



MID-VALLEY BICYCLE CLUB

Spokesman

Sept/Oct 2003

*Can you feel it
in the air?*

Up front

by Betsy Reid, President

There is a chill in the mornings and the winds are occasionally blowing from the southwest instead of the northwest. There is less time for the after work ride and clouds occasionally greet us as we leave in the mornings. Is fall coming? Winter? Fear not, fellow bicyclists, the Mid-Willamette Valley is still firmly entrenched in its annual summer drought and you can still expect to get in another 6-8 weeks of regular riding. But, with the majority of the club's organized events over for the summer, and with the chill in the air, I do have this urge to get in as much riding as I can, as soon as I can!

The clouds have lifted and the temperature is in the upper 70's. Just my kind of riding weather. As some people could tell from last month's column, while I enjoy riding, when the temperature gets to be 85 degrees or above, it's no longer fun for me, but something to endure. What I have to keep in mind while riding Loop Tour is that the right (or wrong) attitude can make all the difference as to whether you enjoy the tour or not. In a nine day period, you will encounter a wide variety of conditions and one must absorb all that you experience on Loop Tour and accept it, good or bad, for what it is. People were right, I didn't have one of my better Loop Tours but I'm still glad I went and I wish I was going on another one next week. In the meantime, I'm going to work on that attitude.

With the turning of the seasons to late summer and early fall, it's not only time to get in as much fair weather riding as possible, but to start evaluating this years riding experiences, as well as electing new club officers and recognizing the efforts of the club volunteers.

I am inviting club members to share their opinions with the club officers. Which events did you like the most? What would you like to see more of? What could we do differently? Did you have a negative experience?

Email addresses for board members are readily available elsewhere in this newsletter. Please contact us with your comments. We can't improve the club or fix any problems if we don't hear about them. Getting comments via email instead of during a ride increases the chances of the comments being acted upon. The board hopes to put together a survey soon. Please take the time to fill it out. (We'll try to keep it short!)

Most of the current board of directors is willing to continue for another term. There are some offices which will be vacant. Both the ride captains are thinking of trying something new this year, so we will need to find new ones. This position requires a definite time commitment as at least one of the ride captains shows up with the route directions and usually rides each Saturday. In addition, they choose the routes, keep track of club miles for all the members and write a monthly column for the newsletter. How about some of you riders who like to ride every Saturday? You are the ones who know the routes. Another vacant office is that of Vice-President. This officer organizes the monthly club meetings and serves as backup for the President. Another vacating office is that of Web Master, definitely a needed function for the club. Please give some thought as to whether you could help out the club for a year.

Also in this issue

Advice for Loop Tourers

Memoriam to Ken McLaren

Crater Lake Review

Cycling the Tacoma area

As is mentioned elsewhere in the newsletter, the date has been set for the annual club dinner, followed by election of officers and presentation of awards. We like to give special recognition to worthy volunteers. Some of the awards in the past have been for Most Improved Rider, Lifestyle Advocacy, and Most Inspirational. Do you know of somebody in the club you would like to

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have recognized? Please let us know the name and the reason for such recognition. We don't always present every award that we have in the past and sometimes new awards are created. Please contact one of the board members if you have any nominations.

Finally, I'm done with all the club business for this month. Now I get to go ride my bike and enjoy the good weather while it lasts!

Advocacy

Walt Prichard

For those who knew Ken McLaren, he was really special. About 10 years ago when he was 80 he rode up to his son's house in Richland, Washington by himself. He was complaining that it took him 5 days instead of the normal 3 days. After all he was only 80 and it should not have taken that much time. Maybe I have the days wrong but something like that. I told him if he was going to do it again I would love to do it with him. We didn't ever make connections but I sure admired his spirit. Then after his accident he was wearing that halo to help heal his neck. If he could ride again I knew that I could do it also. At his funeral his son was talking about him and said he had a flawed DNA from birth. It seems he had an extra gene called the biking gene and he could not be off his bike for very long. I could/can really relate to that. There seems to be quite a few folks like that. In fact a lot of my friends may have the same extra gene. He will be missed by a lot of us.

