

MID-VALLEY BICYCLE CLUB SPOKESMAN

December 2005

I generally try to make the best out of a poor situation and not talk myself into a bad time but,

Up front

by Larry Thurber, President

in spite of the Thanksgiving holiday I was feeling a bit down. I think it stems from the fact that time “off” during the holidays usually means that an inordinate amount of time is spent just preparing for the time “off.” In our humble abode, because we were hosting our small family, time off meant housecleaning before, and housecleaning after the festivities. Not a big deal, but where’s the time off? All the pre and post cleaning just seemed like more work and certainly wasn’t as much fun as the paying job I thought I was taking time off from. Combined with all the gray days and rain we’ve suffered through lately and my usual “winter blues” were bubbling to the surface. The weather wizards weren’t promising much of a day for the holiday weekend Saturday ride, but despite my gloom, I slowly and reluctantly, started preparing a fendered bike for the morning ride.

Given that I was feeling a bit down, my spirits started to rise early Saturday morning when it appeared we were going to have one of those good weather surprises we often experience in the valley. Instead of the predicted 60% showers, my guess was that we wouldn’t see much more than an occasional drizzle at worst. Knowing that a bike was ready to roll in the garage, I had a casual second cup of coffee and prepared for a good day. Unfortunately, as I was rolling my bike out of the garage (a bit beyond the last minute) I noticed a bulge on the front tire. Closer inspection showed a seriously damaged bead on the tire. Why I didn’t notice it the night before is a mystery. By the time I had the tire changed I knew I wouldn’t make the start of the ride. I was seriously “bummed” by the turn of events and started thinking of alternatives. It quickly occurred to me that I had just enough time to catch that “other” club on the east side of the mid-valley. At this point I have to admit that because of the limited amount of riding time I’ve had this year I’ve felt an obligation to ride only with our club. So I took it as a good omen that the opportunity to ride

with friends that I miss was suddenly thrust upon me. Plus, the ride turned out to be in one of my favorite areas, the back roads between Jefferson and Independence. And although I’m not usually in favor of a full lunch stop, the long over-due opportunity to visit with cycling friends over a plate of Mexican food on a cold, pre-winter day was certainly welcome. We had brief but welcome periods of sunshine and managed to dodge the rain for the entire ride. What a great way to cap off the day!

Do not anticipate trouble, or worry about what may never happen. Keep in the sunlight.
~Ben Franklin

On a higher level, I’m always amazed how the simple act of getting on a bicycle and riding with friends can brighten even the grayest of days. I sometimes wonder if the world would be a better place if everyone rode bicycles, or if

our friendly attitudes are simply bound together by our unique desire to move down the road under our own power. Go figure, we’ll probably never know.

So, now on to the serious stuff. The very first newsletter article I wrote contained these words: “Every successful organization I’ve been in has been due to the number of individuals who are willing to step up and be active participants. We are very lucky that we have had a number of people who take on the same tasks year after year. And if you go back in newsletter history you will

Also in this issue

Heart of the Valley Tandem Rally
Cycle Oregon Weekend Ride
Advocacy
UpFront
Biketopia

see that we have had a good mix of “old guard” as well as newbies. Therefore, the point I’m trying to make is NOT that we need MORE volunteers, although we always do. My point is that if you have never volunteered for an event, it’s fun, it’s rewarding, and it’s a good way to pay back the club and our communities for the opportunities the club affords us. You will probably see a number of “calls-to-volunteer” during the year. If you have the inclination, please step up, and help the club con-

(Continued on page 3)

Mid-Valley Bicycle Club
P.O. Box 1373
Corvallis, OR 97339-1373

www.mvbc.com

President

Larry Thurber
larry_thurber@comcast.net 967 8199

Vice President

George Shaw
georshaw@peak.org 757 8649

Treasurer

Richard Burgess
rwbcustom@aol.com 758 5006

Membership

Susan Christie
matnsusn@peak.org 754 1378

Recording Secretary

Rick Riper
gearheadosu@hotmail.com 367 8724

Ride Captains

John Henry
jhenry@proaxis.com 926 1157
&
Robert White
pup@comcast.net 753 9026

Designated Ride Leaders

10 am Sat—Jerry Rooney
jeroon@peak.org 752 6588

9:30 am Wed—Walt Prichard
prichard@proaxis.com 752 6231

Directors At Large

Betsy Reid
betsy_reid@comcast.net 754 0707
&
Steve Lucas
plumlucas@proaxis.com 753 3722

