

MID-VALLEY BICYCLE CLUB SPOKESMAN

March/April 2005

*I feel good, I
knew that I
would...*

Up front

by Larry Thurber, President

James Brown must have been a cyclist. That was the thought I had after completing my first ride since the New Years Day ride. Some of you know that I had surgery in mid January to correct an ongoing problem. The result of the problem was that I wasn't able to push myself the way I (occasionally) like to since last September and curtailed my riding entirely from Jan 1. Happily, everything went better than expected, but I was still nervous about my cycling ability. Therefore, I decided to end my brief hiatus from cycling by joining the 10:00 o'clock group ride. The word is, the 10 a.m. group is a bit more... dare I say it... *casual*. Being a casual kind of guy, I've been meaning to join this group for some time, and this seemed the perfect opportunity. The short story is... I had a great time! We headed out of town on the bike path along the river, rode to the end, pedalled down Hwy 99 to Smith Loop, completed the Loop and returned to Corvallis via Greenberry and Decker Roads. Along the way I met new people, chatted with old friends, and had a great blueberry Danish at the Gathering Together Farm. To top it off, the sun burned off the clouds on the return leg. All of these things contributed to a near perfect ride. I am really pleased to note that our club is large enough and diverse enough to include a wide range of riding styles and opportunities. My helmet is off to Jerry Rooney who continues to lead a fun bunch of riders. Throughout the ride I had no real issues due to my cycling absence except one. It seems the relationship between both "seats" on my bike was not quite as loving as it once had been. However, I'm sure spending more time together will get the two seats back to their previous level of harmony.

On the serious side, some club members recently had a meeting with Jim Lawrence, a club member from waaaay back, and an advocate for bicycle education. Jim is part of the Albany Bicycle Education Safety Committee and has done quite a bit of leg work in preparation to expand the BTA bicycle education program into more schools in Albany. You may be familiar with the program in Corvallis. The details of the meeting will be discussed

further at the board meeting and is recorded for your reading pleasure in this edition of the Spokesman. However, the meeting prompted me to read our club bylaws. Being president, you would have thought I had this stuff memorized by now.... Right? Actually my ignorance of our bylaws led me to our website to find out what we, as a club, are really all about. Here's the straight scoop regarding bicycle education, according to "Objectives and Purposes, section I:" *"The club is organized and operated as a non-profit Social Welfare organization within the meaning of Internal Revenue Service 501(c)(4). As such the club's primary purpose is to promote the general interest of cycling relative to bicycle education, safety, transportation, and recreation."* If you heard the sound of someone smacking himself in the head, it was probably me when I suddenly realized the charter of the club wasn't just about Saturday rides! At least if we want to maintain a non-profit status. We've done a very good job supporting cycling education in the past, and we may try to expand our efforts. Either way, we'll keep you posted. For those of you who think you signed on with a bunch of safety crazies, the very first section under "Objectives and Purposes" relates to rides and touring, just as you thought it would. Bylaws.... you just gotta love'em.

All joking aside, bicycle safety is a big issue with me and it's a personal matter. Every time I hear of a cycling injury, there is a little voice that says,

"That could have been me." I'm sure there are a few of you who feel the same. On the positive side I'd like to note the things we do everyday to promote bike safety, rather than what we haven't done yet. First off, we lead by example. Most club riders follow the rules of the road. It promotes a good relationship with drivers as they know what to expect. We support bicycle education. We would probably do it even without the non-profit status. And we are bicycling advocates. A lot of credit

Also in this issue

Riding Across the USA

Loop Tour 2005

Yaquina Lighthouse Century

Midge Cramer Ride

Bicycle Education Program

(Continued on page 2)

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(Continued from page 1)

goes to bicycle advocates such as Walt Prichard and Susan Christie. They work with a number of government organizations to ensure that bicycles are included in the planning of streets, roads and paths we like to ride on. There is no question this under-recognized work goes a long way to keep cyclists safe. I, for one, truly appreciate their efforts.

One last note. I ran into Sandy Earl at the new Performance Bike store in Tualatin. For those of you who don't know Sandy, she is a former MVBC president, competitive cyclist, and overall nice person. She was president when I first joined the club. Her hard core riding style was an inspiration to a rookie like me. Yet she always took some time to chat with new members. I thought it was a coincidence to see her. But, then again, it was a bike store. What else should I have expected?

