



MID-VALLEY BICYCLE CLUB

Spokesman

Mar/Apr 2004

CHANGE

Up front

by Betsy Reid, President

That is certainly the definitive word for this time of the year. It is more difficult to focus on indoor activities these days as the amount of time the sun makes its appearance is increasing bit by bit, day by day. The memories of the snow in January are receding into the distance. The snow, ice and fog are being replaced by the turbulent weather cycle of wind, rain and sun, known as spring in the Willamette Valley. The temperatures are cold in the morning, but warm into the upper 50's by the afternoon. I'm more than ready for some longer rides, but I know better than to trust the weather on even the shorter rides. While I did a recent Saturday ride without wearing my rain jacket, it remained close by in my bike bag. Complaining aside, I'm happy to be out on my bike at all these days.

As the weather is beginning to change for the better, one might think about what, if anything, you can change about your riding that would increase your enjoyment of bicycling. Does your riding clothing or bicycle need repair or replacement? Do you want to try a century for the first time? Do you want to try a bicycle tour? How about getting out on your bicycle for additional riding other than on Saturdays? Maybe the Wednesday social ride or a Sunday brunch ride is just the ticket for you.

After deciding what you want to accomplish, you need to come up with a plan of action. My goals for this year are to improve my riding speed and endurance so that I will get more enjoyment out of Loop Tour. To accomplish this, I decided a new bicycle was in order. While this action is more extreme than what the average rider needs to do, I'd gone about as far as I could go on improving the mechanics of my Vision recumbent. I needed a bicycle that would challenge me and push my skills to the next level. Above all, it had to have 'go fast' potential and be well-designed. The Tour Easy fit those

parameters. I knew that a new bicycle wasn't the total answer, so I decided to increase the amount of time I spent riding.

For the first time in many years, I tried the Saturday rides again. During my early years with the club, Don and I would come out for the Saturday rides, only to be left to our own resources after a few miles. Within a year or so, we had given up riding on Saturdays on a regular basis. Last year saw us out only on the two Saturdays which had a road cleanup scheduled. Pretty embarrassing for the president of the bicycle club, huh? Most of my riding with the club was on Wednesday rides and loop tours. I somehow convinced myself that I would always be unable to do the Saturday rides because 'everyone' rides faster than me and because of some physical limitations I had.

How is my plan going? So far, so good. I have participated in over half of the Saturday rides since January. For several weeks, my quads always seemed to feel like they were made of rubber. Just this last weekend, I finally felt strong enough to sign up for the long, instead of the short ride. It is my hope to be able to increase my ride mileages as the club rides increase in length. There is no doubt in my mind that the new bike was a good move. The gearing changes by themselves caused me to work harder, thus increasing my strength. I'll have to wait until after loop tour to see if I enjoy the tour more.

While my plan of action may not fit your needs, the whole idea is to come up with a plan that lets you achieve your goals. Some changes may be small and some may be large, but the overall goal is to make any needed changes that will lead to your increased enjoyment of bicycling.

Also in this issue

- Cycling in France
- Loop Tour Registrations Enclosed
- Sunday Afternoon Rides
- Columbia Gorge Short Loop Tour



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Advocacy

Walt Prichard

I am sure you have all heard that there will be islands in the middle of South 3rd Street. To the best of all plans and efforts this will happen this summer. The main intent of this is traffic calming and pedestrian refuges. They also should help bikes get across the street at the co-op and several other places. They will have trees on the islands and 3 or 4 of the 9 will have warning lights. The concept drawing makes it look a little less like a landing strip and more like a street. This is being paid for with a grant from ODOT that we started working on about 4 years ago. It took a little time but I think it will be worth it.

The OSU Master Plan for development is about ready to go to the Planning Commission. I just wish it had more covered bike parking at the new buildings and that they would be more diligent about providing adequate parking on campus. It also says that in 5 years they will put bike lanes on 14/15th Streets on the lower campus. I think any city would be very pleased to have a detailed plan such as this that provides for pedestrian and bicycle facilities in their city or an institution in their city. But as good as it is there is still room for a lot of improvement.

I would sure welcome some input on what is going on in Albany or Linn County. I know of some of the plans but not enough details.

