

MID-VALLEY BICYCLE CLUB SPOKESMAN

February/March 2006

Up front

by Larry Thurber, President

Living in the Northwest has caused us to develop some phrases that seem to go against common understanding throughout the rest of the U.S. For example; the term “sun break.” We certainly don’t define it in our neck of the woods as a “break” from unrelenting sunshine. (As if such a thing exists in Oregon!) So I had no immediate reaction as I shuffled out the door from work one night during a brief rain-less moment and a co-worker quietly noted as we walked to our cars, “at least it’s dry.” “Yup,” I agreed, “at least it’s dry.” What he really meant, and I fully understood, was that it wasn’t pouring down rain. No mad dash to the car. No driving rain invading the interior of my car. No drops on the glasses to wipe off before hittin’ the road. No matter that it had only stopped for 5 minutes. Yessirree Bob, it was dry!

It wasn’t until I was on the highway, after I heard the radio disc jockey announce we had just completed the rainiest 31 day period in the mid valley since the mid 1880’s, that I started thinking... By who’s definition was it “dry?” After all, I still can’t walk on my lawn because I’ll lose my shoes in the mud, I’ve got moss growing on my concrete, my bike gloves and shoes won’t dry out in the garage, and my arthritic knees have me thinking about buying stock in Aleve!

So, once home, I dragged out my trusty Funk and Wagnall’s Standard Encyclopedic Dictionary. (Did you notice the word “cyclo” in there? What’s not to love about this dictionary?) The resulting definition is what you see near the top of this page. So by what absurdity did we decide that it was dry? And to add to the nonsense I realized the same crazy definition of dry popped up the previous weekend during a particularly wet, cold, and windy, 45 mile ride. After what seemed like hours of nearly continuous rain fall, it eased up to a drizzle on the last 5 miles. And at the end of the ride someone mentioned...yup, you guessed it, “at least the last 5 miles was dry.” To which we all heartily agreed that it was a nice way to end the ride. Never mind that we were all cold,

wet and soggy. Never mind that I swallowed road grime from the fenderless bike in front of me for the last 5 miles. Never mind that my bike was the biggest, muddiest mess that I can remember. It was a good ride because the last 5 miles were **DRY**.

Admittedly, I haven’t been riding much since the monsoons started last November. But I proved to myself, once again, the THOUGHT of riding in the rain is much worse than the ACTUAL ride. Make plans to hang onto this idea and continue riding through the winter. It will give you a head start on the nice spring weather to come. In the spring, you will be able to blow past the folks who just dragged their bikes out of storage. And who knows.... Maybe it will be dry!

In other news, we have a new location for our monthly general meeting. Thanks to the efforts of a small committee of board members, we will meet at the Osborn Aquatic Center starting with the Feb. 20th meeting. Kay and Enrique Semadeni, owners of Corvallis Cyclery, will present their self-contained tour of “Spain by Bicycle.” It’s going to be a great show and a chance to check out the new digs. Be aware that the meeting at Osborn is a special privilege extended to our club. The Aquatic Center will be closed to the public during the time we will meet. Please be prompt or you may not be able to get in. This includes people with initials JM!

And in other good news, we have filled our event calendar with chair people, with the exception of the Covered Bridge Bicycle Tour. We’re still continuing to make reservations with the hope someone will step forward to chair this event. Also, Nancy Meitle would like to train someone to take her spot NEXT year as chairperson of the Crater Lake Tour, as she won’t be able to do it. If you would like to take on either of these positions, please contact me or one of our board members.

