



MID-VALLEY BICYCLE CLUB

Spokesman

August 2003

Time seems

to flow at different rates while riding on loop tour. I had reason to experience

this directly this summer while Don and I were riding fully loaded on Loop 2. I thought I knew what to expect. I had ridden on Loop Tour before and I thought I would have time in the afternoons to keep up on my journal writing. I really wanted to be able to return from loop tour and write a comparison article of the tours for the newsletter, whose deadline was directly after loop tour. The reality is as follows.

The first day of riding Loop 2, I didn't even think of my journal. My mind was busy with preparations and packing. Did I remember everything? Would Don and I even be able ride the tandem loaded down with trailer and panniers? Then there was the excitement of arriving and seeing old friends, loading up the bike and starting down the road. Setting up camp, cooking dinners, devouring dessert and attending the first night meeting put all thought of writing out of my head until late. But, I thought, there is still lots of time left, I can do it tomorrow.

Day 2 proved to be long, hot and hard. The day began with a flat tire before we even left camp. Not an auspicious beginning to Loop Tour! Everyone had left camp before we were even on the road! A visit to Fort Rock put us further behind. Tried to relax but was worried about this day's ride. I knew it was long, dry and somewhat lacking in scenery. But I decided to put it out of my mind as I had promised myself and Don that I would stop worrying about how long the ride was going to be or how far behind we were. I even took off my watch and buried it in my bike bag in an effort to relax and let time flow as it would. As the day passed, the heat increased and we slowed down. We were continually drinking water and Gatorade in an effort to remain hydrated. After trying to recuperate at the Summer Lake Store, we

Up front

by Betsy Reid, President

tried to convince ourselves that it was time to go. It took a lot of convincing as the heat was coming in waves off the roadway and we still had twenty-five miles to go. Time really slowed down on the final leg. It seemed to take forever. We limped into camp around 5 pm. It would have been even later, but Richard took some of our load for us. Dinner at the Homestead Restaurant and it was time to fall exhausted into bed.

Day 3 was promising 30 miles of climbing, so Don and I asked Richard if he could carry our tent, extra food and cooking gear. Tandems and recumbents are not known for their climbing abilities and we were riding a tandem recumbent! We knew we would fall behind and decided to not push it but take our time. Once we had to stop and walk the bike and the long climb in the heat forced us to take long cooling-off breaks. We were just about dead last again, but we made the climb successfully. The long descent was almost worth all the effort even though you could feel the air temperature rising as we descended to Bly. Showers, cooking dinner, trying to cool off and swatting mosquitoes filled up my time and not once did I think of writing in my journal.

We delayed too long taking our tent down on Day 4 and my legs were literally covered with mosquitoes as we packed up. We retained all of our gear for this day's ride and looked forward to our day of eating our way to Klamath Falls. Cherry turnovers in Beatty and cinnamon rolls in Sprague River fueled us up well and time passed quickly for the first half of the ride. As we left Sprague River, we felt time was slowing down when the heat hit us as we ground our way up the hill in the heat. The roller coaster ride on the downhill was great but over too fast. Cold shakes and pasta salad in Dairy

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prepared us for the last leg but by then the air temperature was in the high nineties and it over 100 degrees on the pavement as we rode into Klamath Falls. Again, I had no energy for journal writing. It continued hot on Day 5 (layover day) and all I thought about was eating, sleeping, doing laundry and reading. It wasn't until Day 6, a short mileage day, that I actually got around to writing anything down in my journal. Even that effort was a short one as it was more fun to talk with friends than to write!

Day 7 was the climb up to Crater Lake and even with most of our gear carried in the van by Richard, the climb tested us, up to and past, our limits. I was in bed by 7:30 pm! It gave us a real feeling of accomplishment to make the climb without walking but it was a very long day for us. Day 8 saw us climbing out of Diamond Lake with all our gear. Our muscles were feeling strong despite the previous day's climb. I fell asleep at Gilchrist in the afternoon, eliminating the next writing opportunity. Then it was the last day and feeling tired by the whole trip decided to call Day 9's ride short and rode straight back to the car.