The Parks Department has a grant to put in a multi-use path along the river from the Crystal Lake athletic fields to the water treatment plant and will tie in with the Willamette Landing Park path. More about this next month. Keep the rubber side down!

Tandem Club of America (TCA)

Becky Steinmetz

Charlie (captain) and I (stoker) have been members of Tandem Club of America for three years now. We have found the information that this club

provides to tandem teams in the USA and internationally is quite valuable.....and is fun! It is the only club that announces information on rides/rally's that is just for tandems.

We found out about TCA at a Northwest Tandem Rally a few years ago. After checking out the TCA website (www.tandemclub.org) and reading *Doubletalk*, the bimonthly newsletter written by editors Jack and Susan Goertz, we decided to spend the \$15 and subscribe for a year to give it a try. After reading a few issues of *Doubletalk*, we found ourselves getting excited about all the tandem rides that are organized throughout the year, USA and internationally.

Doubletalk offers a wealth of information to all types of tandem riders. It is an interesting newsletter filled with tandem adventures, classifieds, future tandem rally listings, a roster which contains information to personally contact other tandem teams throughout the world, and it has articles on the latest and greatest news in the tandem world.

Two Mid-Valley Bicycle Club members, Nancy and Chuck Meitle, have been area representatives for TCA for many years. Their help with TCA has helped many tandem riders who have been interested in travel to Washington, Oregon, Alaska, Idaho, Montana, and Wyoming. At a recent MVBC general meeting we were approached by Nancy and asked to consider taking over their position within TCA. We have accepted their offer and effective October 2004, we will be the *new* area representatives for TCA for traveling tandem riders who are interested in visiting these states and need info/help. *I am sure Nancy and Chuck will be a hard act to follow.*

I hope that as you and your tandem buddy pedal more miles this coming year, that you will consider becoming a member of this unique bicycle club that is just for us—tandems! It offers an abundance of travel help and encouragement when those sore muscles from the last tandem ride are screaming at you that you just have to get out and tandem some more!



Loop Tour 2004 Registration Opens

Dan Youngberg

Loop Tour 2004 is shaping up to be an adventure before it even begins. The Loop Tour committee is coming to grips with the fact that organizing an out of state tour is quite a challenge.

We have discovered that Oregon, for whatever reason, seems to have noticeably lower prices for camping than Idaho and Montana. Maybe it is more a sign of the times than something related to location—we are seeing many more campgrounds that charge by the person or by the tent, where in the past we paid by the number of spaces. Even at sites where showers are not available, we will be paying premium prices. In addition, getting sag vehicles to and from northern Idaho costs more than it does for tours in Oregon.

We have had to face the reality that we must increase our prices. This year the price of registration for an adult will be \$70; children 16 and under are half price. The sag fee will increase to \$45, although children and seniors (65 and over) can still sag without charge. We hope that we will be able to reduce these prices next year.

When we began planning this tour, we were not sure if going out of state would be acceptable to traditional Loop Tourists. The feedback that we have received so far has been quite encouraging, maybe even amazing. A word to the wise—get your registration in right away. We expect to reach our registration limits very quickly.

A couple of months ago, we asked for volunteers to sag the June Loop Tour. While we were wondering if anyone would come forward, we were overwhelmed by the response. We had never even considered the possibility of having to say “no” to a volunteer. Long story made short, Ruth and Gary Mitchell will be joining Betsy Reid in sagging the June Loop Tour. Richard Burgess and George Shaw will reprise their roles and sag the July/August Loop Tour. A big “thank you” to everyone who volunteered.

Last year, the option of riding every day rather than taking a rest day lured over 25% of the Loop Tour riders. This year we are continuing the option. While the official itinerary provides a rest day in the resort community of Sandpoint, anyone who hasn't yet acquired a sufficient number of saddle sores will have the opportunity to ride to Priest Lake. Adding to the adventure, this will be one of the higher mileage days of the tour; and we have not been able to make advance reservations. Please indicate on the registration form whether or not you think you are likely to be participating in this option as this could significantly affect the cost of reservations.

