



MID-VALLEY BICYCLE CLUB

Spokesman

January 2004

Up front

by Betsy Reid, President

THE DOLDRUMS.

Commonly encountered in winter around the Willamette in winter as the clouds lower and dump the rain upon us. There are occasional sun breaks, but they are just long enough to lure the unwary bicyclist out, before the sun disappears and that rain reappears. Anyone who has lived in the valley long enough (one winter) knows that the riding opportunities are few and that it is highly risky to try that Saturday ride. Just ask those riders who were out on December 13th, when the valley received over any inch of rain in just a few hours! Most of us just sit inside, bemoaning the weather and dreaming of spring. Even now, although it's sunny outside, I have many tasks to accomplish (including writing this column) and it's hard to justify the time on the bike.

There is one sure way to brighten the dreary days of an Oregon winter and to lift oneself out of the doldrums. Buy yourself a new bike! Admittedly, this is not something you can do on a regular basis, but it sure has inspired me. Most of you know that I ride a Vision recumbent with a short-wheel base and underseat steering. It was a good choice for me 9 years ago when I was very new to bicycling. I didn't have either the knowledge or the physical skills for something fancy. In fact I couldn't understand why people would even need more than one bike. The Vision has been very good to me and has carried me for many wonderful miles down the road. Why change now? The turning point for me came when I made a commitment to commute on my bike around Corvallis early last winter. Nine months of commuting (and climbing the hill to my house 5 days a week) pushed my riding skills past the plateau I had been on for the last 3-4 years. I was stronger than I had ever been but I still found myself huffing and puffing to keep up with people on the Wednesday rides. After talking to other recumbent riders, I determined that the bike was probably at

fault. The Vision has a 16" front wheel, for which I can only obtain 85 psi tires. The back wheel is 26". I also noticed that I would max out on my gearing when I was trying to keep up on with folks on rides. Even though I had made major mechanical upgrades on the Vision last spring, there just was nothing much else I could do. All of this convinced me that it was time for a change.

I started my research into a new bike and soon determined that the only logical recumbent bike for me was a Tour Easy. The bike has a long and excellent reputation for manufacturing middle and high-end road bikes. Of the other recumbents manufactured and easily available in the area, none had quite the appeal of the Tour Easy. In addition, I had seen several members of the club riding Tour Easys and raving about the ride. It also helped that my favorite bicycle shop, The Corvallis Cyclery, was a Tour Easy dealer. I took a quick test ride and knew that I probably could be happy with the bike. I still had to convince myself that it was worth the cost and so I borrowed Susan Christie's Tour Easy for a week and rode it extensively. By the end of the week, I was convinced.

Now to figure out what gearing I should have, tire size/type, and all the other bells and whistles that go on a new bike. I called other Tour Easy owners for advice and made my decisions. The biggest change for me would be the gearing. For instance, the middle chainring on the Vision was a 36, and I ended up choosing a 42, definitely a big change for me.

Soon the bike was ordered and all I had to do was wait. I was excited as I felt I had really bought this bike the right way and that it was the right bike for me. One week later I was the proud owner of a new, red Tour Easy! I was amazed on the ride the next day at the difference in

(Continued on page 3)

Also in this issue

- Int'l Tandem Rally Report *(cont)*
- Loop Tour 2004 Information
- Order new club Jerseys
- Advocacy

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Advocacy

Walt Prichard

Welcome to the New Year! I sure hope one of your resolutions is to ride your bike somewhere exciting and new. It can be around the County or around the State. There is nothing that invigorates ones' outlook more than not coming back home tonight. I think it all goes back to dreaming when you were 10 years old and the world held so many mysteries. Anyway, I find it very exciting to see what is around the next corner and over that hill and seeing it from the seat of a bike makes it so much more real.

In December I missed a couple of opportunities that some folks in Albany and Linn County can look into. The city of Albany has a Bicycle, Pedestrian committee and a call to city hall can put you in touch with the right people to contact and the time of their meetings. If you need a cause it sure could be the "wearing of helmets by kids in Albany". I can't remember when I last saw anyone in Albany wearing a helmet. Another cause would be "riding on the right": working on this from the city government level would be great place to start making a change. The next opportunity would be the County Commissioners. I am not sure they have an advisory committee just for bicycle and pedestrian issues but it sure would be a good question to ask the commissioners. Being elected they always want to look good in front of everyone, including bicycle advocates and riders. Even an appearance before a commission general meeting could make a difference. There are always "items from the public" where they will be glad to hear from you. If you need some guidelines on testimony give me a call and I can help you out or even stand beside you.

