



## MID-VALLEY BICYCLE CLUB

# Spokesman

### July 2003

#### Pop Quiz Time!

What are the three most important aspects of loop tour? If you

guessed cycling, socializing and food you would be right (but maybe not in that priority!). Driving sag on Loop 1 recently, I had the opportunity to observe a broad range of eating opportunities. Because I was not cycling myself, a lot of this was not first hand as there was no way I could eat like the cyclists! But I did take copious notes. Loop Tour 2 riders, take note!

First there was the low key food option. The first night's dinner for me consisted of the second half of a Togo's pastrami sandwich. Adequate for me, with lots of protein, but probably not enough for active cyclists. The dinner was complimented by the traditional first night dessert of strawberry shortcake. Definitely a good choice. Then there was the Dan Youngberg approach of a freeze-dried dinner accompanied by other's leftovers. Breakfasts eaten in camp were very low key, consisting mostly of various forms of instant oatmeal and dried fruit, with many cups of coffee brewed along with the occasional tea bag or hot chocolate.

Food eaten during the course of the riding day was wide and varied. Tuna fish in those sealed pouches, peanut butter on crackers or bagels, peanuts, corn nuts, beef jerky, cucumber, carrots, summer sausage, yogurt, gorp, potato chips along with other items seemed to be the items of choice. When the opportunity presented itself, restaurants were popular. The most common choice of cyclists being some form of burger and fries. Let's not forget ice cream bars, shakes and soda!

Another approach to dinners in camp was for a group of people to cook together, each person contributing something to a potluck dinner. I joined one such group and had an extremely tasty dinner. Richard provided stir-fried vegetables and meat. Tim provided couscous with artichokes. Mary provided corn, fresh off the

### Up front

*by Betsy Reid, President*

cob. Will provided rice jambalaya with sausage. I provided fresh fruit salad and Nancy made chocolate pudding pies. Oh yes, accompanying the dinner were some red wines. Not too bad a way to eat!

There were lots of opportunities for eating out on this year's tour. I ended up only cooking dinner in camp three nights; the rest were eaten out. The Homestead Restaurant in Bly provides large quantities of meat, vegetables and starch in their meals. More than adequate for hungry cyclists! The recommended dessert is their marionberry or multi-berry cobbler with ice cream. They also provided us with a breakfast buffet on the second morning. Eggs cooked to order, bacon, pancakes, fried potatoes, fruit, biscuits and gravy, and orange juice provided riders with the fuel they needed for the long climb that day. Day 4, Bly to Klamath Falls, provided numerous food breaks. 15 miles down the road in Beatty, the store/restaurant had the basic breakfast items but also some outstanding fruit turnovers. About 13 miles down the road is the Sprague River Station. Be sure to try their cinnamon rolls.

The cinnamon roll expert in the group, Dan Youngberg, rates them highly. Another 20 miles down the road in Dairy there is a bicycle friendly

restaurant serving shakes, smoothies, hot dogs and iced coffees. Be sure to ask the owner about serving cyclists during Cycle Oregon. The group dinner was the same night at Antonio's in Klamath Falls. Lots of excellent pasta, salad and bread.

Klamath Falls provided two additional restaurants that were the highlights of my eating out experience on this tour. Nibbley's provides breakfasts that are not to be missed. The espresso drinks come in mugs the size of

#### Also in this issue

- Loop Tour Updates
- Advocacy
- Max Headwind
- Tandem Ride Update

*(Continued on page 2)*

**Mid-Valley Bicycle Club**  
**P.O. Box 1373**  
**Corvallis, OR 97339-1373**

**www.mvbc.com**

**President**

Betsy Reid  
betsy\_reid@comcast.net 754 0707

**Vice President**

Larry Thurber  
larry\_thurber@comcast.net 967 8199

**Treasurer**

Richard Burgess  
rwbcustom@aol.com 758 5006

**Membership**

Susan Christie  
matnsusn@peak.org 754 1378

**Recording Secretary**

Becky Steinmetz  
hcbs@proaxis.com 745 7612

**Ride Captains**

Joe Monteleone  
jmonteleone@proaxis.com 754 9677  
&  
Ann Asbell  
ann.asbell@oregonstate.edu 757 7080

**Designated Ride Leaders**

10 am Sat—Jerry Rooney  
jeroon@peak.org 752 6588  
9:30 am Wed—Walt Prichard  
prichard@proaxis.com 752 6231

**Directors At Large**

Eric Ahlvin  
ahlvin@comcast.net 753 1848  
&  
Rick Ripper  
gearheadosu@hotmail.com 754 6856  
&  
Bill Daley  
wedaley@comcast.net 745 5422

