



MID-VALLEY BICYCLE CLUB SPOKESMAN

December 2004

Winter has definitely arrived in the Willamette Valley. The leaves that were bright orange, yellow and red a few weeks ago now lie brown and soggy in the yard and street. Huge piles of leaves now fill the bike lanes, making it hazardous to traverse the city by bicycle. Occasional patches of blue sky appear, but the weather during the days is dominated by low clouds, fog and rain. When it's not raining, the fog takes over, rarely letting the sun appear for more than an hour or two at a time.

Up front

by Betsy Reid, President

My weekly mileage has dropped drastically as the rain and fog has made more frequent appearances. Work responsibilities are encroaching on my play responsibilities, resulting in less time on the bike and more time in front of a computer. The body may be at work, but it is yearning to be out on the bike cruising down Independence Highway. Commuting to work helps, but my mind & body definitely want to be out-of-doors. Right now, I'm staring at dense fog outside my window, so I guess I'll just have to imagine what it would be like out on the road. I envy the people who got to ride on Saturday. It may have been cold, but there was a lot of sun out there and the skies were mostly clear.

It is a good time of the year for dreaming and planning for next year's riding. Don and I want to do a 'Border to Border' ride exploring the Pacific Coast of Washington, Oregon and California. We've taken the first step in the planning process by ordering maps from Adventure Cycling. We are planning on talking to other people who have taken a similar trip in the past and to other friends who are planning on the same route next year. When the holiday season is over, we'll figure out more details of the trip and how to go about getting ourselves in physical shape for the trip. Then comes the actual physical training for the trip. The trouble is, my mind is all ready to be out on the road but the body has to wait until next summer!

The end of my second year as president is fast coming to a close. What an experience it has been! It makes me proud to be at the helm of a group that continues to accomplish so much each year. From the Wednesday and

Saturday rides each week, to the club annual events such as the Midge Cramer ride, Rolling Feast, Crater Lake, Loop Tour, CBBT, and the Timberhill Bicycle Safety Rodeo, and to the specialty events such as the Northwest Tandem Rally, MVBC members continue to step forward to make these events happen. I'd like to extend my thanks to some of these people. Ann Asbell chaired both the Midge Cramer Ride and the Rolling Feast, keeping the element of fun and friendship alive in MVBC. Dan Youngberg headed up the Loop Tour committee, organizing our first ever out of state, 9 day, Loop Tour to Idaho. Nancy Meitle made the Crater Lake ride one of the best attended ever, especially by non-club members. The word is getting out what a great event this is. Tim Corbett volunteered for a second year at the helm of The Covered Bridge Bicycle Ride, devoting many hours of time, making sure the event would run smoothly. Many would say this is one of the hardest tasks in the club. John Morris and Nancy Meitle organized the Timberhill Bicycle Safety Rodeo, providing information and equipment on bicycle safety to the residents of Corvallis. The tandem rides started last year by the Steinmetz's were continued this year by Shawn and Dan Barrett. Eric Ahlvin organized the Ashley Molk Memorial Mary's Peak Ride so that once again, MVBC members could challenge Mary's Peak. I especially appreciate Jerry Rooney for heading up the Saturday 10 o'clock rides, providing a way for those of us who do not ride at the brisk pace of the earlier rides, to ride at a social pace.

What would the club be without its governing board? I've been fortunate to work these past two years with a good one. They supported my suggestions, made sure their jobs were done and kept the board meetings to a reasonable length. Thanks to all of you, for making my job easier. Vice-President was Shung Chieh, who organized many intriguing and entertaining club meetings.

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Advocacy

Walt Prichard

This year is drawing to a close and it has been a good year over all. Of course the crown jewel was paving of the road to Alsea Falls. Next was the sidewalks and street crossing at 35th and Hwy 20/34. This was a major link in safe routes to school in Corvallis. The new multi-use path through Wilamette Park is totally amazing and shows what can be done in a short period of time. You can now ride from River Green St. (near the airport) to downtown on bike lanes or multi-use paths. I haven't measured the length but it has to be close to 3 miles and brings south Corvallis and their great park into easy reach of everyone without riding on Hwy 99. There have been several other upgrades and resurfacing of roads we ride on.