I think everyone would like to know about the rerouting of highway 20 in the Eddyville area. I now have maps that show where it will go. I also have a disc with the environmental impact study for the project. This pro-

ject seems to have a lot of pressure to get it moving. If you would like to see the maps call me and I could take them up to the Beanery some morning or other convenient time and place and we could look them over. The same goes for a document that lists the ODOT wish list. Some projects have time lines and other are just identified. It gives a good snapshot of what the future will bring if we live so long.

Right now there are a lot of planning meetings and the OSU Master Plan is going to be reviewed. I sure hope to be there asking for good bike racks and covered parking and making sure there are bike lanes where they should be. Keep the rubber side down!

Meet Our President

Hi fellow cyclists from Betsy Reid! Most of you out there should at least recognize my name from the newsletter articles I have written as president of MVBC for the last year. I have been a member of MVBC for nearly ten years. I have enjoyed being a member of this club for a multitude of reasons, the primary ones being the loop tours and the weekly rides, but the most important has been the people. I have been active in other clubs before, but the level of volunteerism and friendliness is unique. I still remember my husband convincing me to try a Saturday ride and wondering, during the ride and after, why in the world I was doing this. I get a great deal of enjoyment in being active out in the physical beauty of the Willamette Valley. Cycling has also taught me how to live with physical limitations and to do as much as I can within those limitations. Put that together with the friends I have made explains why I am still involved with the club. My preference in bicycles is recumbents (I do actually own an upright). I commute on a Vision, try to go fast on a Tour Easy and tour on a Vision tandem recumbent. As I like to say, I ride with my feet first and a smile on my face.



(Continued from page 1)

ride. I was definitely getting more results for the effort I was putting in. I felt like I was flying. On a recent Wednesday ride everything came together. The weather was perfect, I was feeling strong and I was with good friends. It was one of those rides that I just didn't want to end. So now, even though it is the middle of winter, I look forward to getting out on the Wednesday rides with a new enthusiasm. The weather gods have smiled down and I have not had a Wednesday ride in the rain yet in the four weeks I have been riding the Tour Easy. I'm looking forward to spring as well, when I can extend the rides.

I now understand why people 'accumulate' multiple bikes. I have an old Bridgestone upright which hangs in storage, neglected. The Vision is relegated to commuting and the Tour Easy is the 'go fast' road bike. Then there is the tandem recumbent. Don and I have a garage bay devoted entirely to bicycles. The Tour Easy is definitely my 'new love' and I want to thank Susan Christie, Walt Prichard, Ann Asbel and Joe Monteleone for sharing with me their knowledge and enjoyment of the bike. You will probably see me on more Saturday rides with my new bike, more confidence and with a smile on my face.



Bicycle Accident Questionnaire

Dear Bicyclists:

Southern Illinois University Edwardsville, civil engineering department is completing a research project on construction and maintenance standards of bike trails throughout the state for the Illinois Department of Transportation under the direction of Dr. Greg Luttrell.

As a part of my master's program thesis Dr. Luttrell encouraged me to study the non-motor bicycle accidents occurring to the bicyclists. Numerous analyses have been completed of bike accidents involving motor vehicles through the use of vehicle accident reports. Non-motor bike accidents do not have formal reporting mechanisms. Non-motor vehicle accidents constitute more than 90 percent of the bicycle accidents in the United States (based on emergency room research). It is therefore vital that we learn how bicyclists crash so that bike engineering can address all of the safety needs of the bicyclists.

We would like to draw information of any non-motor bicycle accident you have been involved in through this questionnaire. The questionnaire asks about the accident, factors for the cause of the accident, severity of the accident, etc. Provide as much information as you can within your busy schedule. Please return the completed questionnaire to us at your earliest convenience.

All information will be kept confidential, being analyzed for research purposes and reported in summary form only. The research study will help in coming up with a list of accidents types and an explanation (causal lists) for these accidents.

MAX HEADWIND

New Year's Ride

On New Year's Day, I've always ridden
on a cold morning, with the club
or at least am guilt-ridden
on a cold morning, missing the club

with thermal booties on my feet
and tights or jeans and thick gloves
frost beside the road
the trees white skeletons

remembering rides in summer
with unforgiving heat
and rides early and late
rain coming in sheets

A new start, a chance to visit
to remember past rides
to plan the summer
few cars on the road,
comrades in the cold

If you have questions about this questionnaire or the research study, please e-mail me (Vijaysimha N Seelam) at 'vseelam@siue.edu' or Dr. Greg Luttrell, P.E. at 'gluttre@siue.edu' Thank you for taking the time to provide your valuable input toward this project by completing this questionnaire.