I’ll see you down the road. Larry

Also in this issue

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- Pacific Coast Ride—Reid’s

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Advocacy

Walt Prichard

Such a deal - 2 months for the price of one. I guess that means I need to work twice as hard. Actually I have several things to talk about this month. I will start with the bike accident where the lady was hit by a truck and dragged down the street. She has written a couple of good letters to the editor. Last week she and several of our members attended the Corvallis Bike Advisory committee and asked them to take some action. I am sure they will but we need to research what is needed. We surely don't want a policeman on every corner as they will only catch the slower prey and that will be bicyclists. A few sting operations will catch a few and then we will have a few more on the road with a bad attitude about those #+*&% bikers and I will show them! Really we need some kind of education that will get to the inattentive folks who are just wandering around on the road in their little world going somewhere. Do you have a magic solution? I don't but would sure like to hear yours. Maybe one would be to solicit the insurance agents in the Corvallis area to send out instructions on how to drive around bicyclists. Anyway, the Bike Advisory Committee will be looking into it. I suggested that a grass roots effort could be mounted by individuals to get all bicyclists to wear bright colors all the time and to suggest to the bike shop owners that black everything in their shops is not a good color for safety. Injured bikers don't buy new bikes! See what you can do.

While on the subject I looked over the police report for 2005 and found 14 bicycle accidents and more than half the bicyclists were at fault. Several even got tickets. In fact we could start a dumb bicycling column with some of these. Just remember they all hurt someone; don't let it be you.

Better news! For the last eight or ten years the Advisory Committee and the City Council have wanted an east/

west bike route across downtown. We have really worked on it and the downtown businesses have opposed everything we tried. They were afraid that they would lose a parking space and they would all go broke. (Fill in your own comment) We have been working on it again with staff and came up with another solution. **SHARE THE LANE.** Going east on Monroe you will soon find some chevrons painted on the right hand lane of the street saying to "share the lane" and a bicycle. They will go to 1st St. On Madison you will find the same chevrons and bicycles in the right lane going west to 5th St. Fifth Street has bike lanes going both directions. I sure hope you like this idea and give it a chance to work and use it. I also hope the downtown merchants get used to the idea, as they didn't lose any parking spaces. I don't know if I will take my 5-year-old granddaughter through there until I have tried it a few times. However, it will make me feel a little safer taking the bike lane. I think that is enough for now. Pray for sun and keep the rubber side down.

Report on January Club Meeting

Alan Acock

The January club meeting was the worse of times and the best of times. It got off to a bad start when King Tin said we did not have a reservation. I know we did because I made the reservation myself.

Dan from the Corvallis Cyclery was the presenter and he offered to bring the group to the Cyclery. This made the meeting the best of times. The group had the opportunity to watch Dan build a wheel and Dan answered all the questions about wheels that the members had. We now have about a dozen members who know a lot about building wheels. One of these members told me he was planning to build a wheel himself but now knew enough about wheel building to have Dan do it for him!

Loop Tour

Dan Youngberg

The Loop Tour registration form is in this issue of the Spokesman. It may be photocopied. Since Loop Tour is for members only, the registration form will not be on the web.

The first tour will begin on June 17 and end on June 25 while the second tour will take place from July 29 through August 6.

As announced at the MVBC Annual Meeting, the route will mostly reprise the 1999 High and Dry tour. Unfortunately, we were not able to pull together all of the variation that we were thinking of at that time. Nonetheless, the variations that we have accomplished should make this route better than ever.

Leave from Prineville. Day 1, Post (store); Day 2, Izee (community center); Day 3, Seneca (Parish Cabin CG); Day 4, John Day; Day 5, Spray (RV park); Day 6, Fossil (school); Day 7, Antelope (RV park); Day 8, Madras (fairgrounds); Day 9, return to Prineville

At a little over 400 miles, the route is on the short side for a Loop Tour. However, the route makes up for that with a few long, hilly days. While showers will not be available at Post, Izee, or Parish Cabin, we do expect showers at all of the other camp sites.

We do not expect any hard limits on the total number of riders. However, there may be limits due to sag capacity. If you must have gear sagged, you would be well advised to get your registration in immediately after the forms are sent out. If there is any way that you can carry all or some of your gear, that would definitely help.

The traditional Group Dinner will be catered in Spray by the same person who did it in 1999. In addition, three 'fund-raiser' meals are being put on by local schools: breakfast in Spray; and dinner and breakfast in Fossil. The cost of these fund raisers are not included in the registration fee.