Now that we all feel good, we did miss out on a few things. The 19th St. and Chapel Dr. project got turned down again as well as the sidewalk on S. 35th from the railroad tracks to Western. We did get one new project and that will be on Brooklane. I am not sure of the details of where the money came from but I understand they got \$170,000 for the project. There is a good rumor that we will get some kind of multi-use path around the OSU Dairy farm as well. Don't hold your breath, however.

I would like to thank the club for the award that was given me. Things like that and good words of encouragement keep me going to some incredibly boring meeting and some really good ones with people who really care. Here is wishing you a Happy Holiday and good riding year around. Keep the rubber side down and your back to the wind.



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Richard Burgess as Treasurer kept the money flowing smoothly, both into and out of our coffers. Rick Riper, as recording secretary, kept track of our every word at meetings (well, almost

every word!). Susan Christie made sure that club member address data was kept up to date and accurate. Eric Ahlvin and John Henry chose the weekly Saturday rides, made sure the route sheets were available and tracked member's ride miles. Lloyd Swanson continued his excellent production of the newsletter, keeping our members informed and entertained. Web master Mark Newsome kept our club visible in the virtual world. Walt Prichard made sure the average bicyclist was not forgotten by the city and county planning committees when road issues were being dealt with. As members-at-large, Joe Monteleone and Larry Thurber lent their years of bicycling experience when the board was making decisions. Thank you, one and all, for making the Presidential experience a much less painful experience than it could have been.

It is now nearly 3 hours since I started writing this article, and the wall of fog outside my window has become thicker and thicker. No chance for riding today. You can bet on seeing me out there if it lifts for any length of time, if I get done with my Christmas shopping, if I finish with work before it gets dark, etc., etc. When I do get out there, it will be with my feet first and smiling because of the place where I do my riding and the friends I do my riding with.



Miles From Nowhere

Lloyd Swanson

Becky Steinmetz has donated a Books On Tape of the above book, written by Barbara Savage, and published in 1983. It consists of 11 tapes (16.5 hr), read by Dick Estell (excellent, used to read on NPR).

It is the story of a young couple who, starting from Santa Barbara, biked around the world (25 countries, including across the US) for 2 years (1978-80). It makes you hungry for touring, but perhaps not in some of

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Columbia Gorge Tour

Susan Christie

Friday, August 6, 2004: As we do often, Matt and I took our bikes on Amtrak and headed for Vancouver, Washington, where AC's first Columbia Gorge Tour was to start at WyEast Middle School. In preparation for cycling to the school from the train station, we e-mailed the Vancouver Bicycle Club for directions. George and Sharon, members of the club, sent us a very clear description. When we de-trained in Vancouver, however, Jim O'Horo, another member of the Vancouver Bicycle Club, was at the station to meet us and escort us to the school. We were surprised and delighted, and hoped that members of MVBC would be equally helpful to visiting cyclists. We had plenty of time to set up our tent on the school lawn and meet some of the other early arrivals before the orientation meeting at 5:00 PM.

Tom Radley, an experienced AC (Adventure Cycling) ride leader, led the orientation meeting. We checked in, and met lots of nice people, about 150 riders in all, with a good cross section of age and gender, although the average age seemed to be a bit older than that on Cycle Oregon. AC doesn't provide dinner on Day 0, and we ended up eating chinese food at Safeway after the meeting. Yuk. Stealth sprinklers in the night swept over our tent, but no harm done.

Day 1: Vancouver to Cascade Locks, via Evergreen and eventually Hwy 14 (45.7 miles). We were surprised to be confronted by very strong headwinds from the east and temps in the high 90s by afternoon. We visited the Columbia Gorge Interpretive Center near Stevenson at lunchtime. Crossing over the steel-grate Bridge of the Gods to Cascade Locks was quite an experience in the strong wind. I was too



Hail, Columbia

busy keeping my bike under control to look down much or gaze around at the view. We got to go on the stern-wheeler cruise that afternoon, which was really fun. We enjoyed watching the windsurfers and the kite surfers. There were lots of ospreys out fishing. One bird caught a good-sized fish and it was fascinating to watch the osprey turn the fish parallel to its body for more aerodynamic flying. Another bird kept trying to take away the fish, and the ensuing struggle afforded the passengers great amusement. "Go catch your own fish!" we shouted. Camping at the Cascades Locks School was lovely.

Day 2: Cascade Locks to Maryhill State Park, still on Hwy 4.

Max Headwind

Predictability

Short errands call
book to library
farmers' market

the car's predictable
starts right up
most of the time
carries me there
shortest route

the bike's more work
dress right
air in tires
fill water bottle

surprise neighbors
who are complaining
about the cold weather
as I head up the hill
surprise myself
when I take the longer route

I'm out of breath
out of legs
out of shape
smiling

coming home
the too-early sunset
dims the sky
but I see a friend
I would have missed
if I'd driven by

we visit
we look at an old car
he's considering buying
it'll hold his many old bikes
he gives me a bag of chanterelles
he just picked a couple of hours ago

I garage my bike
and start cooking
a surprise dinner
fresh chanterelles in olive oil

Back over Bridge of the Gods, more peacefully this time, at least until about the middle of the bridge, when we could tell we were to have strong east winds again. Oh, those

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MID-VALLEY BICYCLE CLUB BOARD MEETING MINUTES

Monday, November 29, 2004

Present: Betsy Reid, Richard Burgess, Matt Mathews, Rick Riper, Larry Thurber, Joe Monteleone, Walt Prichard, George Shaw, Jill Leichti, Jerry Rooney, Sheila Lyons.

Absent: Susan Christie, Eric Ahlvin, Shung Chieh, Lloyd Swanson, and John Henry.

Rails With Trails: Sheila Lyons of the Benton County Bicycle Advisory Committee, along with Jerry Rooney, informed the board about the "Rails With Trails" project being pursued in Benton County. The goal is to establish a multi-use path beside the existing Willamette & Pacific rail line between Corvallis and Albany. The group has applied for a federal grant, which has passed the first "cut", and ODOT is now accepting input from the community. This first grant, if achieved, will pay for design work and a short section of path between N. Albany and Springhill Drive. Betsy shared a draft letter she had penned to ODOT in support of this project. The board voted to support this project, and Betsy will finalize the letter after input from some board members. Individual club members are also encouraged to write to ODOT in support. Jerry will resend the email notice about this over the club's "email announce" system.

New Officers: This is the annual transition meeting, attended by existing and new board members. The new members were welcomed, and each member introduced themselves.

Reports:

Treasurer: Richard reported our cash assets total \$9090 (\$5289 checking plus \$3801 savings). All expenses for the Covered Bridge tour have been met, including donations to the Covered Bridge Society, BTA, Scio High School, and the Jordan Fire Department.

Membership: No report.

Ride Captains: John and Eric sent in their reports via email. Following the discussion at last month's board meeting, the routes that include turning left from Highway 34 onto Riverside Drive have been removed from the schedule. Most of these routes have "clockwise" alternatives that avoid this dangerous situation. Joe suggested that in the future we also try to consider local events that may impact route selection, such as avoiding the Benton Co. Fairgrounds when events are using the parking lot there (encroaching on the Midge Cramer path), OSU home football games, etc.

Newsletter: Lloyd also emailed his report in. He is in need of material for newsletter articles, and would like to get a list of club members who have done interesting rides this past year and might write about their experience. The deadline for the next newsletter is November 30th.

Vice-President: George will work with Shung (and possibly Larry) to come up with a speaker for the January general meeting, which is planned for January 17th.

Secretary: Rick had nothing new to report.

Advocacy: Walt reported on a couple of other projects that were not successful in getting grants. One project that did get funding is one to add bike lanes along Brooklane. Walt also mentioned that this Saturday (December 4th) is the next Plymouth Road cleanup

Old Business:

Bicycle Repair: There are still several questions about this topic, so it was tabled until a future meeting when Lloyd is in attendance (he is the club's contact on this).

NW Tandem Rally: Joe reported on the last organizational meeting for the NWTR. The group is still working on a location, but the date has tentatively been set as the July 4th weekend, 2006 (the rally would actually be Saturday-Monday, July 1-3). The organizing

committee still needs volunteer help! Contact Joe or Nancy Meitle if you can lend a hand in planning this important club-hosted event.

Christmas Party: This annual event is planned for Monday, December 20th, 6:30 PM at the Burgess home.

New Business

Seattle Bike Show: The club was contacted by the Portland Wheelmen about the Seattle bike show coming up in February. They are offering to take pamphlets or other literature for us to the show to distribute. The date for the 2005 CBBT has not been set yet (park reservations cannot be made until January and February). Larry will check with Tim Corbett on the tentative date, and we will probably make up "save the date" postcards to promote the CBBT at the bike show.

Bicycle Education: Josh Storer of the BTA informally asked the club to consider donating the proceeds from the CBBT to the local bicycling education program. The board discussed this, noting that we donate money from the tour to several groups. The consensus of the group was to keep our bicycle education donations decoupled from the CBBT.

Next board meeting: The next board meeting will be January 24th.

The meeting was adjourned and everyone enjoyed refreshments.

Respectfully submitted by Rick Riper

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the countries. You'll smile at their naiveté when they began their trip and the lack of equipment and clothes 25 years ago.

Please contact me if you wish to borrow the set for easy listening during a long trip or just for pleasure during these long winter evenings.

ACHTUNG!

The yellow plates at the bike path intersections of 53rd and Brooklane get very slippery during the winter rains. Please be careful—take it from someone who learned the hard way!

MVBC EVENT CALENDAR: December-January 2004/05

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

December 4, Saturday, 9 am: The ride to Alpine is fine, but there's no store anymore

- Long Ride: Alpine, 44 miles (B245)C
- Medium ride: Peterson-Decker, 29 miles (B090)C

December 11, Saturday, 9 am: Return of the forgotten routes...

- Long Ride: Independence, 55 miles, (B285)A
- Medium ride: Suver, 32 miles, (B120)A

December 18, Saturday, 9 am: All together now...

- Long Ride: Decker+Smith Loop, 46 miles (B265)B
- Medium ride: Decker Loop, CCW, 33 miles (B170)B

December 25, Saturday, No 9:00 ride today.

December 26, Sunday, 9 am: Working off the pounds of Christmas past? Or trying out your Christmas presents?

- Long Ride: Lebanon, 59 miles (A420)D
- Medium ride: Peoria Park, 29miles (A080)D

January 1, Saturday, 9 am: Elmers for breakfast. The last left turn off Hwy 34 for the year. Traffic should be sparse, but be careful...

- Only ride: Elmers, Albany, 30 miles (B110)E

January 8, Saturday, 9 am: Winter vacation is about over. It's time to get back to work with a few little rollers

- Long Ride: Sunnyside, 60 miles (B460)A
- Medium ride: Albany via Palestine, 30 miles (B100)A

January 15, Saturday, 9 am: If it's too rainy and cold, maybe we'll abbreviate the long ride. The short-cut is straight home from Inavale

- Long Ride: Decker+Smith Loop, 46 miles (B265)B
- Medium ride: Decker, 33 miles (B170)B

January 22, Saturday, 9 am: To Inavale school, and beyond

- Long Ride: Harrisburg, 60 miles (B440)C
- Medium ride: Petersen Road, 29 miles (B090)C

January 29, Saturday, 9 am: No hills today

- Long Ride: Brownsville, 52 miles (B330)D
- Medium ride: Shedd, 34 miles (A210)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.*



2004 MVBC Awards
Betsy Reid

Note: These awards were presented at the Annual Dinner and meeting, November 7, 2004.

The 'Cycling Citizenship' Award was presented to **Walt Prichard** - In recognition of his outstanding advocacy effort, making sure that MVBC and bicyclists in general are not forgotten when local government committees are making planning decisions. His extensive knowledge of road, traffic and parking issues make him an invaluable advocate. He also helped MVBC members to be good 'cycling citizens' by initiating and running the periodic road cleanup.

A Lifetime 'Flattened Frog' Achievement Award was presented to **Jan Konzack** - She has faced more than her share of adversity while cycling but continues to climb back on her bike and keep on riding. We on the MVBC board sincerely hope that it will be the last time she will deserve the 'Do Dah' award.

The World Wide Web Route Scout Award was presented to **Ron Waschmann** - In recognition of his efforts in creating an entire route sheet for The Idaho Loop Tour from information found on the world wide web and a topo program. While the information found on the web was

both a help and a hindrance, when it was combined with our analog scout, produced a fine result.

The **Midge Cramer Award** was presented to **Richard & Lindy Burgess** - In recognition of their efforts to make everyone who rides on Loop Tour have the best loop experience possible. With his close attention to the details and close watch over loop tour riders, Richard makes sure that no one is left behind. Lindy's friendly and generous nature makes everyone feel better by just being around her. They both continually demonstrate the best of what the loop experience should be.

The 'Unsung Hero(ine)' Award was presented to **Grace Swanson** - In recognition of her behind the scenes efforts in supporting bicycling. She provides both moral support and cookies to the newsletter editor and staff, making sure they have the energy to complete the newsletter. She inspires others by completing most of her errands around town by bicycle. In the words of her husband, she is also the 'perfect tandem stoker', never complaining about the route, speed or bike, but always providing the power to make them go, making it possible for both of them to enjoy bicycling together.

The 'Digital Historian' Award was presented to **Brian Cripe** - In appreciation of his efforts at producing digital slide shows of the yearly events at MVBC. In the coming years, MVBC members will have a unique and entertaining record of their activities for years to come. His choice of music and pictures have created lasting memories for us all.

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whimsical bicycle goddesses. This 63-mile(?) day would feel like twice that, with the headwinds and 100-degree temps. The treat en route was a visit to the Maryhill Museum, where we especially enjoyed the Rodin exhibit (in addition to a cooldown). On the way down the very steep hill to Maryhill State Park, past the Stonehenge replica, we marveled that a few years ago, on our cross-continent tour, we had pulled our trailer **up** that hill. Camping at the park was very nice, and jumping into the Columbia River nearby was a life saver!

Day 3: Maryhill State Park back to Cascade Locks. How often do you start out at 6:45 in the morning with only shorts and jersey--not even arm warmers or a windbreaker? It was a harbinger of the intense heat to come. And, naturally, the winds were out of the west now! We crossed to the Oregon side at Biggs. This day involved a couple of stretches on I-84, about 10 miles each time, which we didn't like much, especially the part where there wasn't much room between the rumble strip and the guard

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rail. But climbing to Rowena Crest and riding through the Mosier twin tunnels on the Old Columbia Gorge highway were special treats. We remembered being there on Cycle Oregon the first year this stretch opened. Remembering our experience in the extreme heat on the Cycle Oregon weekend, we supplied ourselves with several cans of V8 juice at the first opportunity. I got to see the Union Street Undercrossing in The Dalles, which CH₂M HILL designed. Very nice! We were happy to be back at Cascade Locks School for another night. The showers were cold, but today we didn't care!

Brief interlude: I should say that many riders found the intense heat, busy highways, and strong headwinds quite discouraging. There were a lot of sags!

Day 4: Cascade Locks to St. Helens. Our route this morning west to Troutdale has to be one of the nicest bike rides in Oregon. We started out on the Eagle Creek Trail, which was idyllic (except for the awkward portage up a couple of flights of steep stairs). We continued along the old highway, stopping to visit many of the waterfalls and Oneonta Gorge, and I finally saw where the Women's Forum and Larch Mountain are. We remembered the climb up to Vista House, having done it on an MS 150 ride some years ago. We followed Marine Drive into Portland for a long way, hopping from trail to on-street bikelane, back and forth, dodging construction. Eventually we made our way, via 13th Street, then Vancouver Blvd., to Peninsula Park for lunch. The afternoon ride, via the St. Johns bridge and out Hwy. 30 to St. Helens was quite a contrast to the morning's ride. But we loved the campsite at Columbia County fairgrounds.

Day 5: St. Helens to Astoria (actually KOA near Hammond). This stretch of Hwy 30 was more scenic, but it was pretty stressful, with the intense truck and tourist traffic. The morning water stop was at a very nice park near the Longview bridge, and everyone lingered a while, enjoying the respite from the traffic. We survived Hwy 30, and Astoria was one huge traffic jam when we arrived, so it was easy to ride through town and out the other side. The original plan had been to camp at Ft. Stevens State Park, but the ride leader hadn't called early enough to get the group site (even a whole year ahead!), so we had to make do with the KOA near Hammond. All I can say is that the showers were nice!

Day 6: Option rides. There were several choices for this last day. The one we had planned on was to cross the Astoria bridge into Washington and visit Cape Disappointment and the Lewis and Clark Interpretive Center there. But when the ride leader announced that the "chart person" had made an error and it was 60 miles, not 40, we opted for another choice. We were supposed to be ready to catch the bus back

to Vancouver by 12:30 or so, and we didn't think we would be able to do the ride and have time to enjoy the interpretive center. Only five or people from one family group chose that option, and I think they arranged personal support. Some people rode to Ft. Clatsop, but we finally decided to take a leisurely espresso break, then explore Fort Stevens State Park, since it was our first visit there. We had lots of company! We enjoyed a real coffee break and conversation with Jan, another rider whose acquaintance we had made along the way. Lunch was back at the KOA, then bikes were packed up (each very carefully wrapped in a blanket and placed on the truck) and we got on the bus back to Vancouver. That night we stayed at the Phoenix Inn out on Mill Plain.



Bike path in Ft Stevens State Park

Saturday, August 14: Our train back to Albany didn't leave until almost 5 PM, so we spent the day exploring Fort Vancouver and hanging around at the downtown farmer's market. The train trip and ride home were routine, and we cruised up to our front porch about 8:30 that evening.

Comments

Food: Outstanding! Hearty breakfasts, and dinners that were almost gourmet quality. The caterer is excellent. She was the same one who catered the food on Cycle Washington last summer, so we knew what to expect. I had asked for vegetarian lunches, so each day there was a sandwich (a wrap) in the cooler with my name on it.

Rest Stops: Not as frequent as Cycle Oregon provides. The first one was usually about 20 miles out, never less. The snacks were the same each day, consisting of fruit (bananas, apples, oranges), granola bars, bagels, and peanut butter and jam. There was always a supply of sunscreen and. They asked us to always remove our bike gloves and wash up with that sanitary stuff in the bottle before diving into the snacks. There was only water and Gatorade to drink, which is why we stocked up on V8 juice on one of the very hot days. As far as I know, Gatorade isn't very helpful. Matt found that it gave him headaches too.

Communications: Calling for assistance, directions, etc., seemed to rely on riders using their cell phones to call the ride leader on his cell phone. There were at least two serious injuries, plus the expected problems with heat and dehydration, but as far as I know, help always arrived very quickly.

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OUR RIDE CAPTAIN REPORTS

JOHN HENRY

As the weather gets colder and wetter, we need to take a little more caution in our rides. Watch out for those wet leaves (and the glass or debris that could be beneath them) Make sure you have fenders with full mud flaps on wet days; the person behind you will sure appreciate it. Invest in some good cold weather clothing. This is something that some of the non-winter riding members might consider; if you are properly dressed it really isn't that bad riding in the winter. We would really like to see you sooner than next Spring.

The Saturday total was 4,993 miles. Adding the Wednesday ride total of 1,152 miles gives us a grand total of 6,155 miles ridden by 144 riders for this month. The total mileage for the year so far is 100,042 miles. We've hit the 100K mark with two months left.

Mileage leaders for October (includes Wednesday rides) were Gary Watts, 264; Henry McCarthy, 240; Steve Slover, 239; Dan Youngberg, 231; Shung Chieh, 187; Tim Corbett, 162; Hugh Jepson, 152; Jerry Rooney, 138; Jim Munford, 138; Brian Moran, 129; Joe Monteleone, 127; Maria Monteleone, 127; Robert White, 121; Terry Dibble, 121; Betsy Reid, 120; Lyle Dalton, 119; Mike Boock, 113; Jan Konzack, 110; Beth Young, 107.

We had 5 new riders this month. Welcome to Trisha Thoms, Kris Wolters, Ellen Sather, Rob Hughes, Steve Krotta

As the year winds down, we are closer to awarding the "Most Saturday Rides" award to--you guessed it--the rider who has showed up for the most Saturday rides. We have several riders within a few days of each other. Here is the latest tally: (as of Nov. 20) Dan Youngberg, 33; Henry McCarthy, 32; Jerry Rooney, 31; Milt Cardwell, 31; Jim Munford, 30.

Alaska 2005

Nancy Meitle

At the August board meeting of the Mid-Valley Bicycle Club, the board approved pursuing a club-

sponsored ride in Alaska during the summer of 2005. Our family has biked in Alaska nine of the last twelve summers. We have offered to help plan a club ride to the 49th state. This trip is in the planning stages and your input is needed. There will be an informational meeting on Sunday January 9th, 4 pm, at Chuck and Nancy's, 1505 NW Grant. If you are interested in possibly doing the ride, please RSVP to Nancy at 753-0404.

Tandem Rally 2006

Nancy Meitle

We are off to a great start. The 2006 Rally will be held over the 4th of July weekend here in Corvallis, so save that date. It should be a lot of fun, if you ride a tandem or not.

The organizational committee is currently exploring a venue for the event. Our top choices are the Benton County Fair Grounds, the New Corvallis High School and Linus Pauling Middle School. Feel free to offer your opinion at our next meeting. We will be making site visits over winter break. There will not be a meeting in December so our next meeting will be January 10th, 7:00pm at the home of Richard and Lindy Burgess, 3160 NW Arrowood Circle. Questions or ideas, call Nancy Meitle at 753-0304.

A Note of Thanks

Dear Lloyd,

I just wanted to thank your club and its members for a great ride last Saturday (Nov. 6). I was visiting from Santa Barbara, California and had seen your club on the internet (nice web site).

I rented a bike from Cyclotopia and showed up at 9 am. Fog is common in Santa Barbara but not temperatures in the mid thirties. There were three options and I took the one to Alsea which was 69 miles. Tim and Shung rode with me. The scenery was gorgeous once we were out of the fog. The bike paths and courtesy from motor vehicles in town was a pleasant surprise. The companionship from my two fellow riders made the trip even more memorable. I plan on writing about my experience in my bike club's newsletter. I will send you a copy.

Bob Nagy

HighSierraCyclists.org

- 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

Please Write

Jerry Rooney

Subject: Proposed RAILS WITH TRAILS along the RR tracks parallel to Rt 20.

We have just two more weeks (Dec 15th) to send in our statements to ODOT (Oregon Department of Transportation). Just a brief sentence or two about how you and other cyclists would use a multi-use rail trail between Corvallis and Albany. ODOT is considering a local request for funds to begin this trail in earnest. It would keep cyclists off Route 20 and/or allow them to avoid crossing Rt 34 onto Riverside Dr. Perhaps encourage more bike commuting between the two cities. This is a fairly new concept. The rails will stay in place and the trains will run on them, but along the RR right-of-way, bikes, and peds as well as horses, and other non-motorized traffic would flow.

Please send comments via email or hard copy to:
 Pat Fisher
 TE Program Manager
 ODOT Local Government Section
 355 Capitol St. NE #326
 Salem, OR 97301
 or email Pat Fisher: <patricia.r.fisher@odot.state.or.us>

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At the end of the ride, in our closing moments, the leader, Tom, said (with humor) that he was tired of going to the emergency room, where they called him by his first name now! By that time, everyone was safe and accounted for, so we laughed along with him.

Road Markings: The route markings were excellent. "Marker

Bob," as he quickly became known, really knows how to do it right. In bright orange chalk spray, they were easy to see. There was a series of them before a turn, to be sure riders spotted the turn, and they were almost always early enough for riders to position themselves properly for turning. We rarely had to check our maps and route guides.

(To be continued)

\$35 Tune Up Special!

We at Corvallis Cyclery wish to give a big **thank you!** to you people of MVBC.

Your business is greatly appreciated!

We take this occasion to wish you and your families a Merry Christmas and a great year in 2005.

The Crew At **Corvallis Cyclery**
 344 SW 2nd St • 752-5952 •
www.corvalliscyclery.com



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

Address Service Requested

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time for
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Meetings & Announcements

Thank You *The Editor*

Thanks to everyone who submitted articles this year. To those who submitted articles every month—thanks for meeting all those deadlines. And to those who submitted articles about your touring—that's what makes the newsletter interesting and personal. I'd much rather run those articles than 'filler' articles. Or reduce the newsletter to 6 or 8 pages.

My plea for the coming year is for more articles about your touring. I'm sure that there are members who have toured this past year that I'm not aware of. So, if you toured—please write it up. And if you know of a member(s) who has toured, please give me their name and I'll contact them.

Or even if you haven't toured but have an interesting article (or will write one), please submit it. It makes the editing task easier to have a variety of articles in the docket.

Christmas Party

Monday, December 20, 6:30 pm at Richard & Lindy Burgess' house, 3160 NW Arrowood Circle. Come for an evening of gathering together for conversation, celebration and fun. Traditionally, everyone brings a food item: either hot or cold hor-d'oeuvre or holiday sweets. Hot cider, coffee, tea & punch will be served. There will be a gift exchange (\$5 limit), white elephant or other (optional).

IMPORTANT SUBMISSION INFORMATION

Submit articles, stories and photos for the January MVBC Spokesman no later than Wednesday, December 29.

Please send this material to the editor in Word format:

Lloydvswanson@comcast.net