There is not much in the advocacy this month on the local scene. However on the national scene the transportation bill will eliminate \$600 million worth of bike facilities and walkways. Please take a couple of minutes and look up this web site and then exercise your rights and send a note to your congressman - I did. <www.adventurecycling.org/special/trans_cuts.cfm> It will take a lot of letters to make Congress aware that we

need and use these facilities. They are just another step in the fitness of our society.

The construction projects are moving right along. The project to add sidewalks and bike lanes to S. 35th is really causing drivers to find a better way to get around S. 35th and Hwy 20/34. It is moving along pretty good and is sure going to be nice when completed. The bridge on Chapel seems to be stuck. They have the footings in and seem to have stopped right there. This is a contractor from Bend so I expect some delays. I just hope he likes rain. This bridge will have bike lanes when completed. I hope you noticed and have used the bike parking shelters in the downtown area. At this writing they are not usable but close. I think they add a nice look to downtown and sure help make it more inviting to shop there. When you are downtown tell the merchants what you think of those shelters and that you do use them. It will make them feel better and more inclined to be more bike friendly. Keep the rubber side down!

Thank You

Dear Members of the Mid-Valley Bicycle Club:

Thank you so much for the many cards you have sent us. Bicycling was such a big part of Ken's life, he enjoyed it so much. It was very hard for him to accept the fact that he finally couldn't ride any more. He had so many wonderful memories of Loop Tours, & weekly rides with the club. He rode every day when he was able, though the rides got shorter and slower. Thanks for being such good friends to him. Many thanks for the contributions of refreshments and assistance. *Bobbie McLaren*



Crater Lake

Nancy Meitle

The Crater Lake Ride was just a bit different this year. Many of the regular riders were missed. Then there was a huge downpour on Friday that sent cyclists hunting for cover. Most of the riders hid out in their cars or over at the Pizza Parlor. The showers left puddles of standing water in several campsites and tents had to be moved to higher ground. By evening the rain stopped and we were able to have our traditional campfire. The rains settled the dust and left the air wonderfully clean.

Saturday was a beautiful day for the 77 riders who participated in the 26th annual "Riding of the Rim of Crater Lake." The weather was perfect. The morning was relatively warm, and the afternoon relatively cool and there were large white clouds to accent the views.

Many thanks to our SAG Crew! Linda Ahlvin took charge of the first SAG stop. Jan Prahl and Paula Newsome made some pretty fine sandwiches at the second stop. Michael Dalton celebrated earning his drivers license by serving watermelon and Monster Cookies at the third stop. No one went away hungry.

The kids from the Northwest Youth Corp have been building trails in the area for the past four weeks. They helped with the SAG clean up. First they finished off all the extra food from lunch and then they helped police the area. They were truly appreciative of our leftovers.

The evening was also unique for many. Several riders returned to the rim to watch Mars rise over Crater Lake. It was definitely worth the drive to watch the light from Mars shimmering across the lake in the moonless sky.

By noon on Sunday, camp was deserted and everyone was on the road headed for home. It was time to return to the hustle of life. Crater Lake was over for another year but I hope to see you all on the rim again next summer.

Tacoma-Vashon Island

A Three-Day Weekend/Vacation

via bike, train and ferry!

Becky Steinmetz

The idea of our three-day weekend vacation plans began with the November, 2002 Sunset Magazine article entitled, *Tacoma Takes Off*. Charlie and I have never explored the Tacoma area and only remember seeing it as we are cruising by in our automobile going 65 mph on Hwy I-5. However, after reading the article we were encouraged to check out Tacoma and its new Museum of Glass.