Registration fees remain the same as last year: \$55 for adults, \$27.50 for children 16 and under. We are also keeping the same sag fees: \$45 for adults, free for children under 16 and seniors 65 or older. Free sag must be requested at registration. The number of people who may sag for free will be included in the overall limitation on the number of sags available.

If you have questions, contact anyone on the Loop Tour Committee: Richard Burgess, Will Crawford, Yvonne Hilton, Betsy Reid, George Shaw, Charlie Steinmetz, Lori Wilson, Ron Waschmann, or Dan Youngberg.

Rolling Feast Ride

Becky Steinmetz

Springtime is always such a special time of year to get out for a bike ride and it is even more special when food stops are included on the route! This year the Rolling Feast Ride will be held Saturday, May 13th, and already I am feeling the flowers will be showing their blossoms by then, it

Max Headwind Sun Break

Weeks of rain give way to a Sunday sun day
suddenly birds appear from wherever they hide
moths come out of their silk capsules
crocus shoots push their way through the soil
grape buds begin to appear, poking through last year's bark

and I'm in my driveway, pumping tires
oiling the chain
and, shivering a bit from the breeze
thighs burning as they fight gravity
shaky with the memory of the back brace
from my last big ride
I head out onto the street
at last!

will be great to see so many old and new smiling cycling friends, throw in some great food stops and the Rolling Feast will be another very memorable and delightful day of pedaling some of our local roads.

Now that I got your attention and you are thinking, "Hey, I am definitely ready for this ride," I would like you to also consider helping out with the success of this annual MVBC ride. We need to have three volunteer houses as food stops. It would be great if you would consider offering your garage, barn, or covered porch area as a food stop for some smiling and very appreciative cyclists. To make this ride an official rolling feast, we need a mini-breakfast stop, a mid-morning snack stop, and a lunch stop. Each stop is only to offer enough food to curb the cyclists hunger pains and to push them on to the next stop. Oh, and remembershhhhhh....the food stops are kept a secret from the cyclists until the day of the ride when they are given route sheets.

So please consider offering your place as a food stop. I promise it is very easy to run, the costs of the food supplied to cyclists is covered by MVBC, and hopefully you will find your heart filled with warmth and happiness with helping make this yet another successful bike ride that MVBC is known for putting on.

Charlie and I look forward to organizing this annual bike club ride this year. Larry Thurber has graciously offered to help with mapping the route once we get three food stops. Please feel free to email us at cbsteinmetz@msn.com or call us at 745-7612 for more info about volunteering your place as a food stop. Thanks for your help and remember to mark Saturday, May 13 as a day to pedal, eat, and meet lots of fun folks in our bike club!



MID-VALLEY BICYCLE CLUB BOARD MEETING NOTES

Monday, January 23, 2006

Present: Larry Thurber, Richard Burgess, Steve Lucas, Susan Christie, Walt Prichard, Matt Mathews, Henry McCarthy, Alan Acock, Rick Riper, and Nancy Meitle.

Absent: Lloyd Swanson.

Reports

Treasurer: Matt reports that our cash assets total \$8,194 (\$4,386 checking plus \$3,808 savings). He also shared a thank-you letter from the BTA for our recent donation of \$2500 for cycling education.

Membership: Susan noted that we have had few new members this time of year. She will send our membership database to Henry, who will explore other types of reports that might be pulled from the data.

Ride Captain: Henry reports that riders last Saturday encountered high water between Monroe and Harrisburg.

Newsletter: The next newsletter deadline is February 10th, then a long gap until April 1st for the following issue.

Vice-President: Alan reports that the speaker for the February general meeting will be Enrique Semadeni, who will give presentation on his cycling trip to Spain. Larry offered to locate a digital projector and screen for the meeting.

Secretary: Rick had nothing new to report.

Advocacy: Walt reports that Benton County is sending him to the NW Transportation "Road Ecology" Conference in February. He also notes that a slide has occurred on South Fork Road between Alsea and Alpine; the county is working to clear it up.