Until next time.... Larry

Advocacy

Walt Prichard

Well the budgets are coming together now and I have a much better idea of what is going to happen and some kind of timetable. To begin with, they will start working on widening and repaving 53rd St. from Harrison to the south boundary of the Fairgrounds as soon as the power company gets their poles moved. I don't think that will affect us too much as there are several detours that have much less traffic on them. In the 05/06 budget they think they have the money (another federal source) to do the bike lanes on either side of Chapel Dr from 19th in Philomath to Bellfountain Rd. That will open up a lot of new options getting to Philomath safely. For the mountain bikers there may be a project to pave a short section of road off Harrison going to Mac Forest (believe it to be Oak Creek Rd). That will be contingent on getting the grinding from the city for the base. That will

happen when the city starts work on resurfacing some city streets. In September Bellfountain Rd will be closed south of Bellfountain to rebuild 2 bridges. That will probably take about a month.

Chip seals this year will occur on Smith Loop Rd, Bellfountain Rd between Bruce Rd and Dawson Rd, Bellfountain Rd between Bruce Rd and Hull Place, and Old River Rd from W Ingram Rd to the Lane county line. There are others but we don't generally ride on them.

Slurry seals will be done in the North Albany Rd area but shouldn't impact us.

For your information, Benton County has budgeted \$91,900 for maintenance work on bike facilities in the county for 2005. I personally think they are doing a good job with the money available and sure do not feel bad about cleaning up our little stretch of road a couple of times per year.

For those of us that know what the MPO is (Metropolitan Planning _), they have a list of 13 projects that they want to get done. They are #1 - Signal at 35th and 36th on Harrison (mentioned last month); #2 - reconstruction of 53rd at 20/34 intersection; and #3 - reconstruction of Reservoir Rd from 53rd to West Hills Rd. I think these are the only ones that might see some work this year.

I hope that is enough to dodge for one summer. The proposed additions of subdivisions are kind of foggy right now. With Measure 37 hanging over the planning departments heads like a big cloud I think things will be pretty slow until fall.

Keep the rubber side down and a Song in You Heart, Spring is here!

Century Ride of the Centuries

Pendleton Oregon

May 27th -30th

www.cyclependleton.com

Loop Tour 2005 - South Coast Sojourn

Have you planned that special bicycle trip for this year yet? You might want to consider this year's Loop Tour. Riders participating in this year's tour will experience an MVBC favorite. Starting from Winston, riders will travel to Myrtle Point the first day where we will have a group dinner. While exploring the Oregon Coast, riders will stay at Sunset Beach State Park, Humbug Mountain State Park and Harris Beach State Park. The route actually enters California where we will stay at Jedediah Smith State Park. The last part of the tour will take us back through the coastal mountains of California and Oregon to Lake Selmac, Jacksonville, Three Horn State Park and finally back to Winston. Total mileage for the trip will be 442 miles. Daily mileages are as follows:

	Days End Location	Miles
Day 1	Myrtle Point	51
Day 2	Sunset Beach State Park	37
Day 3	Humbug Mnt. State Park	60
Day 4	Harris Beach State Park	49
Day 5	Jedediah Smith State Park	27
Day 6	Lake Selmac	55
Day 7	Jacksonville	53
Day 8	Three Horn State Park	46
Day 9	Winston	64

Registration is still open for both tours. We currently have 10 people registered for Loop 1 and 22 people registered for Loop 2. The May 16, MVBC club general meeting will be dedicated to the Loop Tour. We hope to have a slide show on the route and answer any questions you may have as well as hand out the ride packets at this meeting. If you have any questions about the tour itself, you can contact either Dan Youngberg (dan.youngberg@hp.com) or Richard Burgess (rwbcustom@aol.com). Registration questions should go to Betsy Reid (betsy_reid@comcast.net).

Yaquina Lighthouse Century

The Yaquina Wheels Bicycle Club is putting on a century ride. This will be a very scenic ride taking in the backroads of the coast and ending with a breathtaking ride down the coast.