I have determined several things about time on loop tour. Good food, conversation, lighter loads (or stronger legs) shorter miles, downhill and cooler temperatures make the time go faster. Heat, heavy loads, riding by ourselves, and long hills make the time go slower. Whatever affects time, it seems to go way too fast on Loop Tour and too soon its over and time to start thinking about next year!

Advocacy

Walt Prichard

Look for the new bike lanes on Harrison between 23rd and 29th streets. This was possible by allowing parking on 25th street again and adjusting the parking on one side or the other of Harrison. Also, the bike lanes on Country Club are being adjusted between 49th and 53rd. This seems to be long overdue. The engineering staff is looking at the tight spot between 45th and 49th on

Country Club to see if they can do anything without spending a lot of money they don't have.

Have you offered those big trucks and busses a little advice on where to go and how to get there when they smoke you out at an intersection? Your day is coming. And, whereas they may not take the trip you suggested, they will clean up their exhaust. Beginning in October 2003 all new bus and truck engines have to be cleaner burning (2.5 grams of NOx). In 2006 all of the diesel fuel produced will have to be of low sulfur content (no more than 15 ppm. Today it has about 250 ppm). I hope I haven't lost anyone yet -- the best is yet to come. In 2007 50% of the new engines have to meet the 2010 standards of 0.20 grams of NOx and 0.01 grams of particulate. These new standards will include all new diesel engines, including trains and coastal waterway craft and stationary engines, as well as offroad engines. 2010 seems a long way off but those are major changes and will require particulate filters and major technical changes and of course added cost. A recent breakthrough by two companies has proven they can retrofit present engines with particulate filters to meet these standards and have a million mile lifespan. The industry is expecting the EPA to require the transit equipment (buses) to retrofit as early as 2007 when the new fuel is available. When the new fuel goes to market there will be a lot of older engines that won't run very well unless modified. It won't be cost effective to modify them to run on the new fuel for very long. Also, in areas of high smog, the particulate filters could be required of all older diesel engines as well. This will be a big step in cleaner air. Now when they smoke you out you can tell them that their days are numbered with a smile on your face. My source has been a magazine that my son gives me, North American Edition of Diesel Progress.

I sure hope your commute to work has been interrupted by construction. That is a sign that things will get better. Keep the rubber side down!



3rd Annual Timberhill Bike Safety Rodeo

Nancy Meitle and John Morris will be hosting the third annual bike safety rodeo at **Timberhill Shopping Center** on **Saturday, September 6 from 11:00am to 3:00pm**. The event starts late to allow volunteers to enjoy a short ride before heading over to the shopping center. If you are not working the event, there is plenty to do and see.

This year, Timberhill Shopping Center and several Timberhill merchants will be providing even more space in the parking lot, renting more large canopies, offering items for raffle, providing food and paying for advertising. They anticipate to draw 1000 people to this year's event.



Nancy Meitle fits helmet

The Corvallis Police Department will be present for crowd control and to engrave bicycles. Kiwanis will be staffing a traffic safety booth and will distribute literature. MVBC will perform safety inspections, sell and fit bicycle helmets, and supervise an obstacle course. The obstacle course was a big hit last year thanks to some clever planning and preparation by Dan Youngberg and Richard Burgess. Crossroad Cameras will be taking photos and making complimentary prints available at their shop.

Attendance more than doubled last year (to almost 200) and more than 20 club member volunteers and a group of Boy Scouts participated in the event. Many of these folks left with new helmets and better operating, safer bicycles. We hope to see you at Timberhill!

Tandem Ride Update

Becky Steinmetz

July's tandem ride down to the Northwest Tandem Rally (NWTR) worked out without a hitch. Five MVBC tandems and their trailers showed up at The Beanery on Second Street for the 55-mile trek to Eugene for this event. It was lots of fun in the sun for the four-day weekend of tandem riding with friends. I was on scenery overload seeing all the many types and colors of tandems and lycra! If you were not able to make it to the NWTR this year, mark your calendars now for next year's Memorial Day weekend where it will be held out of Lacey, WA. The official web site for NWTR information is www.nwtr.org.

As I write this it is quite a surprise to realize we have only three more tandem rides scheduled for this year. If you have not been able to join us on the previous four tandem rides, you still have a chance to ride with some friendly kindred tandem souls.