**Advocacy Representative**

Walt Prichard  
prichard@proaxis.com 752 6231

**Newsletter Editor**

Lloyd Swanson  
Lloydvswanson@comcast.net 753 5878

**Webmaster**

Mark Newsome  
newsome@acm.org 752 5378

*(Continued from page 1)*

soup bowls! I had a Belgian waffle with fresh strawberries and whipped cream. The second day I had one of their cinnamon rolls. Only a cyclist could actually have finished it in one sitting! The food provided was reminiscent of breakfasts provided by the Valley Restaurant. For those willing to spend a little more money, Fiorella's provides excellent Italian food for dinner. The wine selection is good and the food is cooked by the Italian owners.

At Diamond Lake, nearly all the cyclists ended up at a pizza place about 1/2 mile from the campground. Nothing special about the pizza but tasty enough after the long climb up to Crater Lake. The Wheel Restaurant in Chemult had great huckleberry pancakes for day 8. The final night in Gilchrist, there is a decent small-town restaurant within sight of the school. They were easily able to handle our entire group of 29. Many of us had the 12 oz prime rib special, but I also saw people consuming burgers and ribs as well. You definitely don't walk away hungry from this place. I have it on good authority that their milk shakes are outstanding. So be sure to get one in the afternoon to reward that long stretch of riding up Hwy 97.

Eating can be boring, simple, filling or outstanding on loop tour. What is amazing to me is that I didn't gain any weight while on tour this year! Hopefully, this article gives a feel for how people eat while on tour to those who haven't toured yet with the club and gives the cyclists on Loop 2 some planning tips. I certainly know where I'm going to eat when my chance for riding comes!

---

## Advocacy

*Walt Prichard*

This is a great month. Most of the construction has started and the roads will be a mess for the rest of the summer. Hopefully they will be fixed by the rainy season.

If you have ever wondered why there is a little more pavement to the right of the fog line on some roads

in Benton County, I found the answer. When Benton County is going to do any major work on a piece of road and there is enough room on the right-of-way and they have had a chance to fill out the shoulders with regular maintenance, they will pave the additional width. If there is a question of right-of-way width they generally talk to the landowners about more right-of-way to repair the road properly and if they are given the extra width they make an extra effort to widen the road and add pavement for bicycles. It turns out this is very cost effective in the long run as there is much less maintenance to the shoulder when they can keep the water off the road bed and the cars don't drive on the edges and break it up. As you can see it is a win win situation—it is great for us, it is great for the public for a breakdown lane, and helps the county in long term maintenance as well. You can thank Roger Ervin, Director of Public Works, and Mark Peterson, County Road Engineer. They both ride bicycles and Mark commutes on his bike.

The bill to give us a yield at stop signs seems to be lost somewhere in Salem. My last search didn't reveal any good news. Also the full stop for pedestrians that the governor signed will apply to bikes as well. When they start enforcing it, be aware that the pedestrian has to have a full lane clear or be on the curb before you can go. I think it is great for the large cities but will never be enforced. It will be a pain to the rest of us if we get caught in an enforcement sting.

On our trip to the Gulf Islands it was noted that the speed limit was 70K or 45MPH. It really didn't help much on narrow windy roads. In fact 40K would have been better. I actually didn't see any RCMP on the road or anywhere else for that matter, and I think they used common sense more than anything. The only time I had any problems was when I was going so darn slow near the top of those 16% grades. They, the natives, just waited for the most part and had a good laugh. Keep the rubber side down!

## Loop Tour Update

*Dan Youngberg*

By now everyone who has registered for Loop Tour 2 should have received a Rider Packet containing route sheets and other information. If you haven't, contact Maria Monteleone immediately.

The following is an attempt to provide information that can be used on Loop 2. It is not a story about Loop 1. If you enjoy discovering things as you go, you should not read the rest of this article. For everyone else, the following hints and comments may give you some preview of the Loop 1 story...

Be aware that route sheet mileages are approximate! Most are based on a map program and there are definitely some variations. However, everyone who started Loop 1 finished although some did have more miles on their odometers than others.

### Day 1

- Don't forget your parking permit!
- Cindy's is reputed to be a good place for lunch.
- Ray's Market is the last sizeable market until you get to Klamath Falls.