Please complete the questionnaire only if you have been involved in a bicycle accident not involving a motor vehicle.

(Editor: The Board decided to publish this introduction and encourages members to contact the above Email address to participate in the survey.)



Meet Your Board Members

For the next several issues of The Spokesman we will be featuring the Board members and leaders of MVBC, providing a short biography of each so that you have a better idea of who they are, what their Board job is, and what their goals for the club are so that you can encourage them and give them your ideas for the club.

The Editor



MID-VALLEY BICYCLE CLUB BOARD MEETING NOTES

Monday, December 8, 2003

Present: Eric Ahlvin, Richard Burgess, Shung Chieh, Bill Daley, John Henry, Joe Monteleone, John Morris, Jon Nichol, Walt Prichard, Betsy Reid, Rick Riper, Becky Steinmetz, Larry Thurber
Absent: Ann Asbell, Susan Christy, Lloyd Swanson

Transition of Officers: Betsy introduced and welcomed two new 2004 board members, Shung Chieh and John Henry.

Logo Design: John Morris introduced Jon Nichol, a MVBC member and senior at Crescent Valley High School. Jon has volunteered to offer his graphic design skills to come up with a new logo design/masthead for the Spokesman. He submitted several layout examples to be considered. The Board gave him ideas and emphasized the need to contact Lloyd, the Spokesman editor. Joe motioned that the change in masthead is subject to Lloyd's approval, Larry seconded, and the Board members unanimously approved it. John discussed compensation for Jon's time and efforts for the logo work so that this could be put in his resume portfolio. Suggestions included possible donation to graphic arts department at CVHS (considering most of his time spent on this project is done at school in his graphics design class), donating a new jersey to him, donating books to the school on bicycle safety, and/or payment of his services. John will explore all these suggestions further with Lloyd and Jon and have more information at the January board meeting.

Reports

Treasurer: Richard reported the checking account balance \$1,134.06, savings account balance \$6,531.19 with a total balance of assets \$7,665.25. He reported an annual income \$21,923.42 and expense \$23,598.58. BTA (Bicycle Transportation Alliance) has an outstanding debit for CBBT (Covered

Bridge Bicycle Tour). In previous years it has been agreed to donate \$1/rider attending the event; 2003 total would be \$428. Joe motioned to approve a donation of \$428, Bill seconded, and the board unanimously agreed.

Membership: No report.

Ride Captain: Joe reported that the New Year's Day ride will once again meet at Osborne Pool. The final destination will once again be Elmer's Restaurant in Albany. The Santiam Slowspokes will be joining MVBC for this year's ride.

Newsletter Editor: No report. Betsy gave future newsletter deadline dates: January 21, March 20, April 23 and May 24th.

Vice-President: Larry reports that he is working with Shung regarding the January meeting to be a tour of the Bigha factory in Corvallis.

Bicycle Advocacy: Walt reported that the Van Buren Street Bridge is slated to be begin replacement sometime in 2005. This will be a two-year project with a cost estimate of \$12 million. The Hwy 20 bypass upgrade of Eddyville is also high on the priority list and will also begin in 2005.

Old Business

MVBC Survey: Results of the survey will be discussed at the January board meeting.

MVBC Jersey's: January 25, 2004 is the deadline for the order to be placed with Voler. Two designs were submitted. A fall oak leaf pattern design was chosen. A subcommittee consisting of Betsy, Joe and Tim Corbett will make the final decision on layout and colors. Vic Russell is the artist again for the jerseys. Compensation for his time and efforts on the jersey design was discussed and will be explored further.

New Business

MVBC Christmas Party: The Christmas Party will again be held at Richard and Lindy Burgess home on December 15th beginning at 6:30 p.m.

Community Kiosk Proposal: Walt states this will be put on hold for a few months due to his lack of available time with the planning for his upcoming Lewis and Clark bicycle trip.

Monster Cookie Ride: Date has been changed to Sunday, April 25, 2004.

LAB Website: Betsy took care of updating the MVBC information on the LAB (League of American Bicyclists) website.

Next General Meeting: Monday, January 19, 2004. Bigha factory tour. More details will be forthcoming.

