



MID-VALLEY BICYCLE CLUB SPOKESMAN

July 2004

Choices.

Are you finding yourself as busy as I am these days?

Up front

by Betsy Reid, President

There are so many choices of things to do, that there is no way to get them all done. Right now I'm busy trying to get ready to drive the sag vehicle for Loop Tour 1 but I also have to get this article done before I go, as the deadline is during the time I will be gone. There was the Strawberry Century last Saturday, which I try to never miss, and then there was the Board of Director's meeting last night. Oh, yeah, there is work too. Oh well, life would not be fun and interesting if we didn't keep ourselves busy. The trick is having enough choices of things to do that you can balance out the fun with the work. I know that once I get all the preparation work done for the sag job I will have plenty of time to enjoy the actual tour.

There are still lots of choices of activities to do this cycling season. There are a multitude of organized rides put on by bicycle clubs in the Willamette Valley and elsewhere. (There are links to all of the following events on the MVBC website if you want more information.)

Do you like speed? George Thomas and Terri Gooch are organizing monthly time trials out Bellfountain Road and back. There are two more scheduled, on July 10th and August 14th. Do both and see how much you've improved. How about endurance cycling? I'm not sure that the Seattle to Portland (STP) ride (to be held July 17/18th) qualifies as endurance ride, but some people treat it as such. Certainly the following two rides qualify. There is the 'Torture 10000' ride, to be held Aug. 7th, hosted by the Portland Wheelman. The 100 mile option includes 10,000 feet of climbing! The 'Furnace Creek 508', to be held Oct. 16-18, is a non-stop, 508 mile race through Death Valley and the Mojave Desert.

Maybe you are just starting out with your cycling and the above events seem at little too much to deal with right now. There is always the 'Providence Bridge Pedal' to be held Aug. 8. This is a 'take it at your own pace' exploration of some of Portland's bridges. There are a few other single day organized rides, which would

be good rides for the average rider. The 'Blackberry bRamble', sponsored by Eugene Gears on Aug 1st, has 3 different length rides through the area west of Eugene. MVBC sponsors the 'Covered Bridge Bicycle Tour' on Aug. 14th, which explores some of the covered bridges in Linn County. A unique combination of camping, and riding in extraordinary scenery, can be found in Crater Lake Rim Ride (Aug 27-29), also sponsored by MVBC. A relatively new ride, 'The Oregon Coast Cycling Festival' will be held in Gold Beach on Sept 11th. The 'Blackberry bRamble', 'CBBT', 'Oregon Coast Cycling Festival' and 'Peach of a Century' (Sept. 26), all offer 100 miles options for those who like to go the distance in a single day.

There are some intriguing looking rides for those who don't mind traveling a little further and exploring new territory over a period of days. There is the 'Port to Port' ride (July 31-Aug 1) which travels from Portland to Newport. The Cadillac of supported, multi-day rides, is 'Cycle Oregon', held this year on Sept 11th-18th. While more expensive, it is highly organized, with friendly people, and for the most part, smoothly run. From what I've been told, once you've participated, you're hooked. The 'Oregon Bike Ride' (Aug 8th - 14th) is similar to 'Cycle Oregon' but on a much smaller scale. If you want intimate and cheap, the MVBC Loop tour is the way to go. You can't beat the price or the friendly people.

I'm sure there are rides that I've missed, but hopefully, I've given you a taste of the many different rides that you can try out around Oregon. No matter what your riding style, pick something new and give it a try. There is a lot more scenery to explore on your bike than just the club Saturday rides. Now is the prime time to get out and explore and enjoy Oregon on your bike. The days are long and sunny and the wind is, hopefully, always at your back!

Also in this issue

Crater Lake registration form

Ashley Molk Ride, July 4

Good Soup!

Meet Our Officers



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Cyclists mourn death of Molk

"That man gave so much of himself"
By Jason Quick, *Gazette-Times* reporter
From the *Gazette-Times*, June 2, 1993

Editor's Note: The MVBC July 4th ride is named after Ashley Molk, who died May 26, 1993

He was a man that gave everything he had to people, and on Saturday the Mid-Valley Wheelmen biking club will give something back to Ashley Molk.

The Corvallis touring club will ride in full biking gear to the funeral of Molk, a popular local cyclist who died last Wednesday in Corvallis of a heart attack at age 70. After the services, the Wheelmen will go for a 30-mile ride in honor of the former club member.