Next came the special offer Amtrak was promoting on the web, two tickets for the price of one. We picked an August 2003 weekend on our calendar and booked roundtrip passage for two and our single bikes north to Tacoma. With train reservations made and the Sunset article clipped out,

Max Headwind

Night Falls

I sit here typing
trying to remember what it's like to be on my bike
at a time when, not long ago
I'd be out biking

The summer heat
is something I've hated,
longing for the shorter days
the cool of winter

I'd go to work in the morning, squinting to the sun
and now, the lights of the house shine through the dark
in the morning, and shine again
as I come home in the evening, all flat gray

Even in the heat,
I found time to ride
when it was too hot to ride
and now that the air is cooler
I sit here typing

these were both put to rest for several months in the "Vacation" file with details of the trip to be decided...later.

Later finally came in July 2003 when it was time to figure out what we were going to do during our time in Tacoma. As with most of our trip planning, we hit the web for ideas of places to stay and area attractions to consider. We discovered Point Defiance State Park and Vashon Island are near Tacoma and needed to be thrown into the mix of places to see on this trip. Now where are we going to stay? Did you know there is an American Youth Hostel on Vashon Island? Charlie found out about this opportunity on the web and that cinched one of the night's stays. *Now this is getting to be fun and interesting!* I found a B&B to stay at in Tacoma for the other night. Ahhhh, with the transportation figured out and night reservations done, we now just have to wait for the weekend to come so we can go.

Saturday, August 2 at 5 am finds us leaving the house with our bikes loaded with just rear panniers. With headlights strapped onto our handlebar bags, we are off down the driveway for the start of our three-day adventure. We arrived at the Albany train station by 6 am, a half hour earlier than we needed to get there, and preceded to sit down and wait for the 6:30 am train to arrive. Sure enough, the train pulls up to the station on time, and in a whirl of excitement and rush to put the bikes in the baggage car and us to jump on

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MID-VALLEY BICYCLE CLUB BOARD MEETING NOTES

Monday, August 25, 2003

Present: Eric Ahlvin, Tim Corbett, Joe Monteleone, Walt Prichard, Betsy Reid, Rick Riper, Becky Steinmetz, Lloyd Swanson, Larry Thurber

Absent: Ann Asbell, Susan Christy, Bill Daley

Reports

Treasurer: Balance of the checking account at this time is \$6,969.57, savings is \$6,531.19, bringing total MVBC assets to \$13,500.76. Loop Tour and Crater Lake expenses and income will be forthcoming. Richard proposed that the club continue to support BTA and Bicycle Safety. He made a motion that the club donate \$500 for the purchase of 100 helmets for Bicycle Safety Rodeo. Any extra helmets not used at the event will be given to local schools for continuing support of the bicycle education program. Rick seconded the motion and the board voted unanimously in favor of this purchase. The board also agreed that an expense and income profile is needed so that it is clear how much can be donated to bicycle-related programs in our community. Eric volunteered to work with Richard in creating a budget analysis of the club's annual income and expenses for the last 2 years. Walt also will consider organizing a questionnaire for club members, asking for feedback in the direction members think the club should consider exploring in the future. Hopefully this questionnaire will be available for the Annual Meeting, November 9.

Membership: No report.

Ride Captain: Joe reported that this Saturday, August 30, we will join the Portland Wheelman for rides leaving from Monteith Park in Albany.

Newsletter Editor: There will be a September/October newsletter and then the next will not come out until November. Lloyd had MVBC business cards to hand out to the board members. Their purpose is to advertise the

club to potential new members. They have been placed near the cash register at Corvallis bike shops.

Vice-President: Larry said the July picnic this year had a smaller turnout than the previous year. August's general meeting was a tour of the CoMotion bicycle manufacturing plant in Eugene; nine people came and enjoyed the tour. Eric Ahlvin will put on September's general meeting and the topic will be this year's RAO. Brian Cripe will organize October's general meeting and the topic will be the Tour de France.

Old Business

CBBT: Tim Corbett reported that CBBT was a success this year. The number of riders totaled 428. The net income of the event was approximately \$4,000. Survey's that were given out to riders after the completion of the ride were positive. Of those surveyed, 66% were new to this event, 81% said they will return, 98% stated that registration was easy, and 96% stated that fees were in line with services. Tim has volunteered to organize the event again in 2004.