Advocacy Representative

Walt Prichard
prichard@proaxis.com 752 6231

Newsletter Editor

Lloyd Swanson
Lloydvswanson@comcast.net 753 5878

Webmaster

Mark Newsome
newsome@acm.org 752 5378

Advocacy

Walt Prichard

The end of the year is in sight and we have had several really good bicycle facilities completed the past year. I think the 53rd Street crossing to the Midge Cramer path was outstanding. The new Willamette Park multi-use path has to be the most used addition. The Circle Blvd to the Campus Way multi-use path may have suffered a fatal blow by a "not in my back yard" OSU administrator. I am still working on it but right now I need some very powerful help. If you can personally help get through the bureaucracy at OSU please call and I can fill you in on the details. This is a time sensitive issue.

Things to happen in the future. We have looked at the alignment of Kings Road into Crescent Valley or at least what can happen on the steep slopes to take up less land and still have bike lanes and sidewalks into the city. I am watching closely for the subdivision west of S 35th St. It is about the only hope to get bike lanes and a sidewalk on S 35th St to close that gap in the "Safe routes to school plan". The city has tried twice to get grants to do this project but have not been successful because of the high cost of getting around the railroad crossing.

I think the past year has been pretty successful. Have a happy holiday season and watch out for **ICE** and keep the rubber side down! Walt

PS. I need 3 more picture frames to put maps in. I have the materials; I just need someone to build them. 752-6231

Heart of the Valley Tandem Rally

June 30-July 3, 2006

You are cordially invited to the Heart of the Valley Tandem Rally (NWTR), hosted by The Mid Valley Bicycle Club for the 4th time since its inception here in 1986.

You can join us in pedaling some

of Oregon's most scenic roads here in the fertile, green Willamette Valley of farms, forests, rivers and hills. We have easy access to the Pacific Coast, Cascade Mountains and the high desert of eastern Oregon. Bigger cities with their amenities and airports are just an hour or two away in Eugene and Portland. Summer days begin with cool mornings followed by pleasantly warm afternoons. Rally routes will be varied in distance and terrain for all levels of riders. Self-guided touring will be available Friday and Monday should you wish to extend your stay. Catered meals include ride lunches, a barbeque, the banquet and a brunch on Monday. A Red White & Blues Festival (music) and an American Legion Baseball Tournament are also happening that weekend and of course the fireworks display, which can be enjoyed from the river bank.

Corvallis is among 14 cities recently recognized by the League of American Bicyclists as one of the most bike-friendly communities in the USA. Such cities accommodate bicyclists and encourage residents to bike for transportation and recreation. The city received one of two gold-level awards. All proceeds from NWTR 2006 will go to continued support of the bicycle education program in the local area schools.

Additional information and registration applications are available at our website (www.nwtr.org). We hope you will come to Corvallis and experience for yourself why it is appropriately called the "Heart of the Valley."

A coincidence? In 1995, 68% of children ages 7-11 rode a bike at least 6x/week. In 2004, 47% did. In the 1960s, 4% of kids were obese; today, 16% are overweight. *USA Today*, July 12, 2005



(Continued from page 1)

tinue our success...”

Looking back over the last year, we continued our streak of successes with a variety of worthwhile events, chaired by a host of great volunteers, topped off with our Annual Dinner and excellent turn-out of 72 people. One item I noted during the Annual Dinner was the age (yes “age,” not just maturity) of our club. When asked for a show of hands of anyone under 40 in the room, only one young man was able to be counted. To be completely honest, we had a small group of kids playing cards in the back room, but the point was obvious. Although many of us don’t feel or show our age many club member have been around a long time. Some have even been around a LONG, LONG time. And because of the time they’ve put in with the club, they’ve paid their dues. Which is a good thing. However, because so many members have been previously or continuously active with the club, it’s tough to find new leadership. Sooo..... the only blight on an otherwise great year, was the fact that I couldn’t find someone to replace yours truly for the office of president.

Those of you who attended the Annual Dinner know that I announced it is not a job I wish to continue doing. It isn't a particularly difficult job, and I found it to be considerably less time consuming than Covered Bridge director, and also less than the job of VP. However, in the last four years I've taken the jobs noted above, been a "member-at-large" and volunteered for nearly everything I was available for. Many club members have done much, much, more but I find the time commitment between work and club activities has impacted my ability to do much else. And I don't even have kids!