MAX HEADWIND

Sometimes you're the engine
sometimes the caboose

Driving miles to see a friend
haven't seen him for months
haven't ridden with him in years
he's lost weight, worked out
we ride, he drops me
again and again and again

but a good enough friend
to always slow down
and spend time visiting
as I slowly push
bonked
up the inclines

a week later
with both my kids
both grown, both biking
one in chemo
but tough enough to bike

and with a grandchild
who, at 10, not only owns a bike
but owns biking

and rides, a bit slowly
complaining at times
laughing at others
and brakes for blackberries

and every minute with the bikes,
and with the people I'm with,
is precious

Sunday August 10 we will meet in Toledo to ride the Yaquina Bay Road to Newport and back. The ride is another one of Charlie and my favorites. It is a quiet road that is mostly flat, one good hill at the start and end of the ride, and is only about 30 miles round trip.... definitely perfect for families and tandems who want a leisurely ride with lots of photo opportunities. Yaquina Bay Road is unique in that you follow the water line all the way out to the Bayfront. We will have lunch in Newport at one of the many available

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MID-VALLEY BICYCLE CLUB BOARD MEETING NOTES

Monday, July 14, 2003

Present: Eric Ahlvin, Ann Asbell, Susan Christy, Nancy Meitle, Walt Prichard, Betsy Reid, Rick Riper, Becky Steinmetz, Lloyd Swanson, Larry Thurber

Absent: Richard Burgess, Bill Daley, Joe Monteleone

Reports

Treasurer: No Treasurer's Report

Membership: Susan has database all updated. She has deleted memberships that are more than three months overdue. Lloyd says close to 40 names have been deleted. Susan will call the local people and let them know before deleting them from the database.

Ride Captain: Ann reports that both she and Joe are finding that they both have other Saturday morning commitments. They are asking other volunteers who show up for the Saturday morning ride at The Beanery to help get the ride sheets and signup sheet out for riders. Walt Prichard offered to help in their absence. Joe is working with the Portland bike club to organize a joint ride the last Saturday in August. The route will start in Albany. More information on this will be in the August newsletter.

Bicycle Advocacy: Bellfountain Road has been chip sealed beginning near Airport Road and continues for approximately 2.5 miles. The county is chip-sealing vs. paving because of cost issues. It costs approximately \$160,000/mile for chip seal vs. \$1,000,000/mile for asphalt. Ann will notify Joe for future Saturday ride route consideration. There are several new covered and non-covered bike-parking areas in downtown Corvallis.

Newsletter Editor: Lloyd contacted John Morris for artist design recommendations for a new letterhead masthead. He is still in the process of locating an artist. Considerations for this project include cost of design, what format it should be placed in for future

club use, and the need for it to be an original design. Lloyd nominated to the board that the cost of the masthead would be no more than \$200; format would be saved as a .jpg file; the size of masthead would be the same size and in color, as long as it copies clearly to black and white; and the design would include kids and adults with helmets riding different kinds of bicycles. Betsy Reid motioned approval of the above masthead purchase and Susan Christie seconded the motion. Vote was taken and unanimously agreed upon.

Lloyd now has PDF working and electronic transfer of newsletter to Kinkos for printing is working well. Quality has definitely improved.

Lloyd is also working on making business cards for MVBC. A business card example was shown to the Board for approval. The cost would be approximately \$123/1000 cards; cards would be one-sided and have color print on them. These cards would be handed out to members for distribution to potential new members and bike shops. Text on cards includes ride information and web site address. The board unanimously agreed that he pursue this purchase.

Lloyd will be gone for one month to six weeks in the fall, early September to mid October. Next due date for August Spokesman is August 3. He needs more articles for the newsletter.

Vice-President: Larry is working on the details for the club picnic scheduled for July 21 that is to be held at Avery Park. Future possible meeting topics include Ride Across Oregon and trip to Eugene to visit Co-Motion. Next two general meetings will be August 18 and September 22. Next two board meetings scheduled will be August 25 and September 29.

Old Business:

Mary's Peak: Eric Ahlvin reported the ride occurred as scheduled on July 4. Approximately 23 people rode and everyone had a good time. A total of

six bikes were donated to the Children's Farm Home. The Children's Farm Home provided volunteers at the top of Mary's Peak to help with refreshments. The kids had a very positive attitude and were well behaved. Eric's daughter, Katie, and son, Teddy, also helped at the top. The route sheet information has been given to Joe for future ride planning and organizing.