### Day 2

- Stop at Picture Rock Summit to see the pictographs. Follow the obvious trail for 20 meters to the right of the summit. Look on the 'back' of large rock.
- There is a great café about a mile beyond the Summer Lake store.
- However, if you do pack your own lunch, the rest stop opposite the store is very nice.
- Unless you are going into the hot springs, there is absolutely no reason to get to camp early.
- Tap water at Summer Lake Hot Springs smells of sulfur. Get drinking water from the sag.
- This year the Paisley Mosquito Festival wraps up on the day Loop 2 arrives—don't forget your bug juice.
- Leave room for dessert at the Frontier Café even if you have one of their outstanding milkshakes.

### Day 3

- The breakfast buffet at the Frontier includes eggs fixed to order, but you must take the initiative to order them.
- The turn at route sheet mile 26.3 is easy to miss.
- No sign at summit.
- Take a little time to see the memorial at the "only place on the American continent where death resulted from enemy action during WW II." The Mitchell Recreation Area is on the left, just a couple miles from the summit.
- The left turn onto Campbell Road is not signed. If you don't turn you will be on gravel.
- The café in Bly may not be open—plan accordingly. There are two small markets. Don't count on getting wine.

---

## MAX HEADWIND

### New Love

As the buds began to open on the trees  
I began to dream of my next bike  
the anticipation, as with tours, often being  
almost as good as the realized wish

and as summer lengthened the days,  
I had my test ride, bought, and took home  
my new love  
packed it with me as we drove to the coast

and neglected my family, with their permission  
to explore a new road, stopping every little while  
to adjust, to test, but partly just to admire  
or maybe to show off

and as I ride on, the newness wearing off  
still happy, and I know it's really my bike  
when it feels just like my old bike  
rides just like my old bike

and becomes transparent  
letting me be with the ride  
instead of with the bike.

- 
- Please be very careful when crossing the gym to get to the locker rooms. The gym has an absolutely beautiful wood floor. Take off your shoes or carefully walk around the very edge. NO CLEATS even if they are recessed!

### Day 4

- The café/store in Beatty has good breakfasts. Get there early to get a turnover.
- The route sheet entry about the climb near Sprague River is a little deceiving. There is a noticeable short climb a few miles before getting to Sprague River Road. The noted climb, however, is the one after leaving the town of Sprague River.
- The café in Sprague River has very good cinnamon buns and pie.
- After returning to Hwy 140, be sure to stop at the smoothie shop 3 miles down the road—they love cyclists.
- The next time we do this tour we will find a way to avoid the last section of Hwy 140.

*(Continued on page 6)*

## MID-VALLEY BICYCLE CLUB BOARD MEETING NOTES

**Monday, June 2, 2003**

**Present:** Eric Ahlvin, Susan Christie, Joe Monteleone, Walt Prichard, Betsy Reid, Becky Steinmetz, Lloyd Swanson, Larry Thurber

**Absent:** Ann Asbell, Richard Burgess, Bill Daley, Rick Riper

### Reports

**Treasurer:** No report.

**Membership:** Susan has been working on the overdue members listed in the database. She has been personally contacting them to ask if they want to renew membership. In the future overdue memberships will receive three issues of the newsletter before cancellation. Hardship cases will be handled individually. Most members are renewing when reminded.

**Ride Captain:** Joe explained that Ann is still looking for ride leaders for short rides. Since very few members are stepping forward to help in this area, Betsy suggested that maybe the beginner short distance riders should consider riding on the 10:00 a.m. rides with Jerry Rooney. Other board members agreed. Walt also suggested making an announcement at the beginning of the Saturday rides where people are stopping for food/lunch stops.

**Bicycle Advocacy:** Walt states there are no new updates this month.

**Newsletter Editor:** Lloyd discussed the need for purchasing new software for the newsletter, Adobe Acrobat 6.0 version. He has been having problems with sending the newsletter to Kinkos for printing (incompatibility between Windows XP and Kinkos software). The software can be purchased for \$90 through OSU. Walt motioned to purchase the software and Joe seconded. The board unanimously agreed on this purchase. Lloyd also is working on a new design for the newsletter banner. He also had three examples of MVBC business cards. These would be for distribution at bike shops and for members to handout to

the public.

**Vice-President:** Larry is working on arranging the July picnic. He will be looking into reserving Avery Park for July 21.

### Old Business

**July 4th Mary's Peak Ride:** Eric is organizing this ride again this year. He has written an article for the Spokesman with information regarding the ride. His family, Sue Morris and the Children's Farm Home kids will run the stops on the ride.

**CBBT:** Betsy reports that Tim Corbett has distributed CBBT fliers at local bike shops and local bike events. Registrations are coming in. The CBBT flier will go in the June Spokesman.