Next Board Meeting: Monday, January 26, 2004. Richard and Lindy Burgess house.

The board meeting was adjourned and everyone enjoyed refreshments.

*Respectfully submitted,
Becky Steinmetz*

Loop Tour 2004 Sag Driver Needed

Dan Youngberg

The Loop Tour committee is looking for a second sag driver (and vehicle) for the June 19-27, 2004 tour. Betsy Reid has already volunteered to once again drive her van for the June tour; so whoever volunteers will be teaming up with an experienced Loop Tour sag driver.

This is an opportunity to see some wonderful country. Several transcontinental riders from the MVBC have ridden on parts of our 2004 route, but this is the first time that Loop Tour will visit northern Idaho with a foray into northwest Montana.

Sag drivers have a lot of responsibility and receive a lot of gratitude and personal satisfaction. Gas and camping fees are provided. If there is anything left after all of the tour expenses are paid, we try to provide some compensation for vehicle wear-and-tear.

Prospective sag drivers should talk with one of the people who drove last year (Richard Burgess, Betsy Reid, George Shaw, or Will Crawford).

George Shaw and Richard Burgess will be repeating as sag drivers for the second tour.

MVBC EVENT CALENDAR: January/February 2004

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: Eric Ahlvin 753-1848 & John Henry 926-1157. 10 am Ride Leader: Jerry Rooney 752-6588

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

January 3, Saturday, 9 am: Greenberry Store or Decker - Add Smith Loop if you need more miles!

- **Long Ride: Through Philomath to Greenberry Store back via Bellfountain Road. 43 miles (B260)B**
- **Short Ride: Through Philomath to Decker Road back via Bellfountain Road. 33 miles (B170)B**

January 10, Saturday, 9 am: Monmouth (Donut Shop) or Suver (starvation)

- **Long Ride: Independence Hwy to Monmouth back via Hwy 99. 44 miles (B270)A**
- **Short Ride: Independence Hwy to Suver back via Hwy 99. 31 miles (B120)A**

January 17, Saturday, 9 am: Harrisburg or Decker to Philomath (both have coffee shops!)

- **Long Ride: Bellfountain Road to Harrisburg back via Peoria Rd 61 miles (B480)C**
- **Short Ride: Bellfountain Road to Decker Road back via Philomath 35 miles (B220)C**

January 19, Monday, 7 pm: MVBC General Meeting - Tour @ BigHa Factory, 4314 SW Research Way, Corvallis. See elsewhere in newsletter for details

January 24, Saturday, 9 am: Tour of Plainville or Saddle Butte (snacks in Shedd and/or Lebanon)

- **Long Ride: Shedd to Lebanon back via Tangent. 59 miles (A420)D**
- **Short Ride: Shedd to Saddle Butte back via 7-Mile/Tangent. 37 miles (A230)D**

January 26, Monday, 7 pm: MVBC Board of Directors Meeting, Burgess residence, 3160 NW Arrowood Circle

January 31, Saturday, 9 am: Kings Valley Store or Decker Road (Creekside Coffee Shop?)

- **Long Ride: Philomath to Kings Valley back via Airlie/99W. 46 Miles (B280)B**
- **Short Ride: Philomath to Decker Road back via Bellfountain Road. 33 miles (B170)B**

February 7, Saturday, 9 am: Alpine out/back or Philomath (food abounds!)

- **Long Ride: Bellfountain Road to Alpine & back the same route. 44 miles (B245)C**
- **Short Ride: Bellfountain Road to Peterson Road back via Philomath. 29 miles (B090)C**

February 14, Saturday, 9 am: Dever/Conser (Side trip to Jefferson for Mexican Bakery??) or Albany