The official start/end of the Loop Tours will be the K-Mart parking lot in Coeur d'Alene. The manager has kindly given us permission to park free for the week in their well-lighted parking lot just off of a main street. We are also trying to make arrangements with a private campground to provide week-long parking for people who stay at the camp-

Max Headwind Anticipation

In my robe, I creep out into the cold
dark of the morning, seeking the newspaper
just before the graying sky of early spring morning

an anticipatory bird sings
perhaps seeking the early worm
and I can see in the front yard
the early signs of spring

shoots pushing up through the soil
little purple flowers that bend over
in two directions, little bicycles

and chubby white flowers
shaped like helmets
and--what color is that in the dark?--
those flowers on the shrub
gray panniers
eager for the road

ground before and/or after the tours. More information will be provided to registrants as it becomes available.

The committee is trying to maintain the tradition of hosting a group dinner for each tour. This is proving to be yet another challenge in an area of long, hard winters where many places close down after the summer tourist season. We have not been able to lock in plans before opening registration.

The Loop Tour committee is excited about offering tours away from our usual locations and we hope that everyone will understand that there is a higher probability of needing to adjust plans at the last moment on these tours than we have had to face on recent tours in Oregon.

Jerseys are Here!

Betsy Reid

The new club jerseys have arrived and they look great! We are celebrating with a party on March 15th in lieu of the club general meeting. (Details elsewhere in newsletter). People who preordered their jerseys can either pick them up there or make other arrangements to pick them up. There is a limited supply of jerseys still available for purchase. If you are at all interested in purchasing a jersey, please come to the party and try one on, or else contact Betsy Reid at 754-0707.



MID-VALLEY BICYCLE CLUB BOARD MEETING NOTES

Monday, February 23, 2004

Present: Betsy Reid, Richard Burgess, Susan Christie, Eric Ahlvin, Walt Prichard, John Henry, Rick Riper, Larry Thurber, Carol Selberg.

Absent: Joe Monteleone, Lloyd Swanson, Shung Chieh

Reports

Treasurer: Richard reports that the checking account balance is \$1,952, savings are \$6,534, for total cash assets of \$8,486. Recent income was from dues and jersey orders, while expenses included jerseys, newsletter, and covered bridge tour permits.

Membership: Starting next month Susan will report membership statistics, such as new members, total membership, etc.

Ride Captains: John and Eric reported that we had 4-5 new riders on the 9:00 Saturday rides and two new riders at 10:00. A couple of tandems joined the latest 9:00 ride after Becky Steinmetz sent out an email encouraging tandems to come out for the ride. Next month John will report on the number of members and non-members on the rides.

Newsletter: The deadline for the next newsletter is March 10. The following newsletter has a deadline of April 23rd.

Vice-President: The next general meeting (March 15th) will be a "jersey party". Members will bring potluck desserts or snacks and the club will provide beverages. This will be held at the Reid home.

Secretary: No report.

Advocacy: Walt attended a recent meeting on Garfield School construction planning and helped overturn the contractor's plans to reuse the old "wheel bender" bike racks. They will now need to use the newer "U" shape racks instead. He also gave input on the OSU master plan, asking for more covered bike parking. He also reported on a speech by Jonathan Nicholas of the Oregonian at a recent road-planning event – Nicholas "slammed"

the road engineers and planners for not making northwest roads safer for cyclists. Walt also mentioned that the next road cleanup is scheduled for March 27th.

Old Business

Newsletter masthead: Postponed until the March board meeting.

Jerseys: Betsy reported that orders are in for 64 jerseys. The second payment (\$2,769) will be going out this week to Voler.

New Business

BTA donation: Tim Corbett suggested donating four registrations for the covered bridge tour to the BTA's Alice B. Toeclips awards banquet. The board approved this request, with the suggestion that the registrations be awarded as two pairs.

New rider program: Carol proposed a series of rides for new and inexperienced riders, and has offered to lead the program. This would be for riders who are not yet ready for longer rides on roads shared with autos – it would focus on bike safety and start out with shorter rides on bike paths. These rides will probably take place on Sunday afternoons. Carol will write an article for the next newsletter and also publicize the rides through the Gazette-Times.

Websites: Mark Newsome reported that our two domain names (mvbc.com and coveredbridgetour.org) need to be renewed. The board approved spending \$60 for renewing both for another two years.