Event: Yaquina Lighthouse Century

Where: Newport Oregon (Yaquina Head Lighthouse)

When: Aug 21, 2005

Distances: 25, 62, or 100 mile

Information: www.yaquinawheels.org

Max Headwind Spring Ride

Meditation chimes
ting randomly as I meditate
breezing along on this curve
through the trees

hail that hits my spokes
and seems to find the vents
in my helmet
and my glasses

hail gives way to rain
then sun as I coast the hill
back home
my bike back in the garage

just as the hail comes again
now making meditation sounds
of hail against concrete
and hail against hail

Bicycling Rules!

Participation in road bicycling mushroomed in 2003, with participant levels (casual riders) up 8 percent from 2002 and enthusiast levels (serious riders) increasing by 19 percent.

Participants generated a staggering 2.7 billion paved-road bicycle outings, while enthusiasts bagged 1.9 billion outings.

In 2003, the total number of Americans taking part in at least one of the three types of cycling (road, trail, dirt) numbered 87 million with 20 million being enthusiasts. These numbers represent the largest populations participating in any activity covered in the study (Outdoor Industry Association's 2004 Outdoor Recreation Participation Study).

From Adventure Cycling, January/February 2005



Huh?

MID-VALLEY BICYCLE CLUB BOARD MEETING NOTES

Monday, February 28, 2005

Present: Larry Thurber, Betsy Reid, Richard Burgess, Susan Christie, John Henry, Rick Riper, Eric Ahlvin, Lloyd Swanson, Walt Prichard, George Shaw, Debra Curtis.

Absent: Jill Leichti.

“Bike Month”: Susan and Debra Curtis (from Corvallis Parks and Rec) introduced early planning for a series of cycling (and possibly other related) events planned for this August. The series doesn’t have an official name yet. The organizing committee is looking for a “fiscal sponsor”, who would handle moneys for the event and receive a small percentage of the income. MVBC might be a good fit for this, given the aims of the club. An IRS 501c3 organization would be ideal; however we are designated as a 501c4 organization. Susan will check with Dick Running (the club’s tax/financial advisor) on whether this can work. She will also contact the BTA to see if they could possibly act as financial sponsor for this event.

Reports:

Treasurer: Richard reported our cash assets total \$9355 (\$5547 checking plus \$3808 savings). Recent income is from loop tour registrations, newsletter advertising, and member dues. Current expenses were primarily for the newsletter, loop tours, and the covered bridge tour.

Membership: Susan has started sending welcome notes to new members, which have been well received. She also brought up the subject of membership cards. The club discontinued these a few years ago as hard to manage. Since the local bike shops don’t appear to ask for verification for the club discount (we DO supply them with membership lists), the board chose to not pursue cards at this time.

Ride Captains: John and Eric report that February was a record month,

probably due in part to the unusually nice weather we’ve had. John noted that Jerry Rooney has ridden for 22 consecutive Saturdays! Walt asked to have the Plymouth Road cleanup added to the calendar for late March.

The Rolling Feast is planned for May 7th, but we still don’t have a leader for the event. Susan offered to find a volunteer leader so that we can hopefully continue this fun event.

The long-discontinued **Greenway Ride** was also discussed. The club used to put this on as a public event (much like the CBBT), but it’s hard to support two such events each year. Eric offered to add the route to the ride list (and calendar) so it can at least be included as a club ride.

Newsletter: Lloyd reports that the deadline for the upcoming newsletter is today (Feb. 28th). He will be out of town from mid-March through April, so the next newsletter after this one will be in early May

Vice-President: George has plans in place for the next few general meetings; the March 21st meeting will feature Carl Haunold of NW Demo Promotions, speaking on bicycling racing and mechanics. Clare Keith will talk on cycling in South America in April, and May will feature the upcoming loop tours.

Secretary: Rick had nothing new to report.

Advocacy: Walt reported on plans for improvements in two areas of town – Harrison and 35th/36th and 35th and Western. These intersections will get traffic lights and curb improvements.

Old Business:

NW Tandem Rally: Lloyd reported that the committee is looking at two main sites: Linus Pauling Middle School or the new Corvallis High School. Both sites offer lots of great features for the rally.

Seattle Bike Show: Tim Corbett took care of getting flyers about the CBBT to the show.

Bike Repairs for Love, Inc: Work on this project will wait until Lloyd returns in May.

New Business

Effective Cycling Classes: Jerry Rooney is planning to lead several effective cycling classes in August as part of the “Bike Month” event series. Jim Munford has offered to help with a spring class, should we decide to hold one. Richard typically leads these, but noted that there was little interest last year (but also no publicity). Richard and Jim will work together on a spring class, and Larry offered to try to get them some help on publicity.