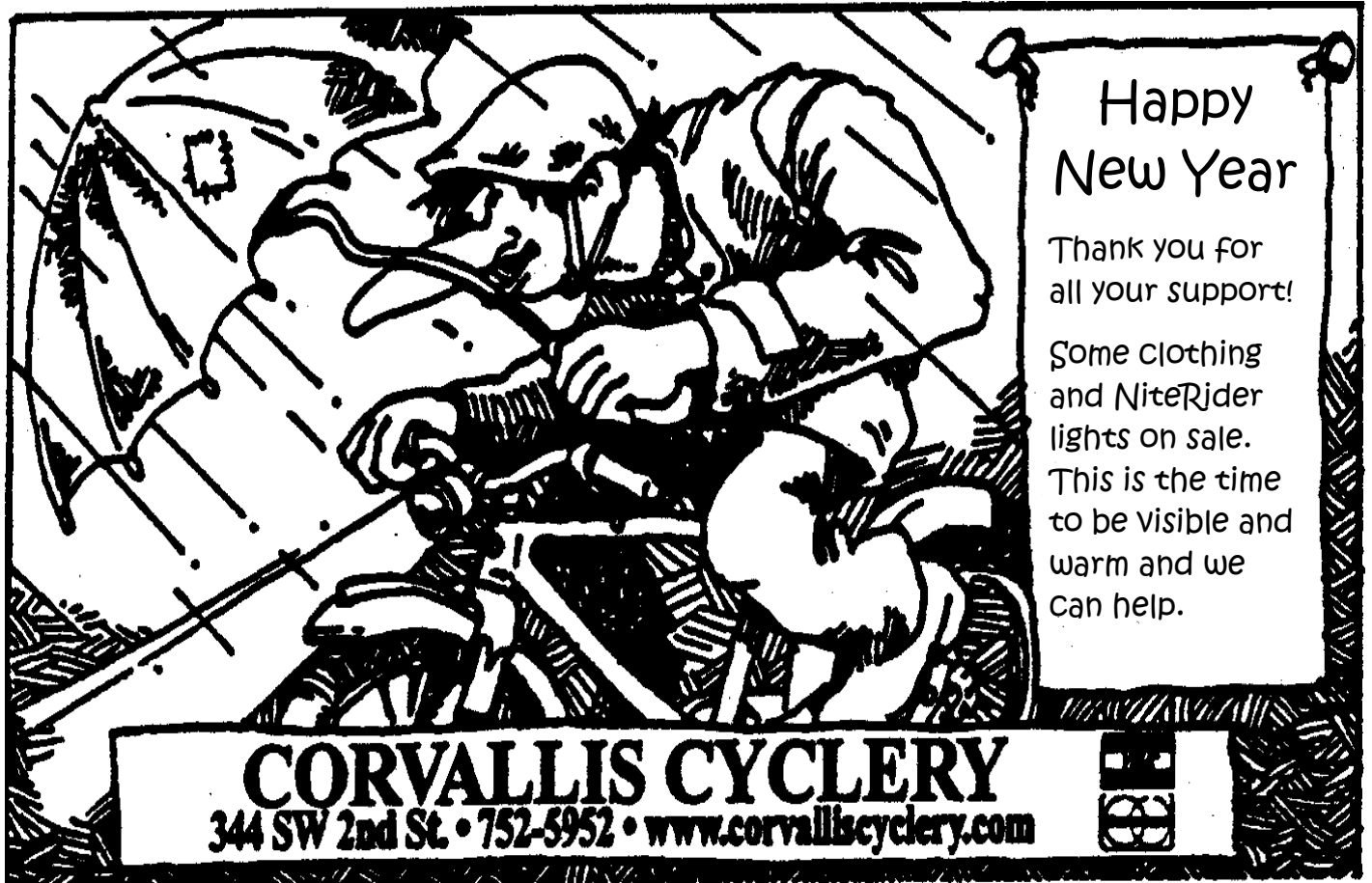
- **Long Ride: Independence Hwy to Dever/Conser back via Albany/RS Dr. 60 miles (B450)A**
- **Short Ride: Independence Hwy to Palestine back via Albany/RS Dr. 30 miles (B100)A**

February 21, Saturday, 9 am: Waterloo or Shedd/Saddle Butte

- **Long Ride: Peoria Rd to Shedd to Waterloo back via Peoria Rd. 61.3 miles (A520)D**
- **Short Ride: Peoria Rd to Shedd to Saddle Butte back via Peoria Rd 37 miles (A230)D**

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.*



Happy
New Year

Thank you for
all your support!

Some clothing
and NiteRider
lights on sale.
This is the time
to be visible and
warm and we
can help.

CORVALLIS CYCLERY
344 SW 2nd St. • 752-5952 • www.corvalliscyclery.com

MVBC Jersey Order Form

We have a new jersey design and are ready to take your order! The design is based on 'autumn oak leaves', which are very commonly found throughout the Willamette Valley. The jerseys will be made by Voler from a terrific design done by Vic Russell, who produced our current jersey design. Both men's and women's jerseys will be available and will have set-in sleeves. The men's jersey's are 'club cut' (more roomy) and the women's jerseys are 'racing cut'. Zippers will be about 20" in length and 'hidden'. If you were unable to attend one of the sizing events, please feel free to contact one of the MVBC Board members, all of whom should be able to give you an idea about fit. Price for the jerseys is \$65 apiece. There will be no orders accepted without a check. We will be unable to take orders over the phone or by email.