"We will ride for Ashley," said Allen Throop, a Wheelmen member and friend of Molk's. "I'm sure it will start out somber, but I would suspect we will start telling Ashley stories and the mood will pick up. I don't know how far you can ride a bike crying, anyways."

Ashley Jay Molk became nationally known after completing two transcontinental trips on his bike, including one in 1984 on an 1880-style "high-wheeler." Last August he completed a 3,700-mile trip from Corvallis to Boston with his wife, Jo Ann.

But there was much more to Molk than cross-country expeditions. Friends remember Molk as a man who was always there with a helping hand.

"That man gave so much of himself to anybody and everybody that he came in contact with," said Jan Prah. "He was very generous in his giving of himself."

For the past year Molk had been teaching disabled kids in the Housing for the Handicap program to ride bikes and learn bike safety. He also attended local elementary schools to teach bike safety.

Two weeks ago, he donned old timer clothes and rode atop his high-wheeler at Central Park as part of the city's Bike Commute Day. Molk also had visited the School for the Blind with

his tandem bike and put blind kids on the back for joy rides.

"He had a very good heart," said another friend, Jerry Rooney. "He was a real humanitarian, and he expressed his humanitarianism through cycling.

"He's a loss to the biking community and to the greater community as well."

Added Throop:

"He was a person that was always doing things for people. The last three or four times I saw him he was helping people. In fact the day he died he was helping some kids build a tree house 24 feet off the ground. When I think of him, I think of him helping other people."

Molk, as Throop put it, was infatuated with bikes. Since his arrival in Corvallis in 1989, Molk celebrated his birthday every July 26 by biking to the top of Mary's Peak. He also repaired bikes and sent them to Central America in a project he called "Bikes not Bombs."

Rooney remembered riding from Portland to Ashland with Molk as part of the Cycle Oregon program. Despite his age, Molk was always one of the first to reach the pit stops.

"He wasn't old," Rooney said. "He might have had 70 on his birth certificate, but he was young at heart. He never had age to him; he was ageless."

He was also independent, Rooney remembered.

"He was a totally self-contained guy. On the Cycle Oregon trip, we would all stop and sleep. Everyone had tents, but Ashley would sleep outside on a little inflatable air mattress," Rooney said. "He was pretty remarkable."

Added Prah:

"He was a pioneer in the bike community," said Prah. "He had done it all. He would always love to help other people learn how to bike or learn the routes or teach them how to fix their bike. He was very special."

Mid-Valley Wheelmen vice president Jim Munford, who often rode with Molk, echoed his friends' remarks.

"He was real popular, just a fun guy to be around," Munford said. "He just

(Continued on page 4)

How to Eat for Endurance

By Fred Matheny of www.RoadBikeRider.com

The key to riding long distances is food and drink. Sure, training is important-but nutrition and hydration are even more vital. According to ultramarathon rider and Coach John Hughes of Boulder, Colorado, "Nutrition, not necessarily training, is the limiting factor in endurance cycling."

The reason? Even the best-trained riders pack only enough muscle fuel (glycogen) for a couple of hours of hard cycling. Fluid stores vanish even faster.

For everything from century rides to multi-day tours, remember these time-tested tips:

Enjoy the Last Supper. Eat aggressively the night before a long ride so your muscles are crammed with glycogen the next morning. Emphasize carbohydrates such as pasta, vegetables, bread, whole grains, and fruit. Don't forget dessert! "

Don't Skip Breakfast. Cycling's smooth pedaling motion means you can eat just before a long ride without risking stomach upset. You'll need a full tank. Cycling consumes about 40 calories per mile, or 4,000 calories in a century ride. Three hours before the start, eat about 60 grams of carbohydrate if you're an average-sized woman, 80 to 100 if you're a man. (Cereal, skim milk, a banana, and a bagel with jam equals about 90 grams of carbo.) Many riders find that adding some protein and fat, like scrambled eggs or an omelet, keeps their stomach satisfied longer. "

Prehydrate. Fluids are as important as food. Drink at least eight big glasses of water the day before the ride. If you don't, your performance and comfort may plummet by mile 50. During the hour before the ride, sip 16 ounces of a sports drink. "