### New Business

**Webmaster:** Mark Newsome spoke with Betsy regarding whether he really needs to come to the Board Meetings. It was decided that since he is not in a voting capacity on the board, he does not need to attend the monthly meetings but will remain in contact with the Board for any website information, postings and updates.

**Next Board Meeting:** Monday, July 14<sup>th</sup> at Susan Christie's home.

**Next General Meeting:** Monday, July 21, Annual MVBC Picnic. Place of the picnic still to be arranged.

The meeting was adjourned and members helped Lloyd with organizing the June newsletter for mailing.

*Respectfully submitted,  
Becky Steinmetz*

### **Tandem Ride Update**

*Becky Steinmetz*

The Columbia River Highway East Cruise (40 miles) on Sunday, June 8 turned out to be a sunny and wonderful day tandeming with Donna and Lee Mason.

We started our ride at 9:00 a.m. leaving the Senator Mark O. Hatfield West Trailhead visitor center parking lot. The ride started with a 4.5-mile pedal on a very wide and nicely

paved multiuse path that included many cyclists, walkers, and rollerbladers. This is a quiet path that meanders to one of many incredibly scenic lookouts that we would just have to stop and check out throughout our riding day. The multiuse path also took us through the Twin Mosier Tunnels, quite unique and fun! This path then led us onto the old Hwy 30 that took us through the small towns of Mosier and Rowena, along with cherry tree orchards, and also offered many viewpoints of the cliff-lined gorge. Old Hwy 30 is a narrow 2-lane road with no shoulders, but it ended up being very quiet for cycling and gave us views of carpeted hillsides covered with Bachelor Buttons and California Poppies. Throw in the view of the Columbia River and you can get the picture that it was definitely a scenic ride I would recommend to cyclists. Yes, the wind was strong at times, but what a tailwind on the way out to the Columbia Gorge Discovery Center, and we were sure thankful for it on the return to keep us cool. The grades of climbing was no more than 5% (*this was to accommodate travel for Model T's in the early 1900's*), which ended up NOT even having us get into our lowest gear! Another highlight of the day was taking in the ice cream store in Mosier.....it is the only one on the route and definitely a must to stop and indulge at; the store also has a vintage Porsche collection on display next door.

Our next tandem ride adventure will be the Northwest Tandem Rally in Eugene, July 4-6. Charlie and I will be hooking the trailer to the tandem and pedaling down to the rally on Thursday, July 3 for the three-day event. We invite you to join us if you are interested. It will be approximately 55-60 miles to the Hilton in Eugene where we will be staying for the duration of the rally. The plan is to meet at The Beanery Thursday, July 3 at 9:00 a.m. Sunday, July 6 we will pedal home a different route. Bob and Jill Leichti have taken on the task of making the

*(Continued on page 7)*

## MVBC EVENT CALENDAR: 2003

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. Ride Captains: Ann Asbell 757-7080 & Joe Monteleone 754-9677. 10 am Ride Leader: Jerry Rooney 752-6588

**Show and go rides start at 10:00 am at Osborn Aquatic Center**

**July 12, Saturday, 8am: FYI Philomath Frolic/Rodeo & Linn County Fair**

- Long Ride: Scio via Peoria Rd/Tangent/7 Mile Dr back via Crabtree/RS Drive 73 miles (A600)D
- Medium Ride: Crabtree/Jefferson via Peoria/Tangent/7 Mile back via N. Albany 61 miles (B490)D
- Short Ride: Albany via Peoria Rd/Tangent back via Riverside Drive 35 miles (A160)D

Next Board Meeting: Monday, July 14<sup>th</sup> at Susan Christie's home.

**July 19, Saturday, 8am: DaVinci Days! - Avoid Fairgrounds in PM - Kinetic Sculpture Road Race**

- Long Ride: Philomath to Monmouth via Kings Valley back via 99W. 61 miles (C510)B
- Medium Ride: Philomath to Kings Valley back via Airlie. 46 miles (B280)B
- Short Ride: Philomath to Decker Road back via Bellfountain Road. 33 miles (B170)B

**July 20, Saturday, 8am: Covered Bridge Bicycle Tour Workers' Pre-Ride - CBBT Volunteers Meet at Timber Linn Park in Albany at 8am to pre-ride any of the CBBT routes (40-68-85-101 miles) w/lunch stop arranged by club - Call Tim Corbett for more details 757-6691; [richer1435@attbi.com](mailto:richer1435@attbi.com)**

Next General Meeting: Monday, July 21, Annual MVBC Picnic - See inside newsletter for details