NAME: _____	SIZES						
	XS	S	M	L	XL	2X	3X
Women's Jerseys	___	___	___	___	___	___	___
Men's Jerseys	___	___	___	___	___	___	___
TOTAL JERSEYS ORDERED	___	x \$65	=	CHECK AMOUNT ENCLOSED: _____			

The deadline for ordering the jerseys is Monday Jan. 19th. We expect delivery on the jersey by the middle of March. The check should be made out to MVBC. Please send you order & check to:

Betsy Reid
1649 NW Bonney Drive
Corvallis, OR 97330

International Tandem Rally

Richard & Lindy Burgess

(continuation of Normandy Rally from December 2003 issue)

The art galleries and shops were stunning. Historically, it was a place where fishermen, pirates and explorers set sail from its harbour to seek their fortunes. We were impressed by the beautiful wooden church of Eglise Ste-Catherine, rebuilt in wood by local shipwrights to save the original stone church destroyed during the hundred year war. The vaulted arches resemble an overturned ship's hull. The church was remarkable for its twin naves. Each nave is topped by vaulted arches supported by oak pillars. As we walked in, the church was lit with candles. Mass was in session to celebrate Ascension Day. Another highlight of our trip was riding to the abbey Le Bec-Hellouin founded in 1034. Since 1948 it has become the residence of the Benedictine order of monks. On our return to camp, the braking on the long downhills caused our rear tire to heat up and explode. Mike ingeniously fixed the tire by inserting a piece of plastic onto the damaged part of the outer tire. Try it—it works! Every day ended with an evening of happy hour followed by dinner. Friends would gather together sharing wine or champagne with cassis and crisps. Everyone was so friendly and we certainly felt we were welcome as Americans.

We were impressed with the many families of all ages riding tandems. There were over 300 adults, 5 infants, 84 children, 11 teenagers and 1 dog. The camping area was set up with fun activities for all ages. The children had a lovely park with structures to play on, there was a building filled with crafts for kids, adults had wine tasting, group barbeque, and tandem challenges where riders rode across a grassy area to see who could cross over the area

the slowest without falling off their tandem. Another challenge on the grassy area was to ride a tandem under a bar supported by two poles to see who could ride underneath it as it was graduated to its lowest level. As we watched the many tandems participate, we couldn't help but notice several tandem Tuesdays and Burley trailers. We also noticed some very unique ways Europeans camped. We didn't see the large RVs and motor homes so prevalent in the US. People had the most elaborate tent caravans that opened into a large living area and bedroom. Many were dressed up with pretty curtains on the windows. The entire tent could fold up compactly into a relatively small trailer. This was much like the elaborate tent trailers we have in the U.S. but different.

On Sunday, June 1st, we returned to England, just in time to avoid the French ferries going on strike the following week. The next day we celebrated Lindy's birthday and the 50th anniversary of Queen Elizabeth's coronation. It brought back childhood memories of celebrating a twelfth birthday and Queen Elizabeth's coronation on the same day.

Two days later, June 4th, we were on our last tandem trip with Mike, Ann and friends to Sussex. We rode 40 miles through the South Downs of England, very hilly beautiful green countryside to the little village of Steyning where we stayed in a 500 year old bar with nicely fur-

nished rooms upstairs for lodging. The food was excellent, especially the curry dishes. In the morning, we were served a full English breakfast of sausage, bacon, eggs, mushrooms, tomatoes, toast, juice and coffee. The next day we cycled over very steep hills to Brighton where we visited the famous Royal Pavilion. Exquisite describes the architecture and the Chinese interior décor. Our return trip to Emsworth was in the pouring rain. The picnic lunch we carried from the local deli never left our panniers until we got back. Exhausted, we took a hot bath and finished our last evening in Emsworth



Biking in Normandy

eating our picnic lunch and drinking champagne. The last week was spent with Pamela and Martin in London where we had a wonderful time taking in the sights of London and the staged performance of My Fair Lady at the Royal Theater.

Monday, June 16, we departed from Heathrow. Flying home over the Pacific NW viewing the spectacular snow-capped Cascade Mountains, reminded us again, there is no place like home. When we arrived home, Lindy's daughter from New York was there-- the flowers, the cats, the house were the way we left them. Retirement just keeps getting better!