Eat and Drink During the Ride. Drink before you feel thirsty. Your sensation of thirst lags behind your need for liquid, so grab your bottle every 15 minutes and take a couple of big swallows (about four ounces). About every 30 minutes, eat 20 grams of carbohydrate-the equivalent of half an energy bar, several fig bars or half a banana. Some riders prefer smaller portions more frequently. On unsupported rides, use a backpack-style hydration system and carry food in your pockets. Stop at convenience stores along the way, if necessary. Most organized rides have aid stations every 20 miles or so, but always carry food and fluid just in case. "

Hydrate After the Ride. No matter how much you drink on a long ride you'll finish dehydrated. Weigh yourself before and after, then compare the figures. Lost weight means you've failed to replace the fluid you've sweated out. Drink 20 ounces of water or sports drink for each lost pound of bodyweight. How do you know you've caught up? Your urine will be pale and plentiful, and your weight will be back to normal. Rehydrating is especially vital during multiday rides. If you get a little behind each day, by the end of the

Max Headwind

Tour de Portland

Studying the map
I struggle to choose
streets blue or green

and head out, on a day too hot
in this too-big city
missing Corvallis

Amid SUVs, caricatures of cars
and noise of buses
I find bike lanes
beside shopping centers
that covet the space

Urban sprawl alternates with
suburban sprawl
to places with bucolic names
but they're only subdivisions

but sometimes
unexpectedly
an old farmhouse and a barn appear

Amid the heat radiating from pavement
my water bottle tepid, sunscreen running
unexpectedly
a thin breeze of cool air

makes the ride worthwhile.

week you'll be severely dehydrated, feeling lousy, and riding poorly. "

Eat for Tomorrow. Muscles replace glycogen better if you consume carbohydrate immediately after riding. So within 15 minutes of getting off the bike, eat or drink 60 grams of carbohydrate (if you're an average-sized woman) or 80 to 100 grams if you're an average male. The re-fueling process becomes progressively less efficient as time passes. Eat or drink a high-carbo snack while chewing the fat with your riding buddies.



"It is no exaggeration to affirm that a journey by bicycle is like none other; it is a thing apart; it has a tempo and a style of its own." -- James E. Starrs, "The Noiseless Tenor"

MID-VALLEY BICYCLE CLUB BOARD MEETING NOTES

Monday, June 14, 2004

Present: Betsy Reid, Richard Burgess, Susan Christie, Eric Ahlvin, John Henry, Rick Riper, Larry Thurber, Shung Chieh, Lloyd Swanson, Joe Monteleone, Tim Corbett, Nancy Meitle.

Absent: Walt Prichard.

Reports:

Treasurer: Richard reports that he has moved our accounts to OSU Federal Credit Union. Total cash assets are \$10,638 (\$6,863 checking and \$3,775 savings). Recent expense categories include the newsletter, CBBT fliers, and Loop Tours.

Membership: Susan reports 204 total memberships, evenly split between singles and couples/families. There have been 15 renewals and 3 new members recently. We are seeing a better renewal rate since she started contacting members at risk for being dropped (more than three months overdue).

The board approved the suggestion to include an option to join the "MVBC-Announce" email list on the registration form. Betsy brought a draft revision of the form and Lloyd will work the new feature into the newsletter's registration/renewal form.

Ride Captains: Eric reports that a "bike the vote" group is riding cross country and will be visiting Corvallis in late August. He will be supplying them with suggested routes from Eugene to Corvallis and then on to Salem. He will provide more info to the club as their arrival get closer. Mark Newsome updated the ride list on the website to show that the July 4th ride is Ashley Molk memorial ride.

Newsletter: Lloyd notes that the new masthead started with the June issue. Jon Nicol has sent Lloyd additional designs; the board left the choice of which to use to Lloyd's discretion.

Vice-President: Sung reports that Joe and Maria Monteleone will be hosting the annual barbeque at their home on

Sunday, July 18. The club will be providing hamburgers and hotdogs, with the rest done as a potluck. They need more tables and chairs.

Secretary: Rick had nothing new to report.

Advocacy: Walt was absent, but Susan reports that the city of Corvallis is applying for an ODOT grant; if they get funding they may improve Brooklane. They are also applying for federal grant money, which would be used to improve 35th St. Susan also reports that her commission on the city's Bicycle/Pedestrian Advisory Committee is up. There are several open slots on this committee, and it's important to have representation of cyclists – without the cyclist's viewpoint, projects and services that benefit cyclist are more likely to get cut from the budget. This group meets the first Friday of each month at 7:00 AM at Burton's restaurant.