As I noted to our board members, I am willing to serve as "Acting President" until such a time a replacement is found, but with specific caveats. The caveats are:

a) I will be much stricter about the “no volunteer chairman, no event” policy which has been stated in the past. I will need your help in finding volunteers for club events. I am no longer willing to spend time calling people. I'm either not very persuasive, or I'm an easy person to say "no" to. I will put requests out via the newsletter and e-mail.

b) At the end of 2006, if I'm still in office, I will not feel an obligation to find new club officers. The bylaws state that we are to have a nominating committee. Most former club officers have been instrumental in helping find replacements for their own positions, so this shouldn't be a big deal.

c) I enjoy writing the front page newsletter article, so will continue to do so as long as I'm acting as president. My hope is that you've received some amount of enjoyment from my miscellaneous ramblings.

d) I plan on delegating as much as possible.

If you would like to consider taking on the job of president, or just want to know more about what the position entails, feel free to give me a call. Absolutely no pressure,

Max Headwind

My Teacher

Tired, dusty, days without a shower,
we pulled into the campground on San Juan Island.
There, beyond the houses on wheels of all sorts,
we parked our bikes, set up our tents

I exulted in my vacation, my break from work
In the restroom, beyond the sinks and the showers
a man was scrubbing the corners of the stalls

I pitied him.

"Sir, you're doing an amazing job. This place is so crowded
and the restrooms are so clean."

He stood up to his full height, with waders, bushy mustache,
and a pipe, and said

"This is a great job." He saw my expression of surprise.

"Let me show you. There's what the stalls all looked like be-
fore I came here

and here's what they are beginning to look like.

It takes a long time to get it done right.

But any job you can do right, caring about how you do it,
is a great job."

"Sir, you are my teacher, and I am your student,"

I thought as I left
and wished I'd said it.

and I've already mentioned I'm not very good about talking people into anything.

Anyway, I hope the last items didn't sound too defensive. They certainly weren't meant to. We have a great club and, with over 200 memberships (single and family), it will continue to be great. We have the largest variety of cycling activities of any club I know. Next year we host the 2006 Northwest Tandem Rally along with the usual club events. As far as cycling clubs go, it just doesn't get much better than this. Now.... If I could only find more time to ride my bike.....

One last note, our illustrious Webmeister, Mark Newsome, has switched the MVBC web site to a new ISP. Most of the changes are transparent, but you may have to change your bookmark if you have one. A couple of neat changes to check out are a web forum and a new ride calendar. Links are abundant. If you have a chance to check it out and you like what you see, please let Mark know.

Until next time ~ Larry



MID-VALLEY BICYCLE CLUB BOARD MEETING NOTES

Monday, November 28, 2005

Present: Larry Thurber, Richard Burgess, Steve Lucas, Susan Christie, John Henry, Betsy Reid, Walt Prichard, George Shaw, Matt Mathews, Henry McCarthy, Alan Acock, Rick Riper, and Yvonne Hilton.

Absent: Lloyd Swanson.

BTA Cycling Education:

Yvonne reviewed the cycling education program she's been coordinating in Corvallis and Albany. Approximately 375 children have been through the program this past year. Each class group (28-35 students) enrolls in a 5-day (2 hours/day) session. BTA estimates that it costs approximately \$800 per class to run this program. The board agreed to donate \$2500 to BTA for local cycling education. This is in addition to the \$1 per rider CBBT donation.

Board member transition:

New members Alan, Henry, and Matt were welcomed to the board, while outgoing members Betsy, George, John, and Richard were thanked for their service to the club. Larry has agreed to continue to serve as "acting" club president until a replacement can be identified.

Reports

Treasurer: Richard reports that our cash assets total \$10,443 (\$6,635 checking plus \$3,808 savings). The Tandem Rally committee has received \$1,500 in seed money from this past year's rally in Bend. The rally now has its own account to make tracking expenses cleaner.

Membership: Susan reported on "factoids" from the membership records. We now have 202 memberships, including 106 single memberships and 96 families/couples. The club gained 45 new memberships in 2005, compared to 17 in 2003 and 16 in 2004. We also lose about 2-3 members per month (dropped after failure to main-

tain dues).

Ride Captain(s): John has been working on the transition to the new ride captains, including articles for the remaining newsletters for the year and an archive CD of ride records. He will meet soon with Henry and Robert White to work out the rest of the transition details. John also reports that most of the bridges previously closed are now open.