Albany Bike Education: Jim Lawrence has been working to bring the BTA bicycle education program to the Albany schools, and is looking for additional funding. He offered to help secure more support for the Covered Bridge Bicycle Tour (find corporate sponsors, seek food donations, etc) in order to increase the net revenue from the event. The increased proceeds could then go to the BTA and come back to the community in the form of increased bicycling education in Albany. Note that the club currently donates \$1 to the BTA from each rider in the event. At an earlier meeting (with Jim, CBBT lead Tim Corbett, and a couple of other past CBBT leads) this proposal was well received. Lloyd moved that the club take this direction for the CBBT this year. The motion was seconded by Eric and passed unanimously.

Crater Lake Rim Tour: This year’s ride will be August 26-28.

Next board meeting: The next board meeting will be March 28th.

The meeting was adjourned and everyone enjoyed refreshments.

Respectfully submitted by Rick Riper

No April Spokesman

Grace and I will be in Arizona for the next month or so, soaking up the sun, and participating in the SW Tandem Rally in Fredericksburg, Texas (hill country, heart of the wildflowers).

MVBC EVENT CALENDAR: March/April 2005

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 5, Saturday, 9 am: Riding against the clock (counterclockwise loops)

- Long Ride: King's Valley, 58 miles (C400)A
- Medium Ride: Helmick, 34 miles (B200)A

March 12, Saturday, 9 am: Wear your green Jersey for St. Patrick's Day.

- Long Ride: Irish Bend, 53 miles (B360)C
- Medium Ride: Decker Road, 35 miles (B220)C

March 19, Saturday, 9 am: Hills or wind, the choice is clear.

- Long Ride: King's Valley, 69 miles (C510)B
- Medium Ride: Greenberry Store, 42 miles (B260)B

March 21, Monday, 7 pm: General meeting, King Tin. Karl Haunold, NW Demo Promotions Rep

March 26, Saturday, 9 am: Which road for you?

Robert Frost was born 3/26/1874

The Road Not Taken:

Two roads diverged in a wood, and I--

I took the one less traveled by,

And that has made all the difference.

- Long Ride: Lebanon, 59 miles (A420)D
- Medium Ride: Saddle Butte, 37 miles (A230)D

March 28, Monday, 7 pm: Board meeting, Burgess residence (3160 NW Arrowood Circle)

April 2, Saturday, 9 am: The last Saturday to sleep in...

- Long Ride: Stayton, 82 miles (B670)A
- Medium Ride: Knox Butte, 47 miles (B300)A

**April 9, Saturday, 8 am: Rise and shine. Pancakes with the Kiwanis at Linus Pauling Middle School (Note 8 AM start)
Midge Cramer Ride, details Page 8**

- Long Ride: Alsea Falls, 69 miles (C590)B
- Medium Ride: Decker Road plus Smith Loop, 46 miles (B265)B

April 16, Saturday, 8 am: Northwest Time Trial preview.

- Long Ride: Brownsville, 76 miles (B610)C
- Medium Ride: Bellfountain Store, 40 miles (B240)C

April 18, Monday, 7 pm: General Meeting, King Tin. Clare Keith: Bike Touring in South America

April 23, Saturday, 8 am: Saint Jordi's day. Give a gift of books or roses.

- Long Ride: Armitage, 79 miles (A640)D
- Medium Ride: Peoria, 28 miles (A085)D

April 25, Monday, 7 pm: Board Meeting, Burgess residence (3160 NW Arrowood Circle)

April 30, Saturday, 8 am: A blast from the past

- Long Ride: Greenway Long Route, 77.8
- Medium Ride: Buena Vista Park, 43 miles (B250)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.