LAB membership: The club's membership with the League of American Bicyclists is up for renewal. We are no longer required to belong to this organization (we have other insurance now), but the board felt that membership is worthwhile given the LAB's lobbying efforts for cyclists at the national level. The board approved the \$55 expense for renewal.

NW Rides: Organizers of a two-day Puget Sound tour asked to be listed on

our website. This will be included in the "NW Rides" section.

New member outreach: We discussed ways to encourage riders to join the club. Some ideas included making sure newsletters are available at the signup table, having MVBC "business cards" available, and promoting the club in the local newspapers.

Next meeting: March 22nd at the Burgess home.

The meeting was adjourned and everyone enjoyed refreshments.

Respectfully submitted,
Rick Riper

Possible Tandem Rally

Betsy Reid

During a recent meeting the board of directors discussed the need to replenish our bank account if the club wishes to continue making contributions to bicycling organizations the way we have in the last few years. One of the primary purposes of the club is to promote bicycle safety and education.

MVBC has been doing this by making substantial donations to the local bicycle safety and education program being taught by Josh Storer in the elementary schools. The club has also been making donations to the BTA (Bicycle Transportation Alliance) of Oregon, a group which has been watching out for bicyclists rights in the political arena. MVBC has been drawing upon the funds stored away from hosting the Northwest Tandem Rally in 1999.

The board decided that we should host this event again. The sites for the 2004 and 2005 rally's have already been chosen, so we would be looking at the 2006 rally.

We will eventually need an organizing committee, but at this point we only need someone who is willing to write up or present our desires at the 2004 NWTR being held in Lacey, Washington Memorial Day weekend this year. If there is someone out there who is willing to do this, please contact one of the board members.



MVBC EVENT CALENDAR: March/April 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

March 13, Saturday, 9am: Hills either way you go. Could be a tailwind from Harrisburg!

- Long Ride: Bellfountain to Harrisburg, back via Peoria 60 miles (B440)C
- Short Ride: Follow long ride to Inavale, then clockwise Decker 33 miles (B220)C

March 15, Monday, 7:00 PM, General meeting, Jersey Party at the Reid home (1649 NW Bonney Dr). If you ordered a Jersey you can pick it up at the party. If you didn't order one, some extras are available.

March 20, Saturday, 9am: Flat or flatter! Hope it's not a windy day.

- Long Ride: Crabtree and Jefferson (Mexican bakery), back via Pettibone 61 miles (B490)D
- Short Ride: Peoria to Tangent, Albany, back via Riverside 34 miles (A160)D

March 27, Saturday, 9am: Time to pick up the trash...adopt a highway!

- Long Ride: Bellfountain Rd to Bellfountain then on to Harrisburg 61 miles (B480)C
- Short Ride: Bellfountain Rd to Bellfountain, and back 40 miles (B240)C

March 29, Monday, 7:00 PM, Board Meeting, the Burgess home, 3160 NW Arrowood Circle

April 3, Saturday, 9am: Kings Valley is the way to go.

- Long Ride: Clockwise Kings Valley plus Monmouth, 61 miles(C510)B
- Short Ride: Clockwise Kings Valley, 46 miles (B280)B

April 10, Saturday, 9am: First time across the ferry? Or not?

- Long Ride: Sunnyside via Buena Vista ferry, 60 miles (B460)A
- Short Ride: Buena Vista, 43 miles (B250)A

April 17, Saturday, 9am: Midge Cramer Ride, details to be announced

- Long Ride: Alsea Falls, back via Bellfountain, 69 miles (C590)B
- Medium ride: Follow short route to Inavale, then add Smith Loop, 46 miles (B265)B
- Short Ride: Philomath, Decker Road back via Bellfountain 33 miles (B170)B

April 24, Saturday, 9am: Across the valley.