Old Business:

Crater Lake Tour: Nancy reports that the reservations for this event are made, and one sag stop is arranged. The registration form is on the website, and she will provide Lloyd with the information needed to include it in the newsletter

New Business:

Covered Bridge Tour: Tim reports that the fliers for the CBBT went out recently. All critical positions have been filled, and he will be recruiting the remaining needed volunteers after Loop Tour #1. The Portland Bridge Pedal is scheduled for the weekend before (instead of the same weekend as typical) – we are advertising this as a feature this year.

Timberhill Bike Rodeo: The date for this has been moved to September 11th, to avoid the Ross store opening. This date conflicts with the start of Cycle Oregon, however. John Morris is chairing this event.

NW Tandem Rally: Lloyd reports that our club proposed (and got ap-

proval) to host this annual event in 2006 (it will be in Bend next year). 2004's NWTR was in Lacey, WA, and was well-run. This year's organizers obtained some national sponsorship to help. He attended an organizational meeting where possible changes were discussed (date, schedule). It was suggested that hosting organizations start planning two years prior to the event. We will need to form a core group this fall to start our planning.

Albany Bike Safety Ed Program: Albany is trying to get its own bike safety program started (modeled on Corvallis' program that Josh Storer leads). The major issue is funding for bikes; the cost is approximately \$600 per classroom (5 day program).

Alaska Bike Tour: Nancy is considering organizing a bike tour the last two weeks of June next year. This would be a "camp and carry" tour, with relatively short mileage days. She also reports that there may be a sag vehicle for the first few days.

Next board meeting: July 26th.

The meeting was adjourned and everyone enjoyed refreshments.

Respectfully submitted by Rick Riper

(Ashley Molk, continued from page 2)

seemed to have a real interesting life, and he seemed to give a lot of it back to other people."

Molk was born July 26, 1922, in New Rochelle, N.Y. He received a bachelors degree from Louisiana State University and served in the U.S. Army Air Corps during World War II.

A memorial service will be held at 10 a.m. Saturday at the Unitarian Universalist Fellowship church.

Thank you

Thank-you to all the Bike Club members who volunteered with the Corvallis and Albany Bicycle Safety Education Programs. Volunteer riders make our classes with 5th graders successful. I couldn't do it without your help. Thanks for all of your time.

Sincerely,

Josh Storer

Bicycle Safety Program Coordinator, Corvallis and Albany

MVBC EVENT CALENDAR: July/August 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

July 3, Saturday, 8 am: Warm up for Mary's Peak...

Long Ride: Albany, Lebanon, Sweet Home, Brownsville, 103 miles (B700)E

Medium ride: Albany and Monmouth, 58 miles (B410)E

Short Ride: Albany, 33 miles (B150)E

July 4, Sunday, 8 am: Ashley Molk Memorial Mary's Peak Ride

Long ride: Beanery to Mary's Peak, and return. It's not the miles; it's the feet (~4000)

July 10, Saturday, 8 am: Should be a nice day...

Long Ride: Salem, 76.3 miles (B620)A

Medium ride: Independence, 55 miles (B285)A

Short Ride: Albany via Palestine, 30 miles (B100)A

July 17, Saturday, 8 am: It might be the last chance for the gravel...

Long Ride: Alsea Falls, 69, (C590)B

Medium ride: Greenberry store, 42 miles (B260)B

July 18, Sunday, 4 to 8 pm, MVBC Picnic - Joe & Maria Monteleone residence, 5775 SW West Hills Rd

July 24, Saturday, 8 am: A mostly flat ride, with a tailwind coming home.

Long Ride: Harrisburg, 61 miles, (B480)C

Medium ride: Bellfountain, 40 miles, (B240)C

July 26, Monday, 7 pm, Board Meeting, Richard and Lindy's house

July 31, Saturday, 8 am: Our most beautiful routes

Long Ride: King's Valley, 67 miles, (C570)A

Medium ride: Monmouth, 44 miles, (B270)A

August 7, Saturday, 8 am: Covered bridge rest stop preview.

Long Ride: Roaring River, 80 miles (B650)D

Medium ride: Lebanon, 52 miles (A340)D

August 14, Covered Bridge Bicycle Tour

Have you volunteered to help, yet? Maybe it's your turn to ride the CBBT...

August 21, Saturday, 8 am: Should be a nice day...