Newsletter: The deadline for the next newsletter is today (November 28th).

Vice-President: George had nothing new to report.

Secretary: Rick had nothing new to report.

Advocacy: Walt reports that the proposed multi-use path from Circle to Campus Way may now be back up for consideration (reported as turned down last month). The county has asked for 3 more sets of cycling maps (laminated and framed) to post in Alsea, Blodgett, and Alpine. They will reimburse the club for the cost of materials for the project.

Old Business and Updates

Northwest Tandem Rally: Nancy Meitle reported (via email) that the brochure will be ready to send out by January 1st. Rides are being planned for Friday through Tuesday, with the Saturday and Sunday rides fully supported. Volunteers have stepped forward to lead many areas, but MANY more volunteers will be needed as the event gets closer.

Annual Meeting and Banquet: The final count for the event was 72, and the event seemed to go well! Thanks to Brian Cripe for the picture/video program again this year.

Covered Bridge Tour: The final rider count led to a donation to BTA of \$381 (\$1 per rider).

New Business

Bike Rodeo: The Timberhill merchants have decided to no longer sponsor the annual bike rodeo. Larry will

contact John Morris (one of the event coordinators) to get more details and to explore other alternatives for continuing this event.

Board Meeting Location: Richard and Lindy have graciously offered the continued use of their home for board meetings. This will allow us to keep a consistent meeting place – thanks Richard and Lindy!

Christmas Party: The annual Christmas party will be held Monday, December 12th.

New Website: Mark Newsome has moved our website to a new ISP. New features include a different calendar and a member forum. Thanks Mark!

Combine Board and General Meetings? The board discussed the possibility of combining these two meetings, but most felt that this would extend the meeting too long. We will look at including a brief review of board activities at the general meetings.

CBBT: With the NW Tandem Rally coming up this year, we may have trouble also getting sufficient volunteers for the Covered Bridge Tour. We also need a director for this year's CBBT. Larry can make the Roaring River reservation in January, but we will need a director by February 1st (when the reservation for Timber Linn Park needs to be made, along with other tasks started).

The next board meeting will be January 23rd

The meeting was adjourned and everyone enjoyed refreshments.

Respectfully submitted by Rick Riper

SB938 was signed into law (effective 1/1/06) which permits cyclists to legally leave the bike lane to avoid debris and other hazardous conditions, to turn or go through an intersection, or to pass other cyclists. The law will also allow cyclists to legally pass on the right in a shared lane of traffic when it is safe to do so, including using the shoulders and on wide lanes. (But be careful when passing cars on the right at a stop sign/light as they may not see you when they execute a right turn without signaling.)

MVBC EVENT CALENDAR: December 2005/January 2006

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: John Henry 926-1157 & Robert White 753-9026. 10 am Ride Leader: Jerry Rooney 752-6588

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

December 3, Saturday, 9am - Kings Valley Store or Decker Road

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

December 10, Saturday, 9 am: Albany/Knox Butte/Tangent or Albany/Riverside Drive

- Long Ride: Independence Hwy/Metge to Albany/Knox Butte back via Tangent Dr, 47 miles (B300)A
- Short Ride: Independence Hwy/Springhill to Albany back via Riverside Drive, 33 miles (B140)A

December 12, Monday, 6:30pm: Annual Holiday Potluck Party, Burgess' house \$5-\$10 limit gift exchange - Contact any officer if you need directions to the party

December 17, Saturday, 9am: Come 'on out - you'd rather ride than shop!

- Long Ride: Bellfountain Road to Bellfountain back via Irish Bend. 53 miles (B360)C
- Short Ride: Bellfountain Road to Decker Road back via Philomath. 35 miles (B220)C

December 24, Saturday, 9am: Christmas Eve Ride (or else shopping)

- Long Ride: King's Valley 61.2 Miles (C510)
- Short Ride: Decker 33 Miles (B170)

December 31, Saturday, 9am: New Years Eve Ride....Be Careful!!!