- Long Ride: Waterloo, 61 miles (A520)D
- Short Ride: Saddle Butte, 37.4 miles (A230)D

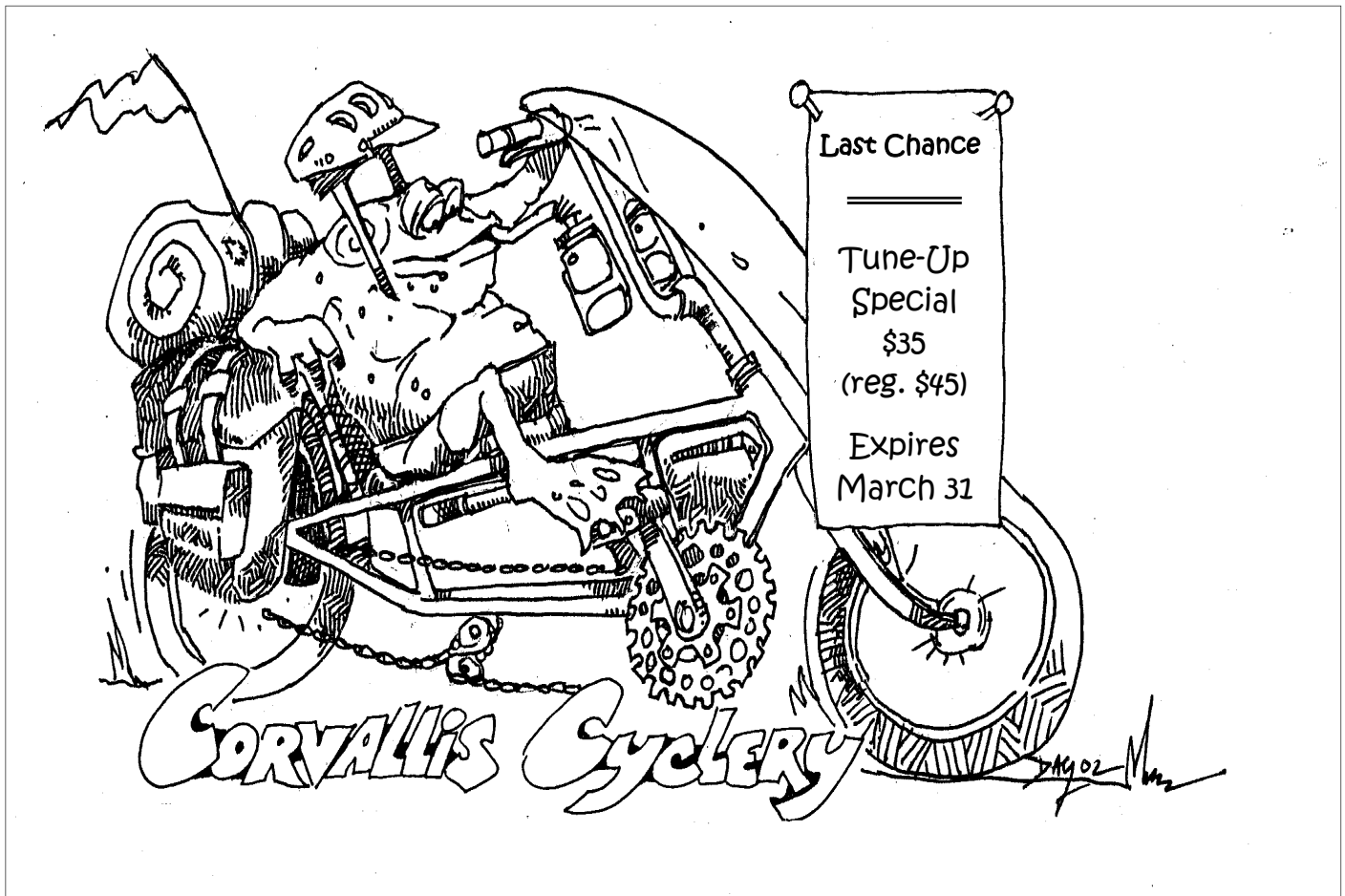
Ride Start Time Change—9 am Rides Now 8 am—10 am rides Stay at 10 am

May 1, Saturday, 8 am: Rise and Shine

- Long Ride: Brownsville, 76 miles (b610)C
- Short Ride: Alpine, 44 miles (b245)C

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.