**July 26, Saturday, 8am: Loop 2 Begins! - If Alsea Falls road repairs too severe, long route to change!**

- Long Ride: Philomath to Alsea Falls back via Bellfountain Road 69 miles (C590)B
- Medium Ride: Philomath to Decker Rd/Greenberry Store/Smith Loop 46.0 miles (B265)B
- Short Ride: Philomath to Decker Road back via Bellfountain Road. 33 miles (B170)B

**August 2, Saturday, 8am: FYI Benton County Fair, Oregon Sweet Home Jamboree**

- Long Ride: Salem via BV Ferry, back via Turner/Jefferson 83 miles (B660)A
- Medium Ride: Sunnyside/S Salem Hills via BV Ferry, back via Jefferson 59.6 miles (B460)A
- Short Ride: Independence Hwy to Palestine back via Albany/RS Dr. 30 miles (B-100)A

**August 3 - Blackberry bRamble - Eugene G.E.A.R.S - see [www.eugenegears.org](http://www.eugenegears.org)**

**August 9 - Covered Bridge Bicycle Tour - No Formal Saturday Rides - we need volunteers!**

**August 10 - Tandem Ride Series:** Yaquina Bay Road (Newport) This will be another great ride for families, approximately 30+ miles leaving out of Toledo to Newport, very scenic and beautiful. For info contact Charlie and Becky Steinmetz <hcbs@proaxis.com>

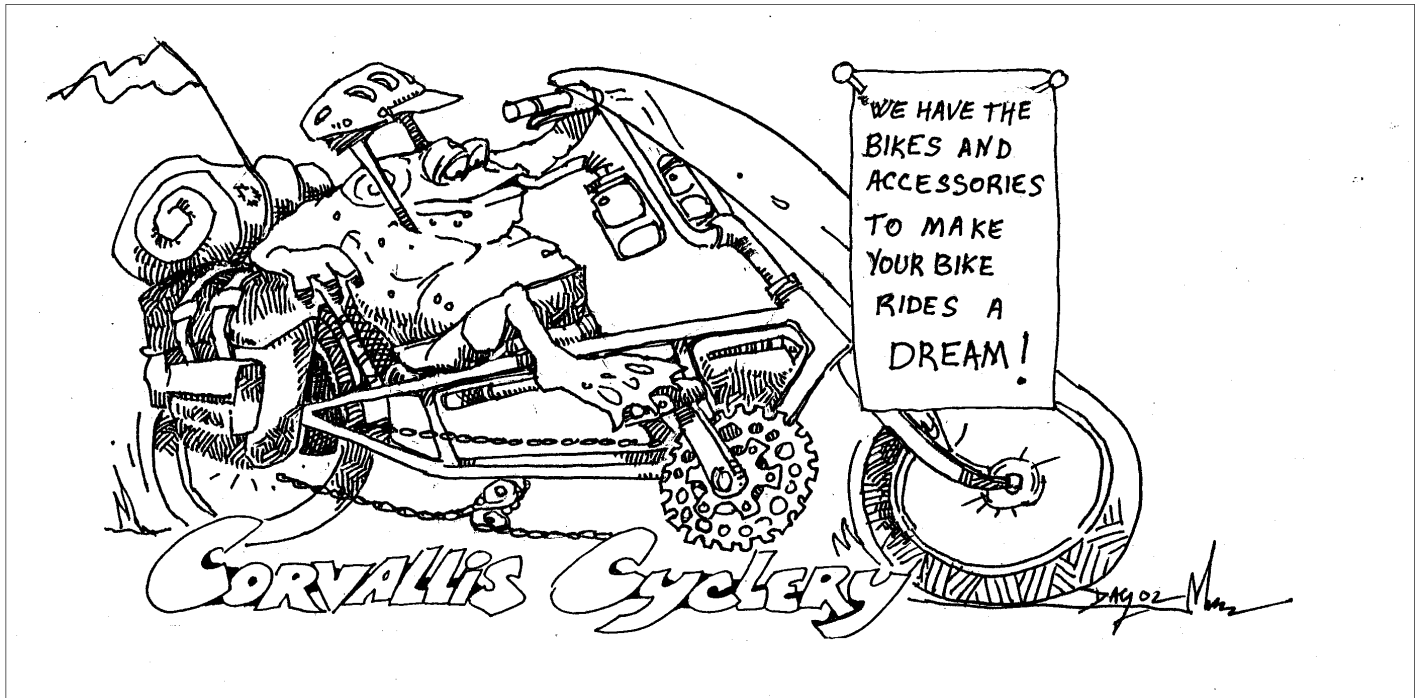
**August 23 - Crater Lake Rim Tour Weekend**

**August 30-MVBC meets PWTC in Albany! - Greenway/Sunnyside Loops from Monteith Park!**

---

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 Independence or Monmouth at an easy to moderate pace. Weekly except when nobody shows up. Walt Prichard 752-6231. Counts for Club Mileage if somebody remembers to record it.