Loop Tour: Betsy states that both loop tours broke even.

Bike Jersey's: Betsy explained that club members are interested in looking into purchasing new club jerseys. She will take the lead on exploring ordering new jerseys, either using old logo or a new logo, but keeping with the same colors. More information on this will be forthcoming.

Board Officers for 2004: Board members were asked about returning to serve on the board next year. Betsy is willing to continue for another year as president, Larry would like to volunteer in another capacity on the board, Richard will serve another year as treasurer, Becky will not serve on the board next year, Joe would like to serve on the board as a member-at-large, Eric will continue another year as member-at-large, Rick will serve as

recording secretary, Lloyd will continue as editor of the newsletter, and Walt will continue another year as bicycle advocate. It looks like the club will need a vice-president, 1-2 ride captains, and a member-at-large for 2004.

Next General Meeting: September 15th, place to be determined.

Next Board Meeting: September 29th at Richard and Lindy Burgess' house.

The board meeting was adjourned and everyone enjoyed refreshments.

*Respectfully submitted,
Becky Steinmetz*

MVBC Announce Guidelines

Betsy Reid

The list manager and the board would like to remind members of the guidelines for using the MVBC Announce list. The list was set up for announcements and news relevant to most of the club members, not for general discussions. There were several list members who complained about the long, involved discussions of the chip seal on Bellfountain Road. We would like to encourage those who want an opportunity for more involved discussions of cycling related news, advocacy opportunities, and events to sign up on the 'Getting There' list which is managed by Susan Christie (754-1378). The MVBC list was not set up for personal ads or for personal stories. Personal ads can be placed in the club newsletter, usually free of charge. While there recently has been a serialized report of a cross-country trip, we would like to encourage travelers to make a list of specific names within the club who want to receive the messages, not send to the whole list. Please keep in mind these guidelines when using the MVBC Announce list.



MVBC EVENT CALENDAR: September/October 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

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

September 13, Saturday, 8am

- 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

September 15, Monday 7pm - MVBC General Meeting - Papa's Pizza

September 20, Saturday, 8am

- 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

September 27, Saturday, 8am - Last Chance Century (if your aren't doing Peach of a Century tomorrow!)

- Long Ride: Lebanon, Sweet Home, Brownsville, Shedd, via RS Dr, back Peoria Rd, 103 Mi (B700)E
- Medium Ride: Lebanon via Riverside Dr, Albany, back via Tangent/Peoria Rd, 54.4 Mi (A380)E
- Short Ride: Albany via Riverside Dr, back via Springhill, I-Hwy, Pettibone, 32.9 Miles (B150)E

September 28, Monday 7pm - MVBC Board of Directors Meeting

October 4, Saturday, 9am - FIRST RIDE OF THE FALL AT 9AM - SLEEP IN!!!

- Long Ride: Brownsville via Peoria/Abraham/Potter/Ogle/Hwy228/Halsey back via Peoria, 53 miles (A350)D
- Short Ride: Peoria via Peoria Rd, back via Abraham Drive, 27 miles (A070)D

October 11, Saturday, 9am

- Long Ride: Helmick/Kings Valley via Independence Hwy/Elkins/Maxfield Crk/Hwy 20, 59 miles (C-400)A
- Short Ride: Independence Hwy to Helmick Park back via Hwy 99, 34 miles (B200)A