Family Tandeming in France

Lori Wilson

If it wasn't for Mike's dad getting a house for a month in France (near the Alps), we might never have gone. That was the impetus for our trip. I had always wanted to take our two boys, Tyler age 12 and Jordy age 10, to France for a tandem trip and now was our chance!

Planning: After lots of poring over books, perusing websites, and talking to past travelers to France, we decided to ride from the Paris area, along the Loire River, through Burgundy, and then wing it through the Jura Mts. to Grandpa's house in Chambéry. We couldn't use any route from a book because of our specific start and end places. We bought local maps along the way and planned our route the night before each ride. We tried to stay on the roads that were the 'white' ones on the map. They pretty much seemed like bike paths, with no traffic.

Camping: We decided to camp on our 2 week tandem trip across France to save money and also to keep our schedule flexible. To keep our load light, we just brought a 3-man tent, 2 light-weight Therma-rests (for the adults), no cooking gear, and our clothes in our panniers. The boys slept great on the hard, rocky ground. It ended up working out well to camp. The campsites were marked on the map and were easy to find. Hotels were either non-existent in the smaller towns or were full. We really stood out with our

small tent. The Europeans really know how to camp with house-sized tents and nice travel trailers. Four-star campgrounds were the best for kids, since they would usually have great pools and restaurants on the premises.

Food: Since we were saving money by camping, we decided that we treat ourselves to some good meals. France is a good place to do this.

We ate out every night and experimented with the local cuisine. We ended up doing pretty good. Mike might have gotten some blood sausage one night that he wasn't too sure about. The boys figured out early on in Paris that steak hache avec frites (hamburger with fries) was a safe meal and ended up



Breakfast on the Loire

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eating this a lot. They enjoyed the crepes and pizzas, also. You couldn't go wrong with the wines which were cheaper than soft drinks. We ate dessert every night. Crème Brulee was a favorite. I think we gained weight on this bike trip!

Breakfast was standard French fare: bread. We had all variations of bread for breakfast: croissants, pan-au-chocolat, baguettes, etc... You could order the bread the night before in your campground and you would get it fresh in the mornings.

Lunch: We would stop sometime in the morning at a grocery store to buy supplies for our picnic lunch. You had to make sure that you made it to the store before they closed for lunch. We would stop later in the day for our picnic, hopefully at a scenic spot (more important for me than for Mike).

Trains: I was unable to find out much information about trains in the US, so we had to wait until we arrived in Paris to do more researching. We found out that it is possible to put tandems on trains. If they don't have a baggage car big enough, they let you put them in the entryways. Someone had to stand by them, though, to move them out of the way when people needed to pass by. So, we were able to take a train out of Paris to the Loire Valley (about an hour ride). This saved us some possibly nasty city riding. We rode our tandems the rest of the way to Grandpa's without using another train, but later in our trip we put our tandems on multiple trains with no problems. On the train schedule it shows a picture of a bike next to the trains that allow bikes.

Mileage: Our total mileage from Orleans to Chambéry in a 2 week trip was about 460 miles. Our shortest day was 14 miles and our longest was 51. We had one layover day in the middle of the trip at a hotel with a pool. We stopped whenever we felt like it. Sometimes we stopped

because it was too hot.

That brings me to **Weather:** Overall, we had very nice weather. We only got rained on twice on our trip. One was a downpour. The boys got to see what sheets of rain meant. The other was on our trip down the mountain into Chambéry on our last day. Mike wore out his brakes on that descent. Next time we'll have drag brakes! We did get some hot weather, too. As you know there was a heat wave in Europe last summer. Luckily it wasn't too bad yet in June and early July.

French People: We had been cautioned about the French and their dislike of Americans. Some people recommended putting Canadian flags all over our bikes (we didn't do this). We didn't see any anti-Americanism while we were there. Overall, the people were very reserved and quiet. If we said Bonjour to them, though, they would light up and return our hello. Older people would sometimes cheer us on, as though we were in a race. People went out of their way to help us with our loaded bikes in the train stations. Only one man made fun of my poor French. Everyone else would just politely correct me.

We had a wonderful, relaxing bike vacation. It was a great experience for our boys. I'd do it again in a heartbeat. There are so many beautiful, quiet roads in France...