- It is possible to walk to the group dinner in about 45 minutes—take the bike path, then turn left on Main Street.
- The store in Fort Klamath (1.5 miles from camp) has good burgers. They may have replenished their stock of pizza dough by the time Loop 2 arrives.

#### Day 5

- Breakfast at Nibbley's! This is THE place for breakfast.
- Fully self contained riders may decide to use the 'layover day' to ride to and camp at Lake of the Woods. Bring plenty of water for the ride! The climbs are worthy and there is nothing until you get to the lodge. Note that camping fee (\$17 per site) at Lake of the Woods is not included in your Loop Tour registration. There may be no sag support for this personal decision option.
- The Lodge at Lake of the Woods serves a great dinner. Making a reservation when you get into camp may get you a window table.
- There are many things to do in Klamath Falls.

#### Day 6

- Do not attempt to do the whole West Side route in one day unless you are extremely strong.
- The East Side route as published is not particularly nice. The gravel section was freshly oiled just before Loop 1. It may be better for Loop 2, but you may wish to consider going down Hwy 97. There may be some side roads that could reduce the time on 97.
- Whether you have spent the night at Klamath Falls or Lake of the Woods, this is an easy day. Have breakfast at Nibbley's in K Falls or at the marina at the lake.
- Be sure to stop in at the Fort Klamath museum. It is only a quarter mile past the campground toward the town of Fort Klamath. There is no charge, but it is well worth a donation.

#### Day 7

- The store at Fort Klamath has fresh donuts, cinnamon buns, and great breakfast sandwiches. There's no need for packing a lunch, you should be at the rim by lunch-time.
- At route sheet mile 17.8, turn right (not left) toward Mazama CG and the rim.
- Be sure to have \$5 handy for the entry fee to Crater Lake National Park. Families get special deals, but the algorithm seems to vary depending on who's collecting the fees.
- When you get to the rim take a side trip to the right for food, rest rooms and souvenirs.
- Use the bike path as a shortcut to get into Broken Arrow Campground.
- Swimming is not allowed at Diamond Lake due to an algae bloom.

#### Day 8

- Traffic on Hwy 97 is irritating, but there is a good shoulder for virtually the whole way.
- The Wagon Wheel Café in Chemult can be slow, but the food is good. There are two more cafes in town, one before the Wagon Wheel and the other after. Both are of unknown caliber.
- The town of Rosedale is a bit of history captured by Delorme, but there's nothing there now.
- A bike path begins just north of the commercial build-

(Continued on page 7)

(Continued from page 4)

route, **Thanks a bunchie Bob and Jill!** So if you are interested in joining us for the trip down and back and would like more information, you can contact us at [hcbs@proaxis.com](mailto:hcbs@proaxis.com). We hope to see you at the NWTR. Just remember our mantra... **Keep on Tandem-ing!**

(Continued from page 6)

ings in Crescent.

- To say that Gilchrist has "numerous stores and restaurants" is a bit of a stretch. The good market that used to be in the mall is now a realty company. However there are a restaurant/tavern and a deli. The two lane bowling alley may be back in service by the time Loop 2 arrives.
- To get to the school, turn right on Mountain View Drive just before the Gilchrist Mall. Don't bother looking for Sunset Drive.
- The restaurant in the mall has great food and is very friendly. This is a wonderful place for an informal, no-host group dinner. If very many people decide to eat together, you might warn the restaurant ahead of time and use the banquet room. Loop 1 filled every table in the restaurant except one. The prime rib, ribs, and milk shakes get high marks, but everything seemed good.
- The wood floor in the gym isn't quite as nice as the one in Bly, but please take care.
- The Gilchrist Library is in the high school. It has Internet access.
- Live music is planned in the tavern the night that Loop 2 is in town. This presumably will increase the local crowd which numbered about 7 when Loop 1 was in town.

## Day 9

- Exit the school onto Mountain View Drive. Then go left on Hwy 97 or the bike path to get back to Crescent.
- The Crescent Cutoff is next to the Mohawk Café.
- Loop 1 had to use Hwy 97 to return to La Pine since the Cascade Lakes Highway was closed due to the Davis Fire that started Saturday afternoon. This is definitely the fast way home, but it is not nearly as scenic as the proposed route.