October 18, Saturday, 9am

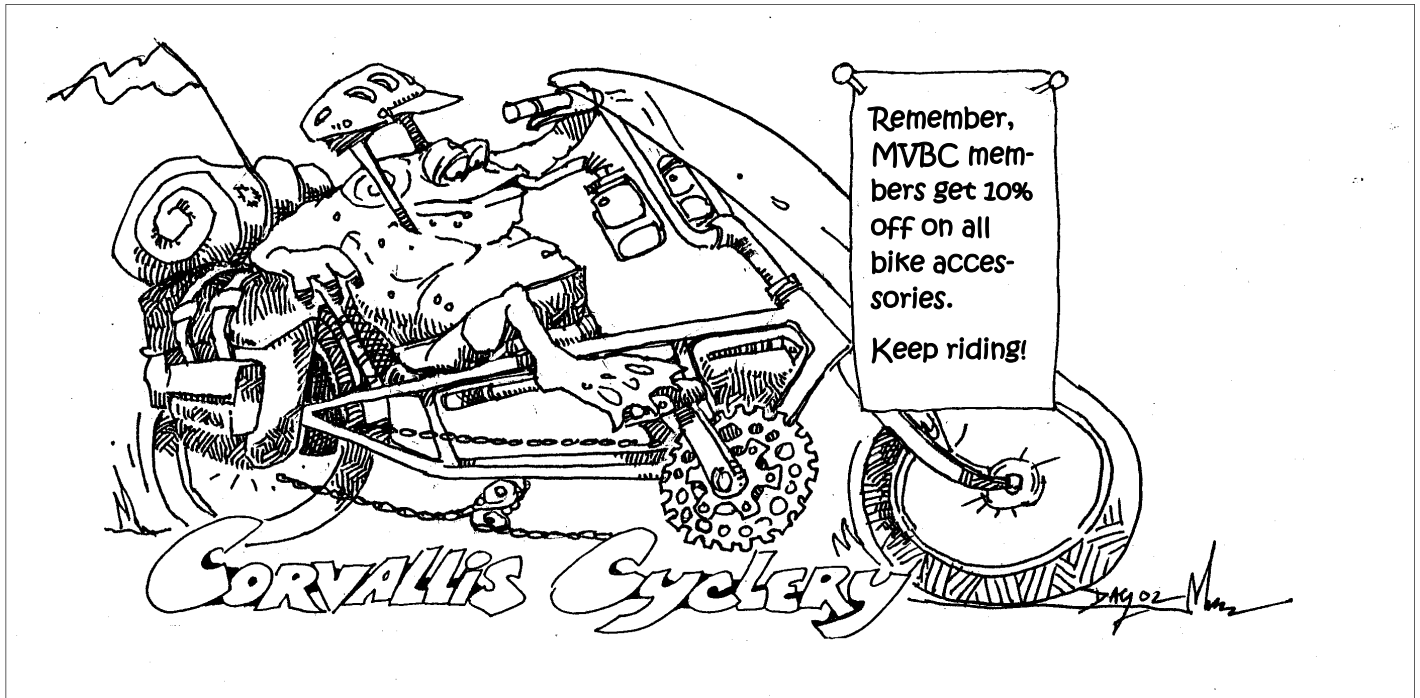
- Long Ride: Philomath to Decker/Bellfountain/Irish Bend/Smith Loop, 66 miles (B-???)B
- Short Ride: Philomath to Decker Road back via Bellfountain Road, 33 miles (B170)B

October 25, Saturday, 9am - Cemetery Ride - Halloween Approaching!!!

- Long Ride: Dever/Conser/Scravel Hill via N. Albany, Millersburg, 60 miles (B450)A
- Short Ride: Albany via Independence Hwy, Palestine, return RS Drive, 30.2 miles (B100)A

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.



Views of the Lakes

Lessons Learned at Loop Tour

John Morris

This is my version of a Loop Tour article... it's about lessons I learned as a novice in the Loop Tour. I realize the sample size of these observations is very small, in statistical terms, $n=1$. Still, this is what I learned after spending nine days with a bunch of crazy old (and young) cyclists in Central Oregon during a record heat wave.