Long Ride: Albany, Lebanon, Sweet Home, Brownsville, 103 miles (B700)E

Medium ride: Dever, 54 miles (B371)E

August 28, Saturday, 8 am: Hills or more hills

Long Ride: Kings Valley, 61 miles (C510)B

Medium ride: Kings Valley, 45 miles (B280)B

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.*

Tour de France

Merchandise coming soon!

Help cheer Lance on!



CORVALLIS CYCLERY



344 SW 2nd St.
Corvallis
752-5952

EZ-1 Recumbent Bicycles

Where Are They Now?

Walt Prichard and friends (including MVBC members George Shaw, Linda Koberstein and Denny Hedges) should have crossed the border into Montana on June 27th and should reach Jordan or Winnet by the time you receive this newsletter. If you've been following them via Email, you'll appreciate this comment from Walt at the end of one of his emails: "PS don't blame my spelling teacher for my errors. I



Becky, goofing off, in Raymond, WA

was gone that day or something else sounded like more fun than spelling." Walt
Charlie & Becky Steinmetz, having traveled north to the Seattle area, should be on the Northern Route, heading east, at this time. They plan to reach Maine by October.



Share the Road License Plate—A Golden Opportunity Could this work in Oregon?

Kat Marriner

The grassroots effort to get the Washington State legislature to pass a SHARE THE ROAD specialty license plate has been around for about 3 years now. Maybe you've read about it, maybe you've signed a petition, maybe you even purchased a Cooper Jones License Plate Emblem (a bright, yellow sticker you put on your license plate), **but there's still no plate.**

Don Martin, citizen activist, avid cyclist and Bicycle Alliance life member, began his quest for a Share the Road plate in 2001. His initial efforts for a license plate resulted in an emblem instead. Deciding that still wasn't enough visibility for cyclists, he decided to put his money where his heart is, and donated special funding for the Bicycle Alliance to research the efforts of other states that have Share the Road plates, to assess the interest throughout the state, and to develop a marketing plan. When the state legislature approves the specialty plate, the Bicycle Alliance will promote sales and administer the proceeds, which will support bicycle and vehicle safety.

Our research proved that the plate is a potential fund-raising gold mine that, if well cultivated, could significantly increase the visibility and safety of bicycles and vehicles sharing the roadways. For example, Florida was the first state to get a Share the Road license plate, and the revenue from plate sales since June 1999 is \$339,360. The proceeds from the Florida license plate benefit: 1) education and awareness programs for bicycle safety and motorist safety, with emphasis on sharing the roadway by all users; 2) training, workshops, educational materials, and media events; and 3) the promotion of safe bicycling. Texas, South Carolina and Ohio also have passed legislation to enact share the Road license plates. But research has also shown that specialty license plates do not sell them-

selves. The Bicycle Alliance staff cannot sponsor this legislation without your support—we need signatures on the state-provided petition form. Beginning 2004, we have new petition forms, so if you signed an earlier version, please resign the new petition. You can download the PDF from the Bicycle Alliance web site

www.bicyclealliance.com.

Another crucial need is for volunteers from across the state to assist in getting the word out. We need people who are willing to attend events where enthusiastic cyclists (and bike-friendly vehicle owners) are likely to gather and to encourage them to sign the petition form. We need people to follow-up with local bike shops to make information and the petition form available to cyclists who might not be part of an organized club or participate in events. Bicycle commuters, weekend riders, and parents teaching their kids to ride all could benefit from greater safety on the roadways. We need your ideas and energy to get the word out to as wide an audience as possible.

To get involved, please contact Linda Schwartz at the Bicycle Alliance, LindaS@bicyclealliance.com or call 206.224.9252. Thank you for your support. Safe riding!

From The Advocate, May 2004. Bicycle Alliance of Washington

Cyclists go faster after breath training

Cyclists who are already in great shape may be able to go even faster with a new kind of training regimen—one for their breathing.

University of Arizona physiology researchers conducted a four-week experiment with 20 competitive cyclists, including some triathletes, to test the effectiveness of endurance training on the muscles used to control breathing.

Half the cyclists underwent 20 sessions that included deep breathing while research monitored carbon dioxide levels in their lungs and supplemented it to keep them from fainting. Using a metro-

nome to pace their breaths, the cyclists gradually increased the speed and depth of their breaths during the sessions.

Six cyclists received 20 "sham training" sessions, each five minutes long, while four cyclists received no training.