CBBT: No report.

Loop Tour: Dan Youngberg submitted a written report to the Board. In summary, financially Loop broke even. Smaller trailer of Don and Betsy Reid worked out well for Loop I. Two sag vehicles were used on both loops this year and increased service level and add flexibility in event a problem arises. 50% of the participants had their gear sagged. Route this year was generally well received.

Crater Lake: Nancy Meitle has talked with Dave Brennen, Crater Lake Park Ranger Supervisor. Permits have been sent in. She does not know the number of registered riders at this time. Broken Arrow Campground will be used again this year. Nancy will make a sign for the registration table announcing that MVBC require all bicyclists to wear helmets at all times while riding their bikes. This includes riding bikes to the showers, restaurants, etc.

New jerseys: Walt says there is a growing interest in the club to buy new club jerseys. Betsy will write an article in the Spokesman asking for help in design and ordering.

New Business:

NWTR: 2004 will be in Lacy, WA and 2005 will be in Bend, OR. When would MVBC like to do the tandem rally again? This will be discussed at a future board meeting.

Alaska Bike Trip: Nancy Meitle has been asked by some members to organize a bicycle trip to Alaska next year. This will be discussed in more detail at a future board meeting.

Meeting was adjourned and everyone enjoyed refreshments.

Respectfully submitted, Becky Steinmetz

MVBC EVENT CALENDAR: August-September 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

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

August 9, Saturday - Covered Bridge Bicycle Tour - No Formal Saturday Rides!

- Contact Tim Corbett to volunteer for this club annual fundraiser 757-6691; richer1435@attbi.com
- Alternative: Show & Go at 8am at Circle Beanery - No route sheets - riders decide where to ride

August 10, Sunday - Tandem Ride Series: Yaquina Bay Road (Newport) Another great ride for families, approximately 30+ miles leaving out of Toledo to Newport. Contact Becky Steinmetz <hcbs@proaxis.com>

August 16, Saturday, 8am: FYI Lane County Fair

- Long Ride: Marcola via Harrisburg/Coburg back via Brownsville 104 miles (B690)D
- Medium Ride: Brownsville via Peoria/Shedd/Halsey back via Peoria 53 miles (A350)D
- Short Ride: Peoria via Peoria Rd, back via Abraham Drive 27 miles (A070)D

August 18, Monday, 5 pm - Meet in Corvallis to carpool to Co-Motion factory in Eugene. Details on page 9.

August 22-23-24 Crater Lake Rim Tour Weekend - Overnighter at Diamond Lake/Ride the Rim

- Contact Nancy Meitle for details - 541-753-0304 - see newsletter for details

August 23, Saturday 8am

- Long Ride: Brownsville via Bellfountain/Harrisburg, return via Shedd/Peoria 76 miles (B610)C
- Medium Ride: Bellfountain Road to Bellfountain back via Irish Bend. 53 miles (B360)C
- Short Ride: Bellfountain Road to Decker Road back via Philomath. 35 miles (B220)C

August 23 - Portland Wheelman Touring Club's "Torture 10,000" Century Ride www.pwtc.org

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

- Short Ride: Albany, via Riverside Dr, return via Springhill/I-Hwy/Pettibone. 33 miles (B150)E
- Medium Ride/Long Rides either ride the 26 miles round trip to Albany or drive to start
- 4 Ride Options w/o 26 mi commute: Sunnyside: 41, Greenway 53; plus add Crabtree option from Jefferson for extra 16 miles on either route. Longest option roundtrip from Corvallis = 96 miles