Old Business and Updates

Northwest Tandem Rally: Nancy Meitle reports that the brochures for the event are nearly finished and that the Corvallis Visitor's Bureau will be mailing them out for us. Based on recent NWTR's we are planning for 400-500 tandem teams. Routes for the rides are in progress, with two larger supported rides on Saturday and Sunday.

There will also be a "get acquainted with Corvallis" ride on Friday and another unsupported ride on Monday. Burton's will be catering the banquet as well as a chicken BBQ and brunch. We are getting volunteer help from outside the club for some of the rest stops. Nancy also wants to note that she's NOT the chairperson for this event! ☺

New Business

Events:

The Midge Cramer ride will be held April 8th; Ann Asbell is leading.

The Rolling Feast is being co-led by Larry Thurber and Charlie and Becky Steinmetz, and will be held the second Saturday in May.

The Ashley Molk Memorial Marys Peak ride will be held again July 4th, with Eric Ahlvin leading.

Nancy is chairing the Crater Lake Rim Tour again this year, but NEEDS an understudy as she won't be available the following year. She noted that the organization for this event is well established, so it would be easy for someone else to pick up. This will be held the weekend of August 25-27.

Reservations continue to be made for the Covered Bridge Tour, but this event STILL NEEDS a leader! This event is also well-scripted and can use some new faces. The CBBT will be August 12th.

The Loop Tours will be 6/17-25 and 7/29-8/6. The start/end point will be Prineville.

General Meeting Location: Alan reports that a reservation mix-up occurred at King Tin for last month's meeting. There is also another large group that meets the same time each month at King Tin as we would like to. Alan, Susan, and Walt will search for a new meeting location. Features sought include a consistent place to meet each month, good acoustics (quiet), accessible to most club members, and if possible the ability to buy and eat dinner. The board agreed to consider a location that charges for use, as long as the fee is reasonable.

New Director At Large: One director at large position is usually taken by the previous club president, but since Larry is still the acting president that transition hasn't occurred. Walt has a lead on a possible candidate.

Website Forum: As part of moving the clubs website to a new ISP, Mark Newsome has added a forum feature. This has very few postings yet; many club members may not know about this new feature. Those familiar with web forums in other organizations know that they can be a great communication tool. Check out ours!

Club Direction: General meeting attendance is down; volunteerism seems to be down; what's happening to our club? The board discussed the MANY activities that the club is involved in – something for everyone! But that also means that we're spread pretty thin, especially during a year that includes a very big event like NWTR. While some of the newer board members are stressed about this trend, a couple of "old timers" assured us that these kinds of cyclical changes in the club direction are typical. One key is to continue to bring in "new blood" to help on the many events – many of ours have been refined and run like well-oiled machines, but new ideas are continually needed to keep the events fresh. Henry had one such idea to help encourage participation on Saturday rides. The board OK'ed the funding of "door prizes" periodically, and Henry will develop a format for this.

The next board meeting will be February 27th.

The meeting was adjourned and everyone enjoyed refreshments.

Respectfully submitted by Rick Riper

A Brief Explanation

There will not be a March Spokesman as we'll be in Arizona that month.

On another note, the Doctor has grounded me for 3 months following a prostatectomy in mid-January. The good news is that the pathologist's report was positive and the prognosis is for a complete recovery (but no biking until April!).

The Editor

MVBC EVENT CALENDAR: February/March 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: Henry McCarthy 758-3012 & 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

February 4, Saturday, 9 am: Think of Spring as you battle those headwinds

- **Long Ride:** Shedd to Lebanon back via Tangent. 52 miles (A-340)
- **Short Ride:** Harvest Drive to Shedd back via Tangent. 34 miles (A-210)

February 11, Saturday, 9 am: Might be wet, will be cold

- **Long Ride:** Bellfountain Road to Bellfountain back the same route. 40 miles (B-240)
- **Short Ride:** Bellfountain Road to Peterson Road back via Philomath (bakery stop required). 29 miles (B-090)