Information provided by Dan, Betsy and Becky; errors by Dan.

## A tour through the Valley

*Andre Noel*

Bicycles of all kinds came through our community today, Tuesday June 24th. They are from the Mid-Valley Bicycle club in the Corvallis/Albany area. One family joined

them for this ride with a three-seater bicycle and a two-seater with a trailer behind putting what looks like a whole family on two bicycles.

Some of the bicycles had backs to the seats and even front windshields. The group started at LaPine cycling for nine days and 430 miles. Today they passed down Drews road, through "downtown" Sprague

River and out to Klamath Falls on Squaw Flat road.

Margaret Grace who helps at our local public library used to be a member of this very club and knows some of them personally. She had just missed them when she came to the library today and told of when she was on one of this club's cross country rides when they all wore hot pink T-shirts with "wheelman" on the back. Here in Sprague River a group of them stopped at The Station. Ann Asbell said this stop was a "real life saver" when she spoke with us. The group there was pleased to pose for a "photo-op" for our local newsletter. I will mail them a copy. Traveling with them is a vehicle with trailer for supplies. They had food arrangements already made in K-Falls for their trip. Ann gave us their club web site address as well. <http://www.mvbc.com/> If you are interested in riding on bicycle trips such as these you can contact them on their web



*The group that made the Sprague River News Letter!*

site. There will also be another bicycle club coming through this route in late July. From *The Sprague River News Letter*, July 2003



## OUR RIDE CAPTAIN REPORTS

This month's report includes mileage through June 30. The Strawberry Ride caused havoc in our mileage for June 14. Many, many from MVBC were in Lebanon, and **Milo Clauson** was the only person to sign in at The Bean. The most impressive report for this month is the number of new riders. Please encourage these people to continue to ride with us and join MVBC: **Deborah Clark, Randy Riddle, Kerri Pankin, Bruce Harmon, Ryan Ottoman, Mark Trevisiol, Mitzi Schad, Julie Maloney, Beth Sparks, Ben Bliss, Mindy Perez, Carl Eley, Don Yoder, Bob Hilton, Cole Hilton, Lou Ann Greig, B.J. Ally, Omar Alomran, Jeff Hellman, Laura Overhert, Fred and Dorothy Arevalos, Julie Packard, Robert Thompson, Cary Vonasete, Jim Good, and Eric Page.** As always, these names are a loose interpretation of signatures on the ride sheet. Send Ann an e/mail to correct the spellings. ([ann.asbell@oregonstate.edu](mailto:ann.asbell@oregonstate.edu)). If you were a new rider, and your name does not appear above, contact Ann. Your mileage is probably listed under Ms. Unknown.

Disregarding June 14, **Terry Dibble** now has the longest streak of consecutive rides with 9. **John Henry** and **Jim Gau** have ridden 8 consecutive times, and **Elise Ross** has 7 consecutive rides. **Elise and Shung Chieh** rode 276 miles to lead the club in June, and **Leon Ungier** rode 225 miles. Collectively MVBC rode 5523 miles on the Saturdays in June, and the total miles for the year at this halfway point is 37000. Adding Wednesdays, Loop Tour I, and the tandem rides brings our grand mid-year total to 54,624 miles.

At this writing, the July 4 Ashley Molk - Children's Farm Home benefit ride up Mary's Peak has concluded. Although the ride sheet is not in, there were about 23 riders, and six bikes were donated to the Farm Home. Special thanks goes to **Eric Ahlvin** for coordinating this event and to **Tim Corbett** for his assistance. Thanks to the Ahlvin family for providing treats at the Peak. It was quite a sight and a bit of a miracle to see Tim ride from Corvallis to the top of Mary's Peak on his daughter's small pink mountain bike. His MVBC jersey even matched his bike! Start looking now for that special bike you can donate next year.

### Saturday Ride Assistance Needed!

When your ride captains are not available on Saturday an attempt will be made to appoint a leader. If there is no leader by 7:55, here is a summary of what needs to be done. Thanks for your help!

Ask the staff at The Bean for the bike book from behind the counter. Be patient and courteous. Set it on a table outside with the route sheets and the sign up form.

Remind people to move to the parking lot and not block the entrances to the businesses.

At 8:10, have someone return the book to the staff behind the counter. Leave the extra route sheets and the sign up sheet in the book.

Take responsibility for announcements. First ask for any new people and which ride they will be taking. Make sure they have a route sheet.

Ask who will be going on each ride. Identify any planned stops along the way for food or regrouping. Help the new people identify people to follow. Remind riders of any safety concerns on the route and of any special events coming up within the week.