If you want to see pics of our trip look on this website: <http://groups.msn.com/MikeandLoriWilson/thewilsonfamilywebpage.msnw>
PS See related article written by Tyler (that was published in the GT) about one of our days at the Tour de France.

The Best Day of My Life

Tyler Wilson, Age: 12 years

The best day I have ever had was when I was in France to watch the day of Alpe d'Huez in the Tour de France. We started off that day at a nice hotel in Auris, which is close to Alpe d'Huez. We had a tasty breakfast, and then we left to get to Alpe d'Huez. We rode our bikes up to turn nine (on Alpe d'Huez, they number the turns backwards, and there are 22 turns). It was the ideal spot. We could see about seven turns below us. Once we got there we had to wait for about six hours in the scorching sun until the racers got to us. Even though there was a long wait, we had lots to do. It was fun to watch people around us. It was also fun to watch all the cars go up the hill. There were some gigantic buses, and trucks going up the hill. It was also fun to watch the caravan come through. The caravan is a long procession of cars who drive about an hour ahead of the racers, who advertise things like water and food products. Finally, the racers arrived. We



Lori and Tyler on the tandem in Burgundy

got to see Lance Armstrong, Tyler Hamilton, and many other famous racers. It was amazing how fast they were going up the hill.

After that we went back to our hotel in Auris, ate dinner, and then went to sleep.

I'm sure that this was the best day of my life. I really wish I could go back next year and see the Tour de France on Alpe d'Huez race again.



OUR RIDE CAPTAIN REPORTS

We have 5,583 miles ridden by 139 riders for February. Total mileage for the year so far is 9,688 miles. We have two riders that had consecutive ride streaks going that were ended - **Tim Corbett** stopped at 16 consecutive rides, leaving **Henry McCarthy** as the new leader, and then **Henry** stopped at 14. Congratulations on your long runs through some bad weather. The new consecutive ride leader is **Milt Cardwell** with 8 consecutive rides. Following closely behind are **Leon Ungier** with 7, and **Dan Youngberg & Jerry Rooney** each with 6.

Mileage leaders were **Dan Youngberg** with 238; **Glen Peltier**, 212; **Elise Ross**, 185; **Jan Konzack**, 184; **Tim Corbett**, 184; **Betsy Reid**, 175; **Mike Miles**, 161; **Shung Chieh**, 159; **Henry McCarthy**, 158; **Eric Ahlvin**, 150; **Maria Monteleone**, 140; **Joe Monteleone**, 140; **John Henry**, 140; **Becky Steinmetz**, 136; **John Morris**, 131; **Leon Ungier**, 129; **Milt Cardwell**, 126; **Jerry Rooney**, 126; and **Gary Watts**, 109.

We had 10 new riders this month. Welcome to **Gary Watts**, **Sarah Dye**, **Jeff Olivas**, **Heidi Young**, **April Sullivan**, **Jeff Ballantine**, **Colby Van Vooren**, **Jerry Groesz**, **Ian Jennings**, and **Steve Bice**. This is a lot of new riders for a month notorious for bad weather.

Congratulations to **Jerry Rooney** and the rest of the 10 AM riders. On Feb. 21 there was a new attendance record set for the 10 AM ride with 21 riders signing in. The 10 AM ride has a large following, faithful to that group. Jerry and the others must be doing something right.

I would like to give a special thanks to **Shung Chieh** for an act of club ride camaraderie. A few weeks ago when we did the King's Valley loop, I didn't budget my energy on the hills very well. As we approached Airlie, I was starting to bonk, and when we made the turn onto Hwy 99 into a 15-20 mph headwind, I knew I was in trouble. I told Shung to go ahead, but he insisted on pacing me all the back to Corvallis. This is the type of unselfish act that makes me proud to be an MVBC member.

Please let me know if someone has gone out of their way for you on a club ride. I would like to be able to report at least one per month. My e-mail is jhenry@proaxis.com

Announcing the Lower Columbia Gorge - Short Loop Tour

July 18-23, 2004

--a trail first blazed by Betsy and Don Reid
Celebrating Max Headwind's 13th year of bicycling poetry.

This is a much shorter and more relaxed tour than the MVBC's regular tours, and is designed for families, for those tired, lazy, or just relaxed. Further details still being developed, but we do want to hear from you if you're interested.