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

January 1, 2006, Sunday, 9am: Meet at OAC: Annual News Year's Day Ride to Breakfast in Albany Riverside Dr to Elmer's Restaurant; back via N.Albany/Metge/Independence Hwy, 32 miles (B110)E

January 7, Saturday, 9am: Monmouth or Suver

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

January 14, Saturday, 9am: Harrisburg or Decker to Philomath

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

January 21, Saturday, 9 am: Tour of Plainville or Saddle Butte

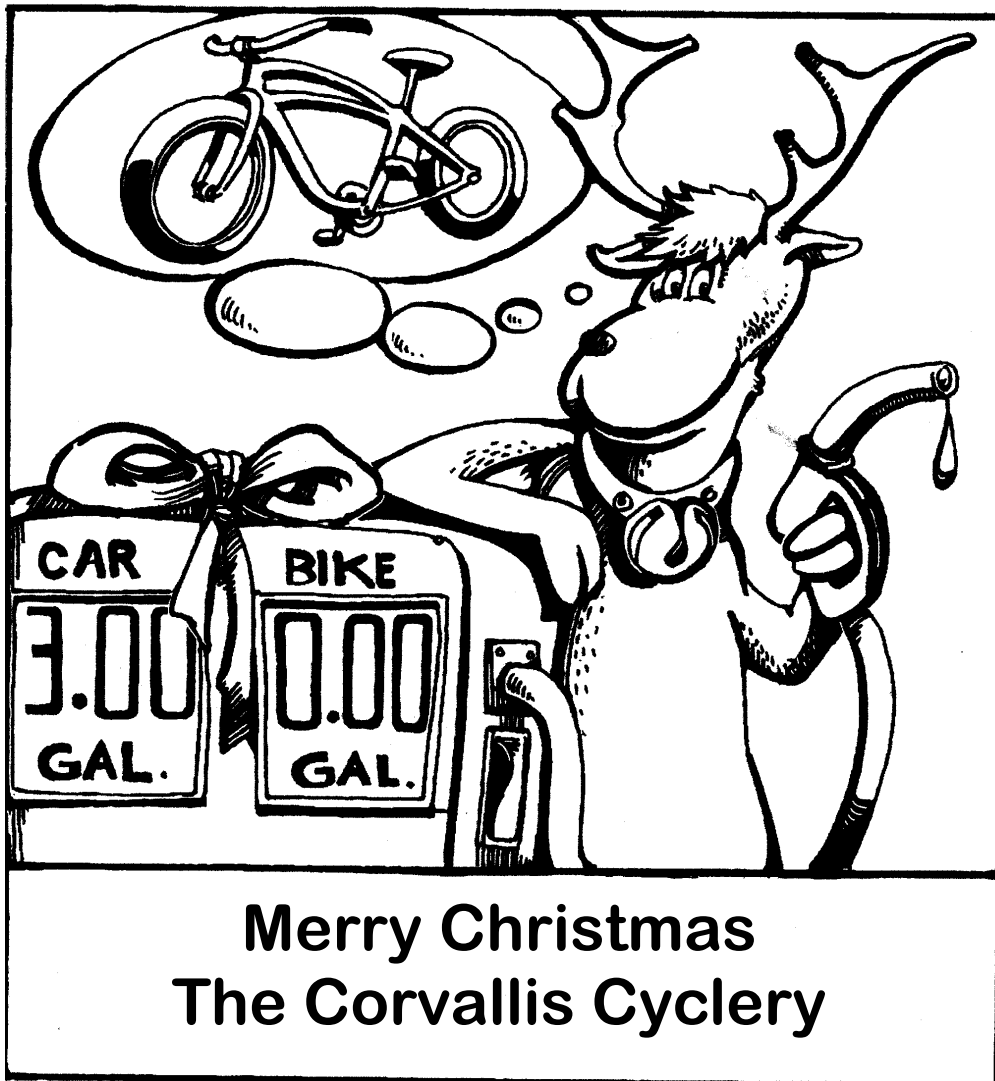
- Long Ride: Shedd to Lebanon back via Tangent. 59 miles (A420)D
- Short Ride: Shedd to Saddle Butte back via 7-Mile/Tangent. 37 miles (A230)D

January 28, Saturday, 9am: Kings Valley Store or Decker Road

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

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.



**Merry Christmas
The Corvallis Cyclery**

our bikes to explore Champoeg, stop by the visitors center, and follow the familiar Cycle Oregon signs to see if we could figure out what the Saturday morning departure set-up would be like. Hmm. The check-in area and ride start would be at the end of the park opposite from the camping area. It was good we checked! We arranged with Galen and Cindy, our camping neighbors, to carry our baggage over to the start area in their truck, which they planned to leave in the designated parking field near the start.