1. **Leave early.** It is a matter of survival when the temperature is running over 105 degrees. If you leave early, you get to camp early and you can get out of the heat.
2. **Leave your stove at home and bring lots of cash.** I brought all of my cooking gear and a brand new stove. I never even lit it up. Either we ate at restaurants or the sag team provided boiling water.
3. **Don't cook when someone else will do it for you.** The first night I was late getting to camp (got a late start) and I ate like a king, grazing on the leftovers of all of the other campers. If you are nice to the women, they will feed you.
4. **Bring ear plugs.** Camps are noisy; expect roosters, hounds, restless cows, late night traffic and loads and loads of RV campers.
5. **Take lots of bug goop.** Bugs rule in Central Oregon. Between the biting flies and swarming mosquitoes I used up my repellent and had to get more.
6. Even an RV Park can seem like paradise after biting flies and mosquitoes.
7. **Have a milkshake every day.** Jill Leichti can ex-

plain the value of this!

8. Camp is the quietest when the children are eating pizza.
9. **You won't need many clothes.** I had one set of riding clothes that I washed every day and a single change of street clothes. We had showers at every campsite!
10. The first ones to camp get to decide *where* they pitch their tent; the last ones to camp get to decide *who* they will sleep near. Ken Ash and Denny Hedges were having a contest to see who could saw the most logs each night.
11. **Don't call home during vacation.** You probably don't want to know that your college-bound daughter is emotional, your cat was run over by a car or your wife has been to the doctor for heart trouble until after you get home.
12. There is no such thing as a completely *downhill* day regardless of what the topographic map says.
13. Small town stores do not sell veggies and fruits – I sure missed them!

The number one question folks asked me on Loop Tour, will you do it again? Sure!



“A man is like a fine wine. He starts out raw as grapes, and it's a woman's job to stomp him and keep him in the dark until he matures into something she'd like to have dinner with.”

Anonymous

From bathroom at Crater Lake RV Park, Loop Tour

(Continued from page 3)

the train, it departs out of the station five minutes later! Definitely no time to lollygag around the station when Amtrak shows up.

We settled into our seat accommodations for our five-hour train trip north. The train ride was comfortable, very scenic, gave us time to catch a few zzzzzz's, look over our maps, and even have a bite to eat before arriving at our destination – Tacoma - by 11:30 am. As we exited the train we were surprised at the chill in the air, 70's, but the skies were clear and we felt rested and ready to check out *the town*.

The first stop was to get to the Museum of Glass, which is located on Dock Street, right along the bay front. With our AAA map and a few surprise changes in directions, we made it down to the bay front to see the huge stainless steel cone dome of the museum. The museum is very unique in that it allows spectators to observe the artists working with hot glass.

After two hours of checking out the museum, we were off on our bikes to explore the rest of the bay front area and its numerous choices of restaurants. We pedaled the five-mile multiuse path that parallels the waterfront and enjoyed the many beautiful flowerpots along with the incredible backdrop of Mt. Rainier off in the distance. We had *worked up* an appetite and found the Ram Brew Pub with its outside seating along the water was calling to us to stop and fuel up with a pint of brew and good food before heading to the B&B. By the time we got to the Plum Duff B&B it was 4 pm and we had pedaled a whooping 25 miles for the day. (*Okay, I didn't say this was a tough tour!*)

Sunday morning with full stomachs from a nice breakfast at the B&B and grabbing a couple of Subway sandwiches for a picnic lunch later on, we were off to explore Point Defiance State Park, the

aquarium and the zoo. The aquarium and zoo are only about eight miles from the B&B and were very enjoyable to see. The five mile road around the park is definitely worth taking the time to pedal, as it is lined with cedar and fir trees along with turnouts of incredible views of Puget Sound, Gig Harbor and Vashon Island. With a few minutes to spare, we made it to the Tahlequah ferry and booked passage for bikes and ourselves to Vashon Island. The ferry was packed with autos and there were several bicyclists making the trip to the island for some day riding.