Ask if anyone has other announcements.

### Message from Joe

If anyone has a favorite route or suggested ride for a given Saturday, make sure to contact me before the monthly newsletter deadline. I'd be glad to accommodate.

Joint clubs ride planned with Portland Wheelman Touring Club for Saturday, August 30th. The MVBC will meet the PWTC in Albany at Monteith Park at 9:15am to ride a choice of a modified Willamette Greenway Tour or the Sunnyside Loop! You can either drive to the start or for long riders, ride from the Beanery at 8am as usual for a short ride of the Albany only or to get to the longer rides.

Starts/Meets at - Monteith Park, Albany, 9:15am;  
9:30am departure

Routes - Modified MVBC Willamette Greenway Tour or Sunnyside Routes:

Sunnyside, 45 Miles

Greenway Tour, 53 Miles

Sunnyside with Crabtree extension, 61 Miles

Greenway with Crabtree extension, 70 Miles

MILEAGES DO NOT INCLUDE 26 MILE ROUNDTRIP  
COMMUTE FROM CORVALLIS ON RIVERSIDE DRIVE

### - 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](http://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

### MVBC Summer Barbeque in the Park

It's time again for our summer picnic and meeting. Those who attended last year will remember a nice evening filled with cycling friends and family. The details for this year's picnic are as follows:

Location: Avery Park - Thompson Kitchen Area (South end of park)

Date: Monday, July 21, 5:30 p.m. until sunset

Hamburgers, hotdogs, condiments and sodas will be provided. The

rest will be potluck style. Potluck assignment: Last names beginning with A - M bring desserts, last names beginning with N - Z bring a salad or vegetable dish. If you have a culinary delight that doesn't fit your last name, bring your spe-

cialty regardless.

Please RSVP Larry Thurber by Friday, July 18. Phone: 967-8199 or via e-mail: [larry\\_thurber@comcast.net](mailto:larry_thurber@comcast.net).

Please indicate how many will be attending and if you have a meat/vegetarian preference.

We will need a handful of volunteers to put on a successful event. Spots are open for cooking, starting the coals, and clean-up. Contact Larry Thurber at the phone or e-mail above if you are interested.



*Getting started Saturday morning at the NWTR, 2003—422 tandem (or larger) teams*

---

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

**Address Service Requested**

Is it  
time for  
you to  
renew?



Mailing Address  
Goes Here

## ***Meetings & Announcements***

### **Future Events**

**July 12** - STP, [www.cascade.org/stp/](http://www.cascade.org/stp/)  
**July 26-August 3** - Loop Tour II, MVBC  
**August 3** - Blackberry bRamble, full century and metric century, [www.eugenegears.org](http://www.eugenegears.org)  
**August 3-16** - SuperTour, Quebec, <http://super-tour.home.att.net/>  
**August 9** - Covered Bridge Bicycle Tour, MVBC  
**August 9** - Eight Lakes Leg Aches, Spokane, 509-747-8224  
**August 10** - Providence Bridge Pedal, Portland, [www.providence.org/oregon/default.htm](http://www.providence.org/oregon/default.htm)  
**August 23-24** - Crater Lake Rim Tour, MVBC  
**Sept 7-13** - Cycle Oregon XVI, [www.cycleoregon.com](http://www.cycleoregon.com)  
**Sept 14** - Sunnyside Century, Bend, [www.sunnysidesports.com](http://www.sunnysidesports.com)  
**Sept 27-Oct 4** - Grand Canyon to Mexico Tour, [www.bikegaba.org](http://www.bikegaba.org)  
**Sept 28** - Peach of a Century, Salem Bicycle Club, [www.salembicycleclub.org](http://www.salembicycleclub.org)  
**Oct 18** - America's Wild Rivers Coast Century, [www.wave.net/upg/cweinert/awrc\\_century\\_main.html](http://www.wave.net/upg/cweinert/awrc_century_main.html)

### **General Meeting**

Monday, Monday, July 21, 5:30 p.m., Annual MVBC Picnic, Avery Park (Thompson Kitchen). See p. 9 for details. Please RSVP Larry Thurber by Friday, July 18.

### **Board Meeting**

The July Board Meeting will be at Susan Christie's home, 716 NW 15th Street, Corvallis, Monday, July 14<sup>th</sup>, 7 pm.

### **IMPORTANT SUBMISSION INFORMATION**

Submit articles, stories and photos for the August MVBC Spokesman no later than August 3.

Please send this material to the editor in Word format:

Lloydvswanson@attbi.com