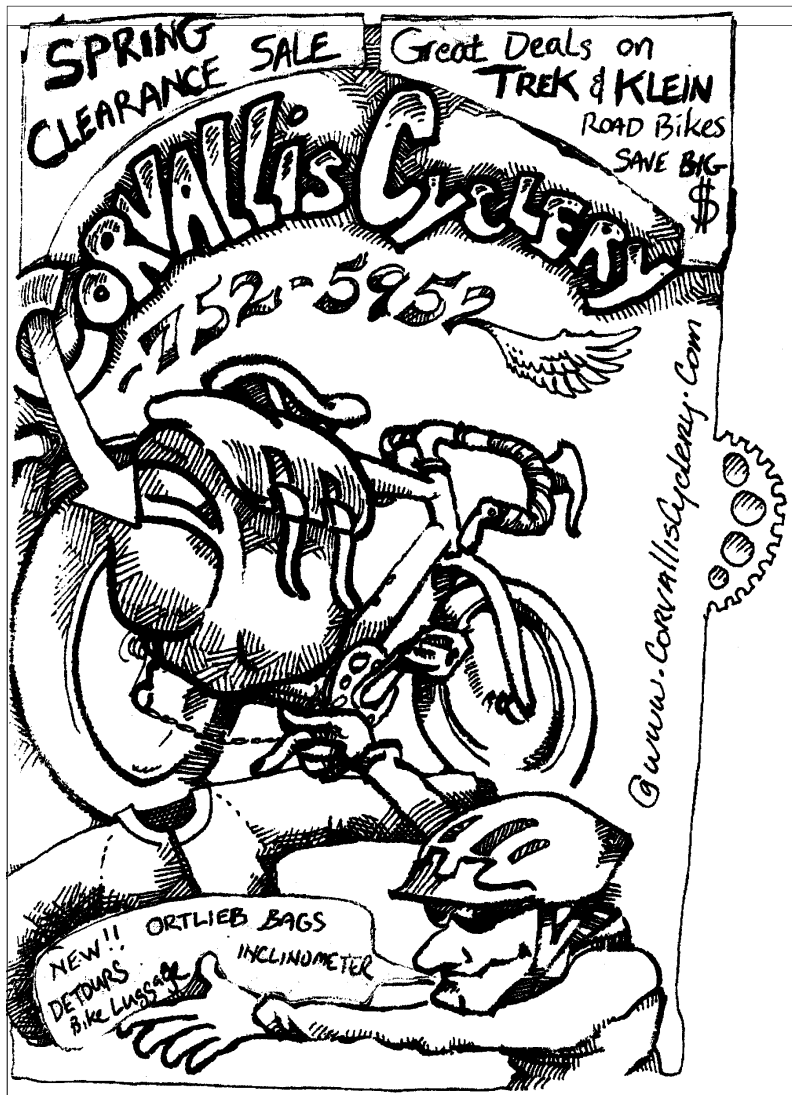
Reflections of Our "Bicycle Across the USA" Adventure

Becky Steinmetz

Our adventure really began with me asking Charlie, "What do you want to do to celebrate your 50th birthday?" Charlie's response was, "Well, I have been thinking I want to bicycle across the USA." Whoa! That was four years ago and little did I know how that little question would change our lives.

At that time we had recently gotten into bicycle road riding and had been introduced to multi-day touring through the Mid Valley Bicycle Club. Dan Youngberg, a long time member and Loop Tour aficionado, was a great mentor to introduce us to self-contained touring. Throw in some wonderful stories of personal experiences from Walt Prichard, a several time cross country bicyclist, and that really got our attention to consider this type of vacation. However, what probably really cinched it for us was reading the incredible email notes from the road sent by our friends Heidi and Dick Pattee as they pedaled their tandem and trailer around the USA. That was it! We got busy planning for our cross country adventure. We unanimously decided on the Northern Tier to be our route, leaving from our home in Corvallis with a final destination of somewhere along the Atlantic Coast in Maine. The only twist in this adventure was that we wanted to do it by ourselves, unsupported like Heidi and Dick, pedaling our single bicycles.

It took us a year of planning and research before we departed. This included talking to many friends who have done such crossings before, reading books of cross country adventures, pouring over numerous Adventure Cycling maps, the desire to pedal some of the many Rail-to-Trails across the country, considering the many detours and sites to stop and see along the way, making sure to visit friends along the route, and reminding each other of our favorite traveling motto, "It is the journey, not the destination." Lastly, and probably most important of all, was Charlie



lie taking care of all the paperwork that is involved with taking a four month leave of absence

from work. Whew, a lot of work to be done BEFORE we could head down our driveway to begin this adventure.