Thanks to the excellent information provided by Curt Coleman and Don Bolton, we had no trouble finding the Butteville general store and deli at the end of the multi-use path through the park. We rode there early in our exploration of the park for sandwiches and mochas, which we enjoyed as we relaxed on the deck outside.

Later, back at camp, we saw Curt! He drove up in a snazzy little sports car convertible, with his Australian shepherd, Charlie, belted into the passenger seat.

That was a special treat! Curt had come out to the park, hoping to “meet some friends,” he said.

Along toward evening, we packed everything we would need for a shower on the backs of our bikes and headed back to Butteville along the path. Friday night is regularly pizza night at the general store and the promised entertainment



Matt & Susan's campsite at Champoeg

for the evening was a “piano bar.” We perched on stools near a huge barrel for a table, feeling like we had hopped a time machine to the late 19th century. I didn’t expect to be very hungry, but I easily demolished my half of our pizza.

There were two pianists, and what a contrast. The first was a neatly dressed and coiffed woman who played quite competently and sedately from a selection of old and new

(Continued on page 7)

Willamette Valley Scenic Bikeway Inaugural Ride

Cycle Oregon Teams with Oregon State Parks
Otherwise known as the Cycle Oregon Weekend 2005 ride

Susan Christie

Part I. Friday at Champoeg

Box elder bugs (I think), hundreds of them, and it was obviously mating season. I know nothing of their gestation period, but at some point, there will be many, many more! They appeared all over our tent, our bikes, and our bags within minutes after we had set up camp at Champoeg Friday night. But, wait, that was an oak tree we camped under.

Matt and I arrived at Champoeg early afternoon on Friday. Our friend, Steve Lucas, rode up with us and drove our car back home, intending to stop for a little fun of his own along the way. He said something about a big retail sports store and fishing equipment.

After curiously observing the bugs for a while and getting acquainted with neighboring campers, we took off on

(Continued from page 6)

pop music and show tunes, which she had practiced and memorized. The second was a grizzled, laughing fellow, with wild hair and beard, who had taken perhaps two (he claimed) piano lessons in his entire life. He proceeded to cut loose with a sort of western-style boogie woogie and singing that soon had the audience quite enlivened.

We spent a few minutes after the evening's entertainment talking with some of the local citizens who were curious about our Gold Rush recumbents and about the weekend ride. Everyone was very friendly and we enjoyed the camaraderie.

Back at the campground, we visited the "A" loop for a shower, which was very nice, and you didn't need quarters! As we rode out of "A" loop afterwards and back on to the path, a family of casual riders came around the corner, and I didn't totally avoid a collision with one of the kids. She was leading the way and clearly had no expectation at all that there might be other riders on the path. I saw it coming and moved quickly off the right edge of the path, but she still sideswiped the rear end of my bike as she swooped around the corner. It made her fall, but she wasn't hurt.

Before we crawled into our tent for the night, we wandered around the camping area to see how many familiar faces we could find. We knew Arne, a friend and member of our local bike club, would be there, and it didn't take long to find him and his wife Janet. A rider from Yakima soon joined us and we all talked for a while. I sure hope he enjoyed his ride through our part of Oregon. We didn't see him again to see how it went.

By dark, all the bugs had completely vanished. It remained only to pick a few out of the tent and out of our baggage.

All this, and we hadn't even started the ride yet!

Part II. Champoeg to Monmouth

By early Saturday morning, all the usual Cycle Oregon apparatus was in

place, having magically appeared during the night. Bananas, Fruit Leather snacks, energy bars, and water were available to get us started, packet pickup was well-organized and efficient, and there were plenty of blue rooms. We found Galen and Cindy's truck, retrieved our bags, and loaded them onto the baggage truck.

An espresso vendor would have done quite well. All around us, riders were asking if there was coffee. We missed it, but we did just fine.

We didn't head out right away, but hung around to look for other Team Bag Balmers. We met Dave and Rodger right away.

Saturday's ride was through less familiar territory for Matt and me. We had previously visited Champoeg and the surrounding area only as part of the Salem bike club's Monster Cookie ride. The early morning miles were easy, cool, and scenic. The miles seemed to roll by quickly, but since this was an R&R ride for me, following several weeks of intense work, I didn't care about "how far, how fast." Anyway, I don't claim to be an athlete, more of an adventurer.