February 18, Saturday, 9 am: Might be cold, will be wet

- **Long Ride:** Independence Hwy to Monmouth back via Hwy 99. 44 miles (B-270)
- **Short Ride:** Independence Hwy to Sver back via Hwy 99. 31 miles (B-120)

February 20, Monday, 7 pm: General Meeting at Osborn Aquatic Center; Kay & Enrique Semadeni

February 25, Saturday, 9 am: Big winds today, you guess from where

- **Long Ride:** Philomath to Kings Valley back via Airlie. 46 miles (B280)
- **Short Ride:** Philomath to Decker Road back via Bellfountain Road. 33 miles (B170)

February 27, Monday, 7 pm: Board Meeting, Burgess residence (3160 NW Arrowood Circle)

March 4, Saturday, 9 am: Look for rainbows

- **Long Ride:** BV Ferry to Independence back via Sulphur Springs. 55 miles (B385)
- **Short Ride:** Independence Hwy to Albany back via Riverside. 33 miles (B140)

March 11, Saturday, 9 am: Spring is getting close

- **Long Ride:** Plainview to Lebanon back via Tangent. 59 miles (A-420)
- **Short Ride:** Shedd to Saddle Butte back via Tangent. 37.4 miles (A230)

March 18, Saturday, 9 am: Dress warm, unseasonably cool

- **Long Ride:** Philomath to Kings Valley back Monmouth. 61.2 miles (C510)
- **Short Ride:** Philomath to Decker Road back via Bellfountain Road. 33 miles (B170)

March 25, Saturday, 9 am: Maybe a warming trend, we'll see

- **Long Ride:** Independence Hwy to Dallas back via Airlie. 64.5 Miles (B560)
- **Short Ride:** Independence Hwy to Helmick Park back via Hwy 99. 33.9 miles (B200)

April 1, Saturday, tba

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.*



MVBC Monthly Meetings Move

Alan Acock, Vice President

Starting February 20th, our monthly club meetings will move to the Osborn Aquatic Center. They will run from 7:00 pm to no later than 9:00 pm.

We've had a good relationship with King Tin in the past but now there is a new group that is taking our place on the third Monday of the month. If you want to eat first, it might be nice to go to King Tin for that.

The Osborn Center closes the pool at 7:00 pm and it takes the staff a while to clean up and leave. Folks arriving before 7:00 and even a little after 7:00 should have no problem getting in. We will have somebody watch the door for late arrivers. They have agreed to allow us to have our meetings there even though they will be officially closed. We need to respect this privilege and it is extremely nice of them to make this arrangement for us. Remember--it may look closed but we will be there the third Monday of the month.

They have a room that has a capacity of 49 people and this should be good for even our biggest turnouts. It has a pull down screen and windows with blinds for when we have video presentations. There is a sink there but no kitchen. This is a central location with lots of parking for bicycles and cars and our club has started some rides at the Osborn Center for many years.

Feet First Down the Pacific Coast

Part 2 - Washington State

Betsy Reid

Our journey first began in our minds in November of 2004. We spent much time over the next months poring over the Adventure Cycling Maps, state bicycle and road maps as well as questioning anyone we knew who had ridden down the Pacific Coast.

It seemed that we were forever planning our route or gear, so when the time came to board the train to Seattle, it was hard to believe that the first stage of our journey had begun. I slept little the night before but was wide awake when our 5:00 am alarm rang. I was so worried that we would have problems with the train workers not allowing our "non-standard" size recumbents in the baggage car racks. A lot of worry for nothing. They even helped us stow the bikes and trailers and they let us walk from the baggage car directly to our seats.

The trip up to Seattle was a pleasant one and we arrived on time. We expected to get some strange looks on this trip but try wheeling two recumbents plus trailers through a crowded King Street Station! It wasn't long before we were approached by people wanting to ask us about our bikes and trip. We didn't make it past the entrance to the train station before someone wanted to take our picture! Our riding that

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day was short (18 miles) but the first section was thru downtown Seattle. It was a relief to gain the safety of the Burke-Gilman trail, a rails to trails project which took us along Lake Washington to within a mile of Don's mothers house.