OUR RIDE CAPTAIN REPORTS

The year of Saturday rides ended with 77 hearty riders accumulating 2944 miles in December. **Tim Corbett** had the longest consecutive streak of Saturday rides with 9. **Walt Prichard** and **Henry McCarthy** each rode six consecutive times and nine of the last ten rides. **Dan Youngberg** also rode 10 of the last 12 rides, and Eric Ahlvin rode 8 of the last 9 rides. This really shows a dedication to riding - or a lack of good common sense; I am not sure which. The mileage totals for December are: **Tim and Henry**, 209; **Eric**, 193; **Dan**, 163; **Walt and Elise Ross**, 156; and **Jim Lofgren**, 148. There were no new riders in December.

A sad note for the month was the news of **Alan Acock's** fall coming down Decker. He is recovering and has pronounced the contest between **Leon** and him for the most impressive crash as over! All riders need to be aware of the uneven pavement on this popular route. **Walt** has notified the county of the problem.

For the year on all rides 1803 riders rode 105,413 miles. Of that total, 6270 miles were on Saturday. This Saturday total was 1746 miles further than 2002 and almost 10,000 more than 2001! **John Henry** maintained the top percentage of rides with 75% or 39 of 52 Saturday rides. **Walt** gave it the 'ole college try to overtake **John** at the end of the year but ended one short of tying him. Others who rode several times were: **Milt Cardwell**, 37; **Dan Youngberg**, **Henry McCarthy**, and **Leon Ungier**, 36; **Elise Ross**, 35; **Tim Corbett** and **Alan Acock**, 32; **Lyle Dalton**, 31.

Walt finished the year with 3854 miles. Other mileage leaders over 2000 miles were: **Dan Youngberg**, 2652; **Becky Steinmetz**, 2506; **Tim**, 2480; **Elise**, 2406; **Eric**, 2362; **Joe Monteleone**, 2050; **Glenn Peltier**, 2048; and **John**, 2025. No new riders joined the 1000+ club from the November report, but these people got close: **Kelli Cripe**, **Jerry Rooney**, **Milt Cardwell**, and **Terry Dibble**. There are 319 riders in the mileage database. Of these, 61 riders did not ride at all. The average of the 258 riders was 408+ miles for the year. Were you above or below that mark? Only 78 riders were above the club average; so, don't feel bad if you were below the average.

This concludes my last article as co-ride captain. I think back to **John Morris'** persuasive pleading to get me to join the Board and how reluctant I was. There has

been work involved, but I have enjoyed becoming more active in the club. I have always liked dinking around with sports statistics; so, maintaining the mileage spreadsheet has been fun. **Joe Monteleone** and I happily turn our jobs over to **Eric Ahlvin** and **John Henry**. If you have never been involved in the leadership of MVBC, consider taking the plunge in 2004. It is one of the most vibrant volunteer organizations you will ever experience, and I am proud to have been a small part of the success the club has experienced. Have a great 2004!
(My thanks to Ann for her monthly column for the past year—Editor)

Loop Tour Plans Are Shaping Up

Dan Youngberg

Plans for the 2004 Loop Tours are gradually coming together. The route is pretty well finalized, although there remain a couple of options for the exact start/finish.

According to several guidebooks and the personal accounts of several MVBC transcontinental riders, the area in which we will be riding is absolutely beautiful. It is also hilly—the riders who start building their fitness early will be repaid with a wonderful week of riding.

We will start in or very near Coeur d'Alene. The first night will be in Harrison. On Sunday we will take a paved rail-to-trail most of the way to a Forest Service campground. Day 3 looks like the toughest day as we cross the continental divide to Thompson Falls. The next day also has quite a few miles, but much less climbing as we head to Bull Lake. From there it is on to Bonners Ferry for Wednesday night. Then we have a fairly short day going down to Sandpoint.

Much like we had at Klamath Falls in 2003, there will be a ride vs layover option at Sandpoint. Folks who are up for another long day will ride to Priest Lake, while the rest of the group has a day off in the resort area around Sandpoint. Saturday evening the two groups will come together near Priest River. Finally we all will return to Coeur d'Alene.

It is possible that camping fees and the longer mileage for sag vehicles will necessitate raising the price from what was charged in 2003. In attempting to hold the price as low as possible and still cover all of our expenses without a surcharge, we have not yet finalized the price of the trip. We will set the price by the time registration opens (target is March).