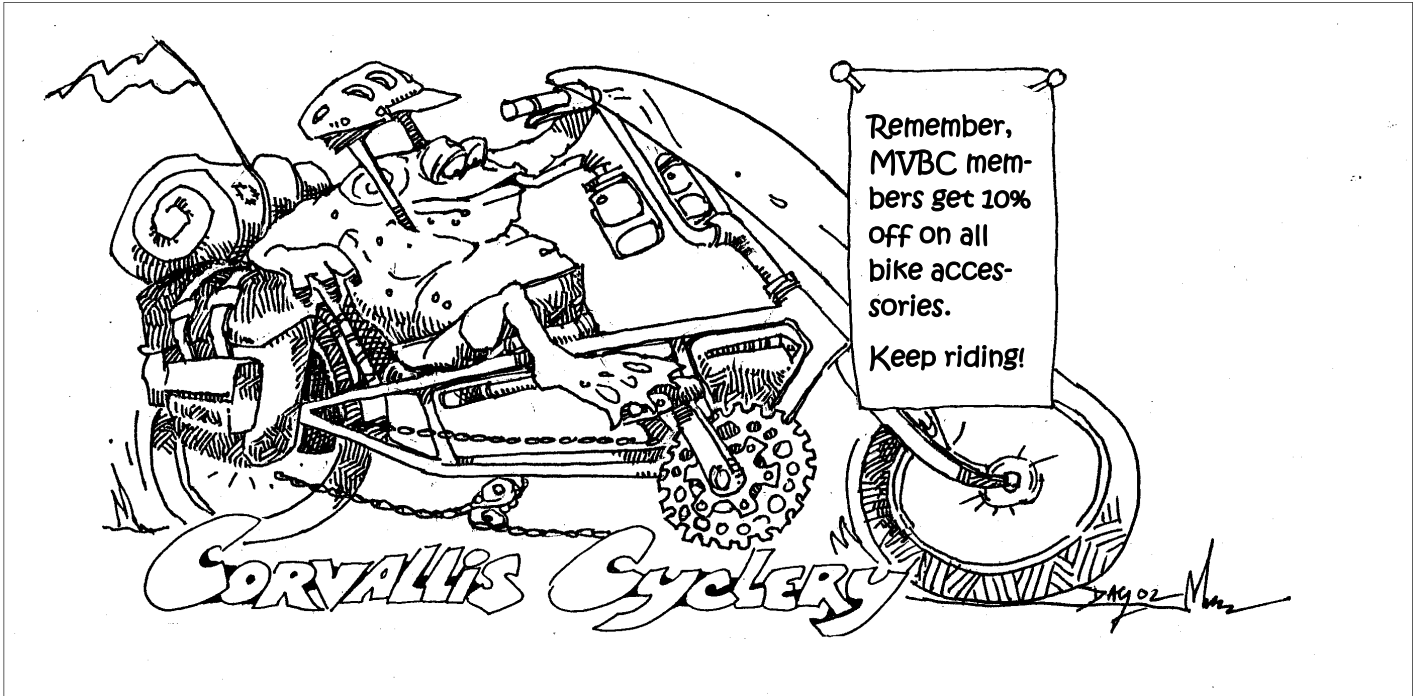
September 6, Saturday, 8am FYI - Cycle Oregon Starts

- Long Ride: Dallas, via Independence Hwy, Airlie-Hwy 99 65 miles (B560)A
- Medium Ride: Monmouth/Independence/Buena Vista via I-Hwy/Suver, back via BV 51 miles (B320)A
- Short Ride: Independence Hwy to Helmick Park back via Hwy 99 34 miles (B200)A

September 7, Sunday - Tandem Ride Series: Mt. Angel from Canby start - Approximately 45 miles leaving out of Canby and looping south through Mt. Angel, monastery, hop fields and back. Route information from the book, Rubber to the Road by Peter Marsh. Lunch at Mt. Angel Brewery (hopefully)!!! Contact Becky Steinmetz <hcbs@proaxis.com>

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.



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restaurants there. Plan on spending some of the day walking around the Bayfront before pedaling back to your parked autos in Toledo.

Sunday, September 7 will be a ride to Mt. Angel leaving out of Canby. The route will be approximately 55 miles and will take you through some very beautiful countryside. The route is full of flat and rolling hill roads. Lunch can be at either the Mt. Angel Brewing Company or bring a picnic for eating in the shade at the park. It is a very pretty ride that

ride overnight experience. Just hitch up your trailer or throw on some panniers for a fun and relaxing weekend with your captain or stoker.

Whew...so you can see there are a few more opportunities for tandem riding that you can experience before it is time to put the tandem away for the winter. I hope you will consider joining Charlie and myself on one of these few remaining tandem adventures. If you have any questions or need more information on these rides, please feel free to contact us at hcbs@proaxis.com. Just remember to **Keep on Tandeming!**



has a lot of variety in scenery and terrain.