After 2 days of visiting relatives and attending a family friend's wedding, we were finally back on our journey. It was an easy ride to the ferry dock at Edmonds and a short time later we were across Puget Sound and dodging the traffic on the Kitsap Peninsula. We spent our first night in Kitsap Memorial Park. With our camp set up on Hood Canal, surrounded by towering Douglas firs, we toasted with champagne, the true beginning of our adventure.

No matter how much you train for a ride, unless you do it with your full load, the trailers will seem really heavy for a few days. It sure was true for us. Imagine if you will, pulling the trailers, across 2 miles of construction on the Hood Canal Bridge with absolutely no shoulders on the road, a messed up road surface, bridge grating and extremely heavy traffic including semi-trucks! There were times when there was no place for us to pull off the roadway and we had long lines of traffic built up behind us. Needless to say, we took a long break when we reached the other side of the bridge! We were not to lose the heavy traffic until we reached Fairholme on Lake Crescent 3 days later. The maps and books had not prepared us for the nearly 20 miles of uphill that we encountered before we camped that night at Sequim Bay State Park. Perhaps it was the tired body from the journey that day, but I managed to twist my ankle while setting up camp. "Great thing to have happen the second day out", I thought! Luckily, riding actually didn't put too much strain on the ankle, as long as I didn't try to start on that foot or unclip from the pedals too suddenly. After riding the Discovery Trail to Port Angeles, we decided an evening of rest in a motel was in order. The Discovery Trail between Sequim and Port Angeles is definitely unique. It was nice to get out of the Highway 101 traffic but we never knew what kind of conditions we'd find around the corner. Pavement, gravel, steep walking-only hills, city streets and a detour around a superfund clean-up site!

The ride down Lake Crescent was not as bad as we feared. It was narrow and winding but the traffic was moderate, the speed limit low and there were lots of pull outs. This is a beautiful lake gouged out by glaciers with the Olympic Mountains close to the south. Fairholme campground at the west end of the lake has walk-in sites that let us camp close to the water. The next day we reached the crest of the Olympics and wound our way across miles of alternating clear-cuts and reforested areas. Miles from the coast we could feel the west wind blowing in our faces, but it was another day before we actually saw the ocean near Kalaloch, 5 days into our journey.

We decided to take a layover day at Kalaloch State Park. By the time we left my ankle had healed. Our campsite was

just feet away from the ocean and it was great to fall asleep to its sound at night. Our first raccoon encounter was here. We had been complacent and the campground had been full of people and dogs the first night. But it was quiet Sunday afternoon after they left. We returned from a walk on the beach to find a raccoon in our campsite! Our food bars and jerkey were scattered all over. Our food went in the trees from then on! Some campers at Lake Quinault were not so lucky. After trying and failing to reach our carefully hung food some racoons continued on to another campsite where a group of college age cyclists had rolled into camp late without setting up tents or even putting their food away off the tables. We walked past their campsite the next morning and the cyclists were peacefully rolled up in their sleeping bags oblivious to the scattered food all around them!

We turned inland again and didn't actually see much of the coast until near Copalis. What a great tailwind from Copalis to the ferry landing. It gave wings to our feet! We took a passenger only ferry across the mouth of Grays Harbor to Westport. It was fun riding on the ferry with the seagulls following the boat and trying to catch bread thrown at them. Westport also provided our first hot showers in 5 days. We wondered if that was why Adventure Cycling has cyclists taking the inland route around Hood Canal!

Soon our journey took us inland again, around the large expanse of Willapa Bay, with alternating tail and headwinds as we headed east, then west. Bruceport County Park, west of the town of Raymond, was a great place for camping. Isolated on a bluff looking north across Willapa Bay, with a big grassy area and trees. Here we met up with a German couple, Fritz and Ellie, for the second time. Sharing blackberries and touring stories made for a memorable evening.