We are still looking for a second sag driver for the June tour.

- 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): _____

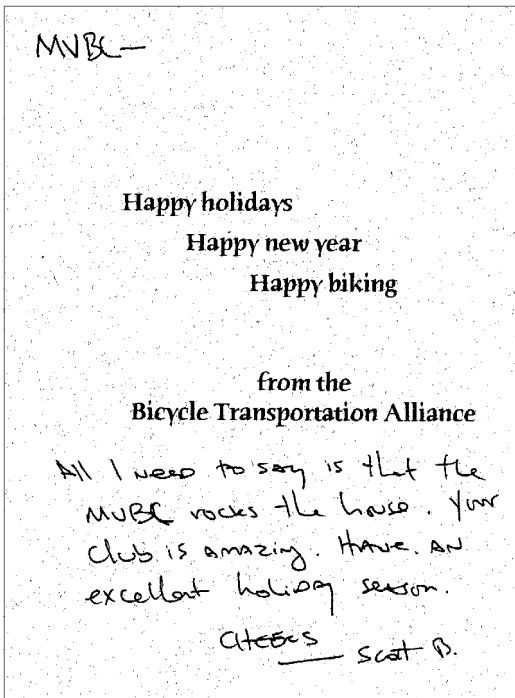
Date: _____ Signature of parent or guardian if under 18: _____

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

Top 10 reasons you know you are a bicycle weenie:

10. You see nothing wrong with discussing the connection between hydration and urine color.
 9. Biker chick means spandex and a Trek rather than leather and a Harley.
 8. You take your bike along when you shop for a car to make sure it fits inside.
 7. You wear bike shorts swimming.
 6. Your cardiologist tells you that you need a heart valve replacement and you ask if you get a choice between Presta or Shraeder.
 5. You wear your heart monitor to bed to make sure you stay within your target zone during extracurricular activities.
 4. You see a fit, tanned, slim lycra-clad young woman (or man) and the first thing you check out is her (his) bike.
 3. You ask the funeral director if you can ride your Cannondale in the funeral procession at your aunt's funeral.
 2. You have to enroll in Ice Cream Anonymous.
- And the number one reason you can tell you are bicycle weenie: (drum roll)
1. You no longer require a hankie to blow your nose.

List compiled by Bobby Rone (part of the organizing committee for BRAG (Bicycle Ride Across Georgia))



Lewis and Clark Trail in 2004
Walter Prichard
 How would you like to ride the Lewis and Clark trail in June and July 2004? We will start in Hartford, Illinois (St. Lewis) on May 28th and ride to Astoria in 54 days. We will be camping all the way with a motel thrown in for bad weather. There will be about 200 miles of gravel roads (rails-to-trails or bike routes). I will carry up to 60 pounds of your gear on the motor home. I have room for 2 more riders. If interested contact: 541-752-6231; prichard@proaxis.com

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

March 5-7 - Seattle Int'l Bike Expo, cascade.org
April 25 - Monster Cookie Ride,
www.salembicycleclub.org
May 28-31 - NW Tandem Rally, www.nwtr.org/
May 29-31 - Century ride of the Centuries,
www.pendleton-oregon.org
June 5-6 - Race Across Oregon, (541) 753-7009
June 12 - Strawberry Century,
www.santiamslowpokes.org
June 19 - Tour de Blast, www.tourdeblast.com
June 19-27 - Loop Tour I, MVBC
June 20 - RAAM, (262) 736-2453
July 17-18 - STP, www.cascade.org/stp/
July 31-August 8 - Loop Tour II, MVBC
August 6-7 - Seattle to Vancouver, Cascade bicy-
cle Club, (206) 522-3222
August 14 - Covered Bridge Bicycle Tour, MVBC
Sept 11-18 - Cycle Oregon XVI, cycleoregon.com
Sept 26 - Peach of a Century, salembicycleclub.org

General Meeting

7 pm, Monday, January 19—BigHa factory tour.
4314 SW Research Way, Corvallis (Research Way
is off of Philomath Blvd near the Safeway between
Corvallis and Philomath).
BigHa is a recumbent bike startup company head-
quartered here in Corvallis.

IMPORTANT SUBMISSION INFORMATION

Submit articles, stories and photos for the Feb-
ruary MVBC Spokesman no later than January
21.

Please send this material to the editor in Word
format:

Lloydvswanson@comcast.net