The last ride of the year will be an overnight to McMinnville, October 4 and 5. This ride will leave from Corvallis.....yep finally a ride leaving out of "our" town....and we will spend the night at McMennamin's Hotel Oregon. The following day, Sunday, we will leave McMinnville in the morning for the pedal home to Corvallis. This is definitely guaranteed to be a very special tandem

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We met at 9 AM on Sunday for the return ride to Corvallis. It was yet another warm and sunny day in Oregon. We left Eugene on Coburg Rd and went west over to Harrisburg. We had lunch at the river front park in Harrisburg. There was a pretty stiff headwind on Peoria Rd from Harrisburg to Corvallis. We regrouped at the Peoria boat landing and sat in the shade to rest and gab, like all tandem teams like to do, and then made the final leg of the trip home to Corvallis. Total mileage for the down and back and medium ride each day was about 245 miles.

The NWTR operated without a hitch. The food and accommodations were good, the rides were beautiful through the southern Willamette Valley, there were lots of friendly riders, and the weather was nearly perfect (although a tailwind coming home would have been great). Next year the NWTR will be on Memorial Day weekend and is being hosted by the Evergreen Tandem Club (ETC) in Lacy, WA. Preliminary information is available at www.nwtr.org.

Northwest Tandem Rally

Bob Leichti

The Northwest Tandem Rally (NWTR) was in Eugene over the July 4 weekend. On Thursday, July 3, at 9 AM, five tandems met at the Second St. Beanery with trailers and panniers for the ride to Eugene. The travelers included Don and Betsy Reid, Charlie and Becky Steinmetz,

didn't have to discover this, but some did if they returned late and the bike room was locked....most standard tandems can fit in the elevator!

The NWTR was a big event! More than 422 tandems were registered, a few triples, a couple quads, a quint, and about 30 singles. The total head count was about 950 reg-

other long grade before coasting through Crow for the afternoon sag stop. It was a hot afternoon and there were plenty of walkers up the last hill entering Eugene on the last leg of the ride.

The Hilton Hotel was conveniently located between the Steelhead Brew Pub and the Wild Duck Brew Pub. The MVBC tandems had dinner together at the Steelhead Brew Pub on Thursday evening (some incredible decadent ice cream sundaes for dessert), and Friday night we patronized the Wild Duck for dinner. The beers at both pubs were excellent.

On Saturday morning, the rides originated at a church located across the highway from Armitage Park. It was a bit over five miles out to the church from the Hilton. The mass start got rolling at 9 AM. The short and long routes headed toward Marcola on the north side of the Willamette River Bridge. The short route made a 30-mile loop back through Coburg, while the long route went up through Marcola, Brownsville, Halsey, and back south on Peoria Rd from about Harrisburg. The medium route went north through Coburg and Brownsville and back.

We had lunch in the Brownsville Park, which was great for this large of a crowd and there was lots of shade and bathrooms. On the way back, several of the MVBC tandems stopped in Coburg to lie in the grass in central park and enjoyed ice cream and milkshakes.

The banquet was Saturday night. There was plenty to eat, albeit a bit institutional. It is hard to serve 950 dinners. By this time in the weekend, we were tired of sitting, so riders were getting pretty restless by the end of the three-hour banquet.

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Bob and Jill Leichti, Keith and Vickie Taylor, and Steve Wilson and Donna Lewandowski from Tucson, AZ.

The southbound route went via Bellfountain Rd. We paused at Alpine and then went onto Monroe where we had a picnic lunch in the city park. The route took us down Territorial Highway to Cheshire, over to Alvadore Road, then south to Alvadore. We took Clear Lake Road over to Fir Butte Rd., Royal Ave. and Danebo Rd. It was a wonderful trip south as we enjoyed a light tailwind the entire distance, and the temperatures were moderate being in the low 80's.

We stopped at Co-Motion Bicycles for the factory tour before riding the last leg of the trip on the Amazon Creek Bike Path, Olive Street, and then north a few blocks to the Hilton Hotel, which was the headquarters for the rally. This was a fun arrival since we rode right up to the front door and with trailers still attached, rolled right through the main lobby to the ballroom that was set up as a bike storage site. We

istered. Along the way we found some other friends from MVBC, including Lloyd and Grace Swanson, Lee and Donna Mason, and Mark and Kim Thackray riding with their boys, Kyle and Grant.