It was another day before we made it completely around Willapa Bay to Cape Disappointment, nearly 90 miles of riding to get around the bay. Beautiful area for riding with little traffic and lots of rolling hills and tide flats. It was our first day of more fog and rain than sun. Our campsite at Cape Disappointment State Park was right next to the day use area and the campground evening presentation area. Not worth the hard, steep ride to reach the campground.

We crossed the Astoria Bridge the next morning, completing the Washington portion of our journey. We recommend crossing in the morning before the traffic gets too heavy or the winds pick up. We were lucky and had light traffic and winds. The bridge itself is four miles long! I rode in the lead with Don giving me traffic cues. "Not a hard crossing at all", I was thinking as we completed the first three miles.



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OUR RIDE CAPTAIN REPORTS

HENRY MCCARTHY

We started out the year with lots of rain and high water that kept a lot of riders home this month but we still had a decent amount of mileage for the month. The Saturday and Wednesday total for January was 2,825 miles ridden by 90 riders for the month. As would be expected, the year to date total mileage matched that number.

Mileage leaders for January (includes Wednesday rides) were **Dan Youngberg**, 170; **Henry McCarthy**, 130; **Tim Corbett**, 121; **David Wilbourne**, 107; **Bruce Harmon**, 105; **Case Van Housen**, 105; **Glenn Peltier**, 94.

We had 4 new riders this month, welcome to **Erick Adams**, **Chris Bird**, **Kevin Miller**, and **Case Van Housen**.

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.

Exciting presentations for our February, March, and April Meetings

Alan Acock, vice President

February 20. Enrique Semadeni (Corvallis Cyclery) will do a presentation on his European tours. Enrique's presentations have always been well attended and we expect this meeting to be the same. The Cyclery, under his leadership, has been a long standing supporter of the MVBC and part of this is because Enrique has such a passion bicycling. Let's have a big turnout to show our support for all he has done!

March 20. Peak Sports has invested a lot in equipment and training to develop a new bicycle fitting package that will be available next month. They will bring some of this equipment to our meeting, do a presentation, discuss the connection between specific problems (neck, shoulders, feet, knees, etc.) and specific fitting problems, and demonstrate their new fitting system. Those who have done this at the Bike Gallery in Portland say this one hour fitting session is a great investment.

April 17. Lloyd Swanson, our very own Newsletter

Editor, will lead a presentation on the Alaska trip organized by Nancy Meitle. Many club members have been to Alaska and can share their experiences and reminisce. The rest of us, who have not been to Alaska, will see what we have been missing. I suspect some of us will be going on the internet searching on information for our own Alaskan tours after we see this presentation.

Midge Cramer Ride

Ann Asbell

Once again MVBC will honor the memory of one of its greatest contributors, Midge Cramer, with special events on the **Saturday, April 8** ride. The events will begin with the Kiwanis Pancake Feed for those that can get moving a little earlier than usual. One year our group won a few of the door prizes. Fig Newton's will be available someplace along the route, typically at the top of Decker. The big event is the Coasting Contest down the O'Shea Hill on Bellfountain Rd. This has become quite a fun event. Midge would be very proud of this tradition. A few extra pancakes may help you win this contest. To add to the event, find a plaid shirt and either wear it or display it on your bike. All of these events have connections to Midge and his idiosyncrasies. For those of us who knew Midge, this day gives us a chance to tell Cramer stories, reminisce, and laugh. For those who never had the opportunity to know this great guy, I hope you get caught up in the fun and learn a little more of the man whose name is on the bike path by the Fairgrounds. More information will be sent via e/mail. Contact Ann Asbell, scarlet-flash600@yahoo.com, if you have questions.

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Then I looked up and saw the raised portion of the bridge in front of me rising like a cliff! Well, we knew there was a reason we had granny gears on our bikes!

How would we summarize the Washington portion of the trip? Great scenery, light traffic (once past Port Angeles) but few encounters with showers, other cyclists or the ocean itself. If you haven't seen this part of Washington, it's well worth seeing but if you are limited on time, then I would recommend the inland route outlined by