Jay Graves fixing bikes at Willamette Mission State Park

Don Bolton greeted us at the first food stop, which was fun. By then, we had stopped watching for coffee shops, and were happy to see the excellent selection of drinks and a variety of bagels with all-natural peanut butter.

The lunch stop in Willamette Mission State Park was excellent, I think one of my favorites of all time. The park is lovely, and there were "living

history" characters at the lunch site to teach us something about the culture and history of the area.

As we wandered along the park road, following the signs to lunch, wonderful barbecue smells came wafting to meet us. Wow! A hot lunch! I had selected the vegetarian option, which turned out to be a barbecued veggie "stack." I had been curious about that, because on the menu page of the Cycle Oregon website, it is listed as a veggie "snack," which left me wondering how substantial a meal it might be (it was more than adequate!).

As we left the park, we crossed the river on the Wheatland Ferry, which everyone seemed to enjoy. It was very like the Buena Vista ferry south of Independence, which we use often on our regular rides.

We knew the only substantial hill of the day would come not too long after lunch, up in the Eola Hills west of Salem. But I think most of us had underestimated the intensity of the hill. It would be interesting to know the percent grade. And it was hot. I definitely noticed it on my Gold Rush, which isn't totally rehabilitated yet. We were there early, with other experienced Cycle Oregon riders, who know what to expect, but nevertheless, there was lots of whining. There was a welcome water stop at the summit, near a winery. We decided to christen it the "whinery" stop.

From that point on, we began to see lots of friends and riding buddies serving as course monitors. Cycle Oregon contacted two of our mid-Valley bike clubs several weeks ago, seeking volunteers to help monitor the course. In return, Cycle Oregon will contribute to our club funds for our school bicycle education programs. A win-win deal, all the way around. It was fun to greet, and sometimes surprise, our friends on the course.

From Salem on south, we were traveling on our regular training and recreational routes. We really enjoyed hearing the impressions of riders who

(Continued on page 9)

OUR RIDE CAPTAIN REPORTS

JOHN HENRY

The Saturday total for October was 5,381 miles. Adding the Wednesday ride total of 815 miles gives us a grand total of 6,196 miles ridden by 151 riders for this month. We have a year to date total of 101,091 miles.

Mileage leaders for October (includes Wednesday rides): **Dan Youngberg**, 296; **Henry McCarthy**, 235; **Lloyd Swanson**, 216; **Tim Corbett**, 207; **Lyle Dalton**, 186; **Walt Prichard**, 177; **Ann Devine**, 174; **Yvonne Hilton**, 173; **Alan Acock**, 168; **Leon Ungier**, 168; **Ryan Larson**, 160; **Matt Matthews**, 155; **Shirley Schoberg**, 151; **Jerry Rooney**, 146; **Milt Cardwell**, 135; **Robert White**, 129; **Alan Woods**, 123; **Joe Monteleone**, 123; **Susan Christie**, 120; **Jim Munford**, 110; **George Shaw**, 102.

We had 6 new riders this month, welcome to **Bruce Hecht**, **Jennifer Lefave**, **Scott Gustafson**, **Scott Olsen**, **Stuart McKim** and **Dacey Mercer**.

The Saturday total for November was 3,973 miles. Adding the Wednesday ride total of 130 miles gives us a grand total of 4,103 miles ridden by 93 riders for this month. We have a year to date total of 105,194 miles.

Mileage leaders for November (includes Wednesday rides): **Glenn Peltier**, 275; **Tim Corbett**, 235; **Ann Devine**, 235; **Eric Ahlvin**, 235; **Yvonne Hilton**, 183; **Dan Youngberg**, 174; **Henry McCarthy**, 174; **Shung Chieh**, 174; **Alan Acock**, 133; **Matt Matthews**, 125; **Leon Ungier**, 122; **George Shaw**, 106; **Jeff Tobin**, 104; **Bruce Harmon**, 101.

We had 1 new rider this month, welcome to **Rick Brewer**.

Atlantic Coast Riders Wanted

George Shaw

I plan to ride the Adventure Cycling Route from Bar Harbor, Maine to Florida, from September 1 to October 31, 2006 with 6-10 friends!

We are hoping to ride south about 60 miles a day, and have one rest day a week. We will rent a U-Haul to carry our gear and either find someone to drive it or

take turns driving it. Hopefully we can stop to see friends like the Jill & Bob Leichti in Rhode Island, Mary (Tim Corbett's sister in Maine), and, if the group desires, we will go to places like New York City for a play, and Washington D.C., just to see what we can see.