On Friday, July 4, the mass start was at a high school on the west side of town. We had to travel about four miles back along the Amazon Bike Path to get there. The offering was short, medium, or long rides. We opted for the medium ride, which was billed at 54 miles, but with four miles each way was actually about 62 miles by the end of the day. The mass start was like all mass starts...high density tandems. It was incredible that there weren't any wrecks!

The route went out southwest of town. Jill and I made a side trip up the road to the Hinman/Silvan Ridge Winery for some wine tasting. We were joined by about six or eight other tandems willing to make the uphill jaunt about a mile off the route. Lunch was in Crow, looped around Vaughn Rd, back up over the hill to Veneta, and then up an-

OUR RIDE CAPTAIN REPORTS

This month's report covers the rides in July. First, here are the people who rode for the first time: **Tony Rinaldi, Steve Wilson, Donna Lewanowski, Mitzi Marvel, Serge LaVec, William Abbott, Kelly Taylor, Jeff Koflath, Karla Snyder, Andy Vaughn, A. J. Burton, Mark Bozarth-Dreher, Theo Dreher, and Gary Brewer.** The spelling of these names may not be accurate, and there were the four names that could not be deciphered. Sorry.

The Club rode 6786 miles on Saturday rides in July. This is slightly below last July, but we are still ahead of last year by over 2000 miles. **Jan Konzack** led all Saturday riders with 279 miles; however, Jan's mileage each week is an estimate. She usually goes farther than the recorded mileage. There is a new name in second place, **Eric Pages**, 267 miles. **Captain Monteleon** added 217, and **Robert White** and **Michael Packard** each had 210 miles for July. Also it should be noted that **Walt Prichard** had 266 miles, and **Becky Steinmetz** rode 213 miles on "other" rides. (Hang tough, Charlie!) All of the long stretches of consecutive rides have been broken. Four people share the lead with four rides: **Helen Aloman, Captain Monteleon, Jan Konzack, and Eric Pages.** On July 26 there were more riders on the 10:00 ride than the 8:00 ride. This might be a first.

The club has now ridden 77,996 miles for the year, including both loop tours and one August ride. If we all weighed 150 pounds and rode at an average speed of 14 mph, we will have burned 3,046,988.5 calories. That means we would have burned off 2540 meals consisting of a whopper, fries, one beer, and a hot fudge brownie delight. Think about that!

August is full of special rides. The Covered Bridge is August 9 starting from Timber Linn Park in Albany. Thanks to Tim Corbett for taking the lead on this ride. There will not be an organized 8:00 Saturday ride. Riders that show up at 8:00 can determine the route for the day. **Nancy Meitle** is planning another fantastic Crater Lake Rim Ride for August 22-24. The following Saturday, August 30, will be a joint ride with the Portland club. It will start at Allan Brothers east of I-5 in Albany. E/mail reminders will be sent. It is a great month to be part of MVBC. Get out and enjoy Oregon with your fellow cyclists.

On Saturday rides, arrive by 8 am and sign the ride sheet—it is important to the club. No route or sign-up sheets are available after 8:10. Thanks for your cooperation! *Ann and Joe*



Corvallis Receives Bicycle-Friendly Award

{WASHINGTON, DC}- The League of American Bicyclists has designated the first recipients of its Bicycle-Friendly Community awards. Fourteen communities around the United States have been recognized for providing safe accommodation and facilities for bicyclists and encouraging residents to bike for transportation and recreation. Through policy and design, these communities have focused on increasing opportunities for physical activity and are models in America's efforts to reduce obesity.

Gold-level award winners are: Corvallis, OR and Palo Alto, CA. Silver awards go to Denver and Fort Collins, CO; Missoula, MT; Santa Barbara and Stanford University, CA; and Tempe, AZ. The recipients of the bronze-level Bicycle-Friendly Community national awards are: Cary, NC; the Presidio of San Francisco, CA; Redmond, WA; Schaumburg, IL; Shawnee, KS; and Beaverton, OR. No communities were granted the platinum-level designation, the highest honor of the League's awards.