The year of planning flew by for us and before we knew it, our departure date of June 15, 2004, had arrived. Our bicycles, Cannondale T-2000's, were hitched up to our Burley cargo trailers that were loaded with all our worldly goods for four months. Our plans were to mostly camp, but with the mutual agreement that if either of us had a desire or need for a motel at any time during the trip, we would pull out the plastic for some "pampered" living accommodations. We were both excited and scared about what lay ahead for us for the next four months. There were so many unanswered questions: *Could we really do it? Could our marriage survive being together 24/7? Do we have enough gear? What about food? Will the locals we meet be nice to us or run us off the road?* Regardless of all these and many other unanswered questions, we shoved off, leaving our house and critters to a friend to care for during our absence, we had hugged our daughter goodbye, and we had NO reservations for our return home

(Continued on page 7)

(Continued from page 6)

when the adventure was over. Gulp! However, with a kiss and hug to each other, we pointed our bikes and trailers down the driveway and away we went.

It was probably a month into our trip that we finally let the adventure truly encompass us. It really took us that much time to realize that we were making good time and distance, our bodies were finally in tip-top shape from all the saddle time, we had our daily routines down for breaking and putting up camp, the weather was sunny and warm, the bikes were working like fine tuned machines with all of Charlie's daily maintenance, and we were meeting some wonderful folks along the way. Life on the road is good we were finding out.

The Northern Tier is a very scenic and beautiful route to bicycle. There are several passes to climb (they weren't really all that bad) with lots of variety of terrain and wildlife, and the incredible wildflowers along the roadsides had us using almost 2 gigabytes of memory for the camera by the time we finished the trip. Nice camping opportunities were readily available throughout the trip and only in rare instances would we find towns with none. We ended up camping two-thirds of our trip and moteling the other third; moteling was mostly due to damp and cool weather conditions we encountered with the hurricanes in the eastern U.S.

Our route had us pedaling through Oregon, Washington, Idaho, Montana, North Dakota, Minnesota, Wisconsin, Michigan, Ontario (Canada), New York, Vermont, New Hampshire, and finally Maine. In total it was 4,883 miles by the time we reached Freeport, Maine. We pedaled over 200 miles of Rail-to-Trails, found the Adventure Cycling maps to be very reliable, had only one flat, and really can say that we never felt "lost" because every day seemed like a good day to be on the road exploring whatever was around

the next bend. We averaged about 55 miles a day and kept easily within our \$50/day budget, that is, until we started staying at motels for the latter part of the trip.

At the end of the trip we arrived safe and sound back at our home in Corvallis on October 4th (flew home) and truly have found that after one has taken on such an adventure that we



Freeport, Maine — The End!

have a different outlook on life. Both of us love having some of the creature comforts of home, no doubt about that. However, living so simply on the road is a wonderful experience and very gratifying too. We found that we crossed paths with many solo self-contained bicyclists on this trip. I don't know how they handled all those "lonely" miles by themselves, because you sure do a lot of thinking when you are out there by yourself week after week. Taking on a trip of this magnitude with my favorite bike buddy was definitely the best experience for me, but one thing I have learned about bike touring is that there is no right way to tour, only the way that works for you.

A common question we are asked is, "What was your favorite state?" We have no favorite. The USA is full of wonderful states to see and I must say the people we met along the way made each and every place very special to us. "What did you miss the most on your trip?" Listening to music and having the time to read a good book are the first things

that come to my mind. Your days are sure busy when traveling self-contained and you don't have a sag vehicle and/or paid organization to assist. However, we sure felt footloose and free to wander at our own pace and stop where and when we wanted to stop. We have so many memories and stories that we could share with you of places and *Road Angels* that touched us, but then I would have to write a book because there just are too many to share in this article.

Now that we are home and settled in for the winter, I have asked Charlie, "What do you want to do when you retire in five years?" His response, "Well, I want to bicycle the Southern Tier". My quick reply back was, "Well, I want to pedal the Trans America Tier!" When I looked over at him, all I saw was a grin from ear to ear. I guess you know what we will be busy doing now, planning and mapping, whichever route we

do. I just hope you will consider pedaling across the USA, for it is an adventure you too can experience. You do not have to be Lance Armstrong or any other hardcore cyclist, REALLY! You just have to have the desire to explore the countryside at a slower pace than what you are used to and of course have the desire to meet the local folks. One thing I do know though, you will have no regrets and only wonderful memories. **Pedal On!**



GENERAL MEETING

Monday, April 18

Clare Keith, who has bike toured in South America for many years, will share stories illustrated with slides. It is safe, beautiful and economical. We do not have to go to countries speaking only English for bike touring. King Tin Restaurant, 1857 NW 9th Street, Corvallis, dinner at 6 pm, presentation 7 to 8 pm.