I have purchased maps from Adventure Cycling and the roads look like they are mostly inland, but less traveled than expected. The cost for each rider (splitting the cost of the U-Haul, gas, airfare, food, lodging) will probably be about \$3-4,000 each.

I have picked a September start because Mary told me the biting bugs are fewer in Maine at that time, fall is in full color, plus school vacations will be over with a little less traffic on the back roads. Also, my daughter and daughter-in-law are expecting to have babies in April and July and I would not dare miss that!

I need help planning the trip, so if you are interested in helping or riding with me, please call me at 541-757-8649.

Biketopia Timeline

From The Oregonian, Sunday, September 25, 2005

1971: Oregon is the first state in the country to pass a law that requires at least 1 percent of the state Highway Fund be spent on bike and pedestrian routes,
1988: A thousand riders sign up for the first Cycle Oregon and pedal from Salem to Brookings. (This year, 2,000 retraced the Oregon route taken by Lewis and Clark from Boardman to Astoria).

1990: The Bicycle Transportation Alliance is formed in Portland. It grows to be one of the most powerful local bicycle lobbies in the country.

1991: Congress passes the Intermodal Surface Transportation Efficiency Act, which for the first time frees up hundreds of millions of federal dollars for bike and walking projects.

1995: Portland is named Best Cycling City in the U.S. by Bicycling Magazine.

2003: League of American Bicyclists names Portland as the only large city to win a gold award for bicycle friendliness.

2005: Corvallis also wins the bicycle league's gold award, joining other gold cities Palo Alto, Calif., and Boulder, Colo.

2005: Congress passes a new transportation act that contains \$3 billion for bicycle and pedestrian projects over the next five years. It includes \$612 million to develop safe routes to school to encourage more children to bicycle and walk.

- 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 7)

were experiencing the area for the first time. It made us appreciate everything anew.

On the way into Independence, we made an impromptu food stop at the wayside lemonade stand of an enterprising young fellow, who looked to be 9 or 10 or so. For a quite reasonable price, he provided very good lemonade and tasty chocolate chip cookies.

We didn't linger long in Independence, because we ride there frequently, but we were happy to see groups of bikes parked outside most of our favorite places. In Monmouth, at the university, we found our bags among the stacks amazingly quickly, and two charming students soon appeared to carry them, and our Gold Rushes, up to our dorm room, which turned out to be on the same level as the dining hall. Third floor, was it? The sherpas effortlessly transported the bags and the bikes up to the room, showed us how to work the lock and key, and left us to get comfortable.

Our dorm room must have been in the luxury district. We even had a private bathroom and shower. It was much nicer than many hostels we have visited. We were amused by the Cycle Oregon soap and shampoo, and the embossed gold-covered Cycle Oregon chocolate on the pillow. It's the little touches like that—no wonder we love Cycle Oregon and keep coming back, even when the rides are on our own turf.

Having showered and settled in, we went in search of, and soon found, iced mochas, the best post-ride recovery drink we know of. We carried our drinks over to the park

downtown to see what might be going on.

As we walked into the park, I was surprised to see an Amazon green parrot on the grass. Having great respect for the creatures, I walked over and knelt down to greet it. It immediately stepped onto my hand and walked up my arm to my shoulder, where it perched as if it intended to stay for a while. Not shy for long, it soon began talking quietly into my left ear, as if this was to be a confidential conversation, shared only by us two. Thus honored, and seeing only a young boy nearby, but not the parrot's adult owner, I assumed I should stay put for a while, so I sat down on the grass, and Matt went off in search of a newspaper.

Several familiar people came by and stopped to chat, but it was strange...when I tried to talk with them, the parrot kept talking louder and louder, and of course it could talk much louder than I can. The more I raised my voice, the louder the parrot got. And then, when our friend Arne came over and stood close by, laughing, the parrot began muttering ominously in a low male voice.

(To be continued)

Classified

For Sale: Bike Friday New World Tourist folding bike for sale. Excellent condition - bought new in June 2005. Contact Shirley for details. 541-979-1129. sschoberg@peak.org



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

Address Service Requested

Is it
time for
you to
renew?



Mailing Address
Goes Here

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

December 12, Monday, 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 December 27.

Please send this material to the editor in Word format:

Lloydvswanson@comcast.net