Those in the endurance training group posted a 12 percent improvement in the endurance capacity of their breathing muscles. Nine of the 10 cyclists dropped their times in time trials from an average of 47.1 minutes before training to 44.9 minutes afterward; the others didn't improve.

The study authors said no one knows precisely how respiratory muscle training enhances endurance, although they think it more efficiently rids the body of carbon dioxide and eliminates shortness of breath, said lead author Ralph F. Fregosi, a physiology professor. Whether more intense or extended training sessions would lead to greater improvements remains to be seen, the authors wrote. The research was released May 6 in the online journal BMC Physiology.

-Los Angeles Times

From The Oregonian, May 16, 2004

Meet Our Officers

Name **Jerry Rooney**

My primary responsibilities as Ride Leader are to lead the 10 AM ride on Saturdays: Brief riders and suggest routes, then see that no one is left behind; stop for a snack; and return to Corvallis. Summer rides can be 35 miles; winter rides shorter. Number of riders varies, but we've had 20 in good weather.

Years in MVBC: 14

Bikes I Ride: Tour Easy, Trek road bike, Diamondback mountain bike, homemade Tour Easy type recumbent, and a "beater".

I ride with MVBC on Saturdays, some special rides, ie. CBBT

Other Riding: Daily commutes, small tours, an informal Tuesday ride, Strawberry Century, etc.

Other MVBC Activities: Occasional monthly meetings

My Goals for MVBC: Looking forward to this year's Loop Tour; I'm planning to take the train to Spokane.

OUR RIDE CAPTAIN REPORTS

JOHN HENRY

Due to the number of other club rides available this time of year, our monthly mileage slipped a little. The Saturday total was 6,181 miles. Adding the Wednesday ride total of 1,425 miles gives us a grand total of 7,606 miles ridden by 176 riders for the month of May. The total mileage for the year so far is 39,299 miles.

All previous consecutive Saturday streaks were broken in May. The new consecutive ride leader is Lyle Dalton with 6.

Mileage leaders for the month of May (includes Wednesday rides) were Lloyd Swanson, 266; Lyle Dalton, 246; Betsy Reid, 245; Elise Ross, 210; Gary Watts, 193; Milt Cardwell, 191; Mike Miles, 180; Niles Burton, 180; George Shaw, 180; Becky Steinmetz, 172; Grace Swanson, 163; Ray Gilden, 154; Walt Prichard, 149; Alan Acock, 145; John Henry, 145; Rick Riper, 133; Henry McCarthy, 130; Jeff Tobin, 130; Tim Corbett, 130; Jan Konzack, 124; Lori Wilson, 120; Linda Koberstein, 110; Glen Peltier, 106; Steve Peterson, 104; Eric Ahlvin, 101; Les Boudreaux, 101.

We had 8 new riders this month. Welcome to Kimberly Daeschel, Mark Daeschel, Scott Lerner, Anna Trevisiol, Jack Quinton, Bud Ames, Steve Peterson, Drew McMahan.

In next month's article I will compile a list of the overall mileage leaders for the year to date, since this will mark the halfway point through the year.

Ashley Molk Memorial Mary's Peak Ride

Eric Ahlvin

The 4th of July is just around the corner. Traditional activities for this holiday include fireworks and family picnics, as well as the MVBC Ashley Molk Memorial Mary's Peak Ride. This year's ride continues the tradition of the last two years, the Mary's Peak Challenge. If the climb up Mary's Peak isn't hard enough, try it on a bike you're willing to donate at the end of the ride. Many of us have an older but still functional bicycle taking up space in the garage or barn. You can help that bike get back on the road with someone who will really appreciate it once again. (And free up space for that new bike you've got your eye on.) Or, you can have

some fun finding and fixing up a "garage sale" bike. Donated bicycles will be given to the Children's Farm Home, where they'll be matched with kids moving on from that program.

There will be a refreshment stop at the parking lot at the top of the climb. My family has hosted the refreshment stop the past couple of years, but they will be fishing in Canada this year. I am asking for some help to man the refreshment stop. We also need someone to help with safety inspections of donated bikes at the parking lot at the base of the climb. Volunteers will still be able to ride the climb. Give me a call or e-mail to volunteer.

This is not a race, so there will not be OFFICIAL awards for King of the Mountain, first to the top, etc., Tentative details:

Where: Depart from Circle Beanery at 8:00. Depart from lower Mary's Peak parking lot (climb) at 9:00. Food and water at the Mary's Peak Lookout parking lot 10:00 to 12:00.