The LAB considered several factors in granting Bicycle-Friendly Community status. Reviewers examined the traffic engineering facilities and policies and bicycling promotion efforts of the communities. The cities' enforcement of traffic laws on motorists and cyclists, their efforts to educate both groups on traffic safety, and their processes to plan for and evaluate policies and facilities for cycling also were considered.

Gold-level award recipient Corvallis, OR is notable for the fact that 7.5% of trips to work are made by bike, one of the highest rates in the nation. The city provides extensive covered bike parking, a boon to cyclists in its rainy climate. Over 95% of the arterial and collector streets in Corvallis have striped bike lanes, with the rest of the arterials scheduled for completion in 2003.

Members

If you have done a favorite ride or tour recently, share the information here. Send to Lloyd Swanson at Lloydvswanson@comcast.com Thanks

- 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

August General Meeting - Co-Motion Cycles

The August General meeting will depart from the usual format and will be a short tour of Co-Motion Cycles in Eugene. Co-Motion primarily manufactures tandem bikes although they have a line of single bikes also. If you have an "inquiring mind" and wonder how a bunch of tubes turn into bicycles, this is your chance to learn! Depending on the number of people who show up and how many questions are asked, the length of the tour may vary. Those who would like to eat before or after the tour are on their own.

Please RSVP to Larry Thurber so we know how many will be attending.

PH: 967-8199, e-mail: larry_thurber@comcast.net

Want a 'real' bike?

Designed to be as rugged as the Hummer H2 sport utility, the Hummer mountain bike is based on one made for the U.S. Marines. It can traverse rough terrain and fold in less than 30 seconds into a 3x3 foot size. Plus, it won't show up on radar! From \$795 at Hummer dealers.

From May 4, 2003 Parade, p. 11

This is fast!

Richard Virenque claimed the climber's jersey, the yellow jersey, and a stage victory, averaging 23 mph on Stage 7 of the Tour de France. Stage 7 was in the mountains, including 5 climbs (1 Cat 1, 2 Cat 2, 2 Cat 3) on the 143.2 mile course. He was on the bike for 6 hours, 6 minutes, 3 seconds.

Classified

For Sale: Recumbent bike, Rans Stratus, less than 500 miles, and in pristine condition, comes with many accessories. \$1,200.00 obo. Phone 757-1065 or e-mail pmcardwell@msn.com

Loop Tour Participants

Ron Waschmann will post your pictures (Mark Newsome will set up the site) of the 2003 Loop Tours (I & II) on the MVBC Website so that everyone may enjoy them. If you have digital photos, gather your best 20-30, burn them on a CD and get it to Ron no later than August 15. Ron's address is 1790 SW Roth St, Corvallis, 97333.

All MVBC members are welcome to view the photos at <http://www.mvbc.com> Photos will be posted from the 2002 and 2003 Loop Tours.

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

Address Service Requested

Is it
time for
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Meetings & Announcements

Board Meeting

Monday, August 25, 7 PM at the Burgess residence, 3160 NW Arrowood Circle

Future Events

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
August 23-24 - Crater Lake Rim Tour, MVBC
Sept 7-13 - Cycle Oregon XVI, www.cycleoregon.com
Sept 14 - Sunnyside Century, Bend, www.sunnysidesports.com
Sept 27-Oct 4 - Grand Canyon to Mexico Tour, www.bikegaba.org
Sept 28 - Peach of a Century, Salem Bicycle Club, www.salembicycleclub.org
Oct 18 - America's Wild Rivers Coast Century, www.wave.net/upg/cweinert/awrc_century_main.html

General Meeting

Date: Monday, August 18, 2003.

Time: Meet at 5:00 p.m., tour begins at 6:00 p.m. at Co-Motion (Eugene).

Location: Meet at the public parking area on First Street between the Harrison and VanBuren bridges and we will car pool to Co-Motion. Maps to Co-Motion will be distributed at that time.

Please RSVP to Larry Thurber so we know how many will be attending.

IMPORTANT SUBMISSION INFORMATION

Submit articles, stories and photos for the September MVBC Spokesman no later than Aug. 28.

Please send this material to the editor in Word format:

Lloydvswanson@comcast.net