After a 15-minute ferry ride we arrived on Vashon Island. Vashon Island is one of the smaller islands on Puget Sound and has 15,000 residents. There are two main roads to get from one end of the island to the other. The main road, Vashon Island Hwy, runs down the center of the island and has a good bike shoulder. Of course the road is busy when the ferry arrives, but quickly we were left with mostly quiet road riding for the remainder of the day. Vashon Island has typical terrain of the islands, lots of rolling hills but very scenic and rural. We arrived at the American Youth Hostel by 3 pm and were assigned our reserved

“teepee”. Yep, you read right! This hostel is unique in that it has a western theme with offering night accommodations in teepees and covered wagons....*it was a lot of fun, beds inside them, and cheap!* Dorm rooms were also available, but spending the night in a teepee was just too tempting. The hostel was very clean, had showers, and had lots of very interesting people to meet and chat with. Charlie enjoyed talking with a young

Scottish man who was on an around the world trip in his altered Land Rover; he had just arrived after traveling through Europe, Russia and Mongolia! And then there was the family from Minnesota, 25 of 'em, that were here for a family wedding and reunion....well, you get the idea that there were just lots of neat people to meet and share stories with. We definitely would not hesitate to give a hostel a try again and hopefully soon.

Monday morning we left the hostel by 8:30 am. We took the other road back to the ferry, very quiet and scenic, and easily arrived in time to board the 9:30 am ferry crossing. Arriving back in Tacoma, we spent a couple more hours in the *new* old town area walking around and taking lots of pictures. By retracing our route, we got to the Amtrak station for the southbound train departing at 2:30 pm with arrival in Albany by 7:20 pm, this time 15 minutes late! In Albany we picked up our bikes from the baggage car and headed back to home in Corvallis, arriving home by 8:30 pm with plenty of sunlight still outside.

The trip was a lot of fun and easy to organize as you can tell. Our mileage for the whole time was only around 90 miles. This was the first time we have used the train and our bikes together

for our only mode of transportation and we definitely want to do this type of joint travel again. I hope that you will consider giving this a try sometime and hope that your experience will be as restful and full of adventure as it was for us!



Benton County Bicycle Advisory Committee Presents a "Bike Cruise", Sunday, September 7th

Ride the bike lanes and paths between Philomath and Corvallis. Starting Places: Campus Way between 11th & 14th Streets in Corvallis and Philomath City Park Shelter #1 at 231 S. 23rd Street in Philomath (just south of Applegate on 23rd). Starting points will be staffed from 9 am to 10: 30 am, the course "closes" at 1 pm. Maps of the route, rest stops, snack locations and bathroom facilities will be indicated on the map handed out at the starting points. Ride all or part of the course, total distance 12 miles. Our goal is to get folks out enjoying our great bike facilities. This ride is family friendly and novice approved! Hope you can join us!

Bike Safety

The Bicycle Safety Education Program, a Youth Bicycling Course brought to schools across Oregon by the Bicycle Transportation Alliance, is gearing up for Fall Classes. I am looking for volunteers to ride with 5th graders in Corvallis in September and October. Most rides occur on Fridays and are about 2 hours long, though there are opportunities to get involved throughout the week. Please contact Josh Storer at 757-5702 or <Josh.Storer@corvallis.K12.or.us> for details. For more information about the BTA see our web site: www.bta4bikes.org.

New Jerseys for MVBC?

It was recently discovered that it has been six years since MVBC had new jerseys made. Whether you were fortunate to have purchased jerseys the first time through, (you have probably worn it so much, that it is wearing out!), or you missed purchasing them, you will soon have a chance for a new one. The MVBC Board is in the beginning stages of designing new jerseys. If you have an artistic bent, we are interested in seeing your ideas. We would like to maintain the existing jersey colors of dark purple, maroon, black, gold and white and have a design that reflects the mid-Willamette Valley. If we select your design, you will get a free jersey. Please submit your ideas by October 15th as there is a long production lead time and we would like to have the jerseys ready for spring. You can submit your design ideas to any of the current board members or contact Betsy Reid at 754-0707.