DAY	ROUTE	MILES
1	Cathlamet to Fort Stevens State Park via Astoria	43
2	3 alternatives: rest at Ft. Stevens, ride to Seaside & back (38 miles), or ride to Cannon Beach & back (56 miles)	
3	Ft. Stevens to Ft. Canby State Park	30
4	Remain at Ft. Canby or loop around Long Beach Peninsula (up to 41 miles)	
5	Ft. Canby to Skamokawa Vista Park via Long Beach	50
6	Skamokawa to Cathlamet & drive home	12.2

Contact: Charles Kuttner either at ckuttner@jhu.edu or by snail mail at: 4006 SW Dakota St., Portland, OR 97221

"Let the good times roll."

Carol Selberg

Do you have a bike hanging around in your garage, and you think: "Gee, I should ride it some time." Bicycling is a good way to gain lifetime fitness.

We have an opportunity for you, sponsored by the Mid Valley Bicycle Club, to go on four Sunday afternoon rides in April plus two on the first two Sundays in May. These rides are appropriate for beginners. The rides will take place six weekends, and are organized by Carol Selberg. If you haven't ridden lately, these short rides will go on Corvallis bike paths. The rides will leave from the public parking lot by the skate park at the end of Second Street. They will start about 1:30 pm, lasting about an hour to an hour and a half. Bring your bike early to our first ride on April 4th at

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- 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

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1:00 pm if you would like suggestions for upkeep, and bike fitting, and ride etiquette. Helmets are required, as is signing a release form. If there is pouring rain, we'll see you next week.

On these rides you can set your own pace, and bring your bicycle beginners with you. Perhaps you have been taking spinning classes at your health club, but haven't made the transition to the outdoors. Come and learn what a breath of fresh air biking outside is. If you have been meaning to get back to going out on your bike, but your good intentions haven't materialized into actual rides, join her.

Carol would like to invite MVBC members to help support new riders. Please come :) lend a hand, or a wrench, or a suggestion. Thanks.

RAAM Party

George Thomas & Terri Gooch

We'd like to invite all MVBC members to join us at La Estrellita Mexican Restaurant (in the Winco Plaza next to Starbucks) Monday April 19. They are hosting a fundraising dinner for our Race Across America effort. Bring your friends, family to enjoy drinks and dinner. 25% of all proceeds between 4pm - 9pm will be

donated to our RAAM team. We hope to see you there! Our team website is www.teamvelowear.com

April General Meeting

When: Monday, April 19th at Papa's Pizza, 1030 SW 3rd St in Corvallis
6:00 pm for those who wish to eat and socialize before the presentation.
7:00 pm for the program
Program: Science of Bicycling - presented by Eric Ahlvin, Ashley Childs and Dan Youngberg.

GEARs 6th annual Blackberry bRamble Ride

August 1, 2004

A full 100 mile Century and a 62 mile Metric Century in the beautiful coastal range southwest of Eugene, OR
A family ride of less than 20 miles on Eugene's bike paths
Rest stops with snacks, lunch and water
Sag Wagon support and maps
Blackberry treat at the end of the ride
Registration fees: \$15 if postmarked by July 18th; \$20 after July 18th or on day of ride; \$15 for the family ride. Further info:
<http://www.eugenegears.org>



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

Address Service Requested

Is it
time for
you to
renew?



Mailing Address
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Meetings & Announcements

Future Events

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 1 - Blackberry bRamble, www.eugenegears.org
August 6-7 - Seattle to Vancouver, Cascade Bicycle 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

When: Monday, March 15th from 7 - 9 pm
Where: Don and Betsy Reid's house:
Driving Directions: N on Highland, left at Highland Dell, left at 13th Street, right at Bonney Drive, first house on right (1649 NW Bonney Dr)
Program: New MVBC jersey party! Come pick up your jersey. There will also be a limited number of jerseys available for sale for those who have not yet purchased one.

IMPORTANT SUBMISSION INFORMATION

Submit articles, stories and photos for the May MVBC Spokesman no later than April 23.

Please send this material to the editor in Word format:

Lloydvswanson@comcast.net