 - Cycle Oregon, www.cycleoregon.com
Sept 30 - Peach of a Century www.salembicycleclub.org

General Meeting — May 21, 7 pm

The May meeting will be held at King Tin Restaurant, 1857 NW 9th Street. Come for dinner at 6:15 pm and stay for The LOOP TOUR NEWS at 7:00 pm.

The summer touring season is just around the corner. Learn the ups and downs of this year's tour. Come if you have signed up for the tour or if you are just interested in bicycle touring. Or come if you are just hungry!

IMPORTANT SUBMISSION INFORMATION

Submit articles, stories and photos for the June MVBC Spokesman no later than May 23. Yes, its early but we're traveling in June!

Please send this material to the editor in Word format:

Lloydvswanson@home.com