Random Acts of Brightness

Susan Christie

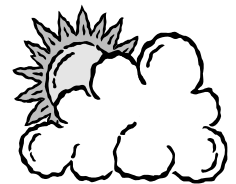
On a dark, gloomy evening last fall, Karen Frost, BTA program director, was cycling through the streets of Portland on her way home from work. She came across another bike commuter who had no lights or reflectors on his bike, and no helmet. Karen quickly snatched the little BTA blinky light from her jacket collar, and asked, "Hey, would you like a blinky light?" "Wow, thanks!" the other cyclist answered. Then, after a few second, he added, "I guess I should get lights for my bike and a helmet, shouldn't I?"

Karen rode on her way, smiling. Point made. No further exchange was necessary. No judgment or "thou shalt." And thus was born Random Acts of Brightness.

We have ordered a box of the little red blinky lights from BTA, and they are available for MVBC members to carry with them and use in a similar manner. The idea is NOT to chase down a lightless cyclist and offer to equip them properly. The little lights cannot do that. They are just little gifts of caring. You simply take advantage of opportunities to show cheerful concern about the safety of other riders.

In case you haven't heard, Corvallis police officers are giving out similar little lights instead of tickets to riders they stop who are riding at night with no lights. The officers can give a short lecture as well, but it's important that we not do that.

Let me know if you'd like two or three lights to carry with you so you can give Random Acts of Brightness a try. It gets dark earlier now, and you'll see more riders at night without lights.



I've read that I flew up the hills and mountains of France. But you don't fly up a hill. You struggle slowly and painfully up a hill, and maybe, if you work very hard, you get to the top ahead of everybody else.
Lance Armstrong

- 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

September General Meeting - Race Across Oregon (RAO) Presentation

Larry Thurber

Cycling is a universal sport. It can mean different things to so many people. For some it is transportation, for others it may be recreation or an opportunity to socialize. Some folks even believe that mountain biking is the way to go. And then there is that select group that includes RACING in their repertoire of bike usage. If you want to see a group of fellow MVBCers and friends who put it all "on the line" for this year's Race Across Oregon, then the September general meeting is for you.

Eric Ahlvin and fellow racing participants will present a video of the 2003 RAO, followed by questions and EVEN MORE VIDEOS for those interested. Who won? How did our fellow cyclists do? You'll just have to come and find out....

Ken McLaren, 1912-2003

Jan Prael

We lost a good friend on August 9, 2003. A long time member of MVBC, Ken McLaren died at age 91. He continued biking up to and past his last birthday - an inspiration to everyone. He was known for his great World

War II stories and, more particularly, his uncanny memory of roads and routes. As senior member of the OFCG, he'll be sorely missed, as he will be by all who knew him.

Found

Found at the Covered Bridge Bike Tour, Saturday, August 8 - a watch. Contact Dan Youngberg to identify and arrange for return. (541) 928-7028.

Date Set for MVBC Annual Meeting

The MVBC Board has agreed to host the annual meeting this year on Sunday, November 9th, at the Adair Village Club House. Activities will start with a social hour at 5 pm with dinner at 6 pm. The awards ceremony and election of officers will be held immediately after dinner. All members are invited. It is a great opportunity to visit with your fellow cyclist in a relaxed and friendly setting. More information will be available in the next newsletter but please mark your calendar now.



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

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Meetings & Announcements

Board Meeting

Monday, September 29, 7 PM at the Burgess residence, 3160 NW Arrowood Circle

General Meeting

Date: Monday, September 15, 2003
Place: Papa's Pizza
1030 SW 3rd St., Corvallis
Time: 6:00 pm - Dinner and social hour
Presentation: 7:00 pm

Future Events

Sept 7-13 - Cycle Oregon XVI,
www.cycleoregon.com
Sept 13-15 - Sawtooth Trek 2003 (208) 344-6567
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

IMPORTANT SUBMISSION INFORMATION

Submit articles, stories and photos for the November MVBC Spokesman no later than October 24.
Please send this material to the editor in Word format:

Lloydvswanson@comcast.net