OUR RIDE CAPTAIN REPORTS

JOHN HENRY

We started out the year with some interesting weather. Snow, freezing ice and freezing fog kept a lot of rider's home this month (including myself) but we still had a decent amount of mileage for the month. The Saturday total for January was 3,789 miles. Adding the Wednesday ride total of 975 miles gave a grand total of 4,764 miles ridden by 130 riders for January. As would be expected, the year-to-date total mileage matched that number.

Mileage leaders for January (includes Wednesday rides) were **Walt Prichard**, 250; **Henry McCarthy**, 239; **Matt Mathews**, 183; **Ann Devine**, 174; **Jerry Rooney**, 146; **Milt Cardwell**, 146; **Gary Watts**, 145; **Dan Youngberg**, 141; **Betsy Reid**, 138; **Shung Chieh**, 133; **Joe Kirkvliet**, 129; **Bruce Harmon**, 112; **Jan Konzack**, 112; **Tim Corbett**, 112; **Becky Steinmetz**, 109; **George Shaw**, 109; **Lloyd Swanson**, 104.

We had 2 new riders this month - welcome to **David Bradburn** and **Joe Kirkvliet**.

Just as a reminder to everyone, if the pavement is wet, or has a chance of being wet, please use full fenders with a mud flap on the rear wheel. Stand behind your bike about a bike length away—if you can see the rear tire then the person behind you will be getting your wheel spray. Please be considerate of other club members.

February

Due to Lloyd's (World Traveler) vacation plans, and the resultant missing newsletter next month, I have compiled February's mileage just in time to make the deadline. (All kidding aside, have a great time, Lloyd and Grace) The Saturday total for February was 6,143 miles. Adding the Wednesday ride total of 1,302 miles gives us a grand total of 7,445 miles ridden by 180 riders for this month. We have a year-to-date total of 12,209 miles.

Mileage leaders for February (includes Wednesday rides) were **Lloyd Swanson**, 300; **Matt Matthews**, 295; **Dan Youngberg**, 228; **Henry McCarthy**, 228; **Maria Monteleone**, 228; **Terry Dibble**, 228; **Jeff Tobin**, 201; **Bud Ames**, 200; **Betsy Reid**, 197; **Jan Konzack**, 182; **Joe Monteleone**, 182; **Gary Watts**, 168; **Tim Corbett**,

167; **Ann Devine**, 162; **Robert White**, 155; **Walt Prichard**, 142; **Glenn Peltier**, 134; **Leon Ungier**, 132; **Jerry Rooney**, 131; **John Henry**, 129; **Jim Lofgren**, 121; **Mark Miskowiec**, 121; **Dave Wallace**, 120; **Josh Cooper**, 110; **Will Crawford**, 110; **Jim Gau**, 107; **Shirley Schoberg**, 107; **Steve Lucas**, 107; **David Maxfield**, 102; **Richard Burgess**, 101; **Rod Inman**, 100.

We had 2 new riders this month - welcome to **Brandon Reed** and **Tom Kirst**.

We have three riders who have not missed a Saturday ride so far this year. This is exceptional considering some of the weather we've had. Helmet's off to **Ann Devine**, **Henry McCarthy** and **Jerry Rooney** for their perseverance.

Speaking of perseverance, going back into last year, **Jerry Rooney** has not missed a Saturday for 22 weeks straight. How long will this streak go?

Midge Cramer Ride April 9

Ann Asbell

Get out and practice your "wing flappin" before April 9 when all records in our yearly Midge Cramer coasting contest will be challenged. Becky and Charlie Steinmetz perfected this technique at the end of the challenge last year, and blew away all previous records. In the Midge Cramer spirit, I refuse to micromanage this fun event and outlaw the "wing flappin" technique. Come join the fun. Midge used to challenge his students at OSU to this same contest. He usually won.