When: Sunday, July 4th, 2004

This will be a fun event. Start scrounging your bike and parts now!

Ahlvin@comcast.net, 753-1848

Covered Bridge

Saturday, August 14

Four Routes, Five Bridges. Take the kids on the leisurely "Fairly Flat Forty." We kept the price down to encourage families to come out and ride. Or take on the hills on Cranker's Crevasse. And if you really need room to zoom after riding with Portland's not too critical masses, throw it into high gear and blast off for 101 challenging miles on Cardiac Chasm.

It's not too late to pre-register. Use the registration form enclosed in the June Newsletter or register online at <http://www.peak.org/~mvbc/cbbt/2004/index.html>

Crater Lake Rim Ride

Friday August 27th - Sunday August 29th

Be sure to save the weekend of August 27th - 29th for the Annual Crater Lake Rim Ride. This event is truly a family affair, so plan on sharing it with family and friends. We will camp in the Group Sites at Broken Arrow Campground. The registration form is enclosed in this Newsletter.

- 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: _____

Family member names: _____ Email: _____

Please check here if you wish to be added to the MVBC-announce list (MVBC-announce is a monitored email list which screens for spam.)

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

Thank You

For the past three years the Mid-Valley Bicycle Club has provided helmets for students in the Albany, Corvallis and Philomath Schools. Helmets are requested by councilors and office staff for students who are in need. This is an example of the "Thank you's" we received.

Our thanks to Nancy Meitle for making



this program happen each year.

Cream of Pumpkin Soup

Serves 10-12

3 or 4 medium apples, such s Granny Smith (4 cups cut small)

3 T. unsalted butter (or olive oil)

2 c. chopped onion

6 c. water

6 cubes vegetable bouillon

3 c. canned pumpkin (28 oz. can)

2 tsp. salt

4 T. brown sugar

1 tsp. ground nutmeg

2 c. half & half

$\frac{1}{4}$ tsp. each mace and cinnamon

2 tsp. curry

$\frac{1}{2}$ tsp. each ground coriander and pepper

Pare, core and chop the apples.

Heat butter over med-low heat until foamy.

Sauté onion until very soft and caramel-colored, abt. 10 min; do not over-brown

To the onions, add water, bouillon cubes, salt, brown sugar, nutmeg and apples. Heat slowly to boiling.

Reduce heat and simmer, covered, stirring occasionally until apples are tender, abt. 30 min. Strain some of the liquid into a bowl and purée solids in blender. Return liquids and puréed solids to the saucepan.

Stir in pumpkin, half & half, remaining spices.

Simmer another 5 or 10 min.

Serve in warmed soup bowls.

Garnish with a swirl of sour cream or yogurt.

Note: Many of you enjoyed this Pumpkin soup at the Rolling Feast and requested the recipe. Enjoy. Grace Swanson

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

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Meetings & Announcements

Future Events

July 3-25 - Tour de France, follow Lance at <http://www.lancearmstrong.com/> or go to the official site, <http://www.letour.fr/2004/us/index.html>
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 - RVSP (Ride from Seattle to Vancouver and Party), <http://www.cascade.org/Home/>
August 7—Torture 10,000, pwtc.com
August 8 - Providence Bridge Pedal, http://www.providence.org/oregon/events/rose_pedal/default.htm
August 8-14 - Oregon Bike Ride, <http://www.oregonbicycleride.org/>
August 14 - Covered Bridge Bicycle Tour, MVBC
August 27-29 - Crater Lake Rim Ride, MVBC
Sept 11 - Oregon Coast Cycling Festival, <http://www.oregoncoastcyclingfestival.com/>
Sept 11-18 - Cycle Oregon XVI, cycleoregon.com
Sept 26 - Peach of a Century, salembicycleclub.org

General Meeting

The July General Meeting will be the MVBC Annual Picnic Potluck at the home of Joe & Maria Monteleone at 5775 West Hills Rd on Sunday, July 18th, 4-8 pm. Please RVSP 754-9677 or jmonteleone@proaxis.com before Friday, July 16. See the June newsletter for details.

IMPORTANT SUBMISSION INFORMATION

Submit articles, stories and photos for the August MVBC Spokesman no later than July 26 (before Loop Tour!). Please send this material to the editor in Word format:

Lloydvswanson@comcast.net