To start this special day, those that can drag themselves out of bed a bit earlier are invited to meet at the new Linus Pauling Middle School for the annual Kiwanis Pancake Breakfast. With the new location I hope more members will take this opportunity to socialize, eat a great breakfast, and support the local Kiwanis Club projects. Meet for the breakfast at 7 am. Tickets can be purchased in advance from most Kiwanians or at the door. Who knows - you might even win a raffle prize like my cute birdhouse.

The Cramer ride will begin at 8 am (first Saturday for summer hours). The 10 am riders should design their ride to take part in this event. A choice of routes will be available, but all will head back via Bellfountain Road where the coasting contest (let me emphasize COASTING) will take place. This year's coast has an added meaning. I often refer to the hill that we use as the O'Shea Hill because John Patrick O'Shea, a close

(Continued on page 9)

- 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

(Continued from page 8)

friend and OSU Colleague, lived very close to this hill. He passed away in November of 2004, and the cycling world lost a strong advocate and good friend. Pat helped me in the past by setting out the starting signs. I will miss his help.

Along the route Fig Newtons will appear, and, if you have a plaid shirt, join the Cramer spirit by wearing it on this special day. This is a good day to bring potential members. I look forward to seeing you on the O'Shea hill. Current record holders: Becky and Charlie Steinmetz, Walt Prichard, Susan Christie, Shirley Schoberg, Jill and Bob Leichti, Nancy Meitle and Jan Prah.

Bike Across the USA

Charlie and Becky Steinmetz invite you to come and see a slide presentation of their bicycle trip taken this last summer, "Bike Across the USA."

The two of them left on their self-contained trip June 15, 2004 and, after pedaling 4,883 miles, reached Freeport, ME on October 4.

If you would like to experience a bit of this incredible adventure as an armchair traveler, please mark your calendar and join them as they relive a unique four month "vacation" experience. This presen-

tation is sponsored by the OSU Outdoor Program.

Date: Thursday, April 14, 2004

Time: 7:00 pm

Place: LaSells Stewart Hall, OSU Campus

Cost: Free

Bicycle Safety Education Program

Josh Storer

The Bicycle Safety Education Program will be starting up again soon. I couldn't do it without all of the fantastic volunteers from MVBC. Schedules are not yet set, but classes will be running in Corvallis in April and early May and in Albany in late May and early June. Watch your email for announcements! Contact Josh Storer for more information: 541-757-5702 or josh_storer@corvallis.k12.or.us

Classified

1984 Raleigh Team: 53 cm seat tube, 53.3 cm top tube. Reynolds 753 steel, handmade in England. Suntour Superbe Pro components, Cinelli XA 110mm stem, Cinelli 44-66 bars, Mavic Reflex/open pro rims, 28 spoke. 6 speed (13-21) and 7 speed (13-26) freewheels, extra derailleur, extra shifters, etc.
\$475.00 Gary Watts 990-8815

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

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Meetings & Announcements

Future Events

April 24 - Monster Cookie Metric Century,
www.SalemBicycleClub.org
June 18-26 - MVBC Loop Tour I
June 19 - Watermelon Rides (50, 100, 200 miles),
www.SalemBicycleClub.org
June 25-26 - CycleOregon Weekend Ride,
www.CycleOregon.com
July 1-4 - NW Tandem Rally, Bend
July 9-10 - STP, www.cascade.org
July 13-29 - MVBC Great Alaskan Bike Ride
July 31-August 7 - MVBC Loop Tour II
August 13 - MVBC Covered Bridge Bicycle Ride
August 14-20 - The Oregon Bicycle Ride 2005,
www.OregonBicycleRide.org
August 26-28 - MVBC Crater Lake Rim Ride
September 10-17 - Cycle Oregon,
www.CycleOregon.com
September 25 - Peach of a Century,
www.SalemBicycleClub.org

General Meeting

Monday, March 21, 7 PM

Karl Haunold, Northwest Demo Promotions Rep,
Bike racing team mechanic and promotions. He
promises to talk about racing and demo bikes like
Madone's and a copy of Lance Armstrong's Tour de
France bike.

King Tin Restaurant, 1857 NW 9th Street
Dinner at 6 pm, presentation 7 to 8 pm

IMPORTANT SUBMISSION INFORMATION

Submit articles, stories and photos for the May
MVBC Spokesman no later than April 28.
Please send this material to the editor in Word
format:

Lloydvswanson@comcast.net

Please note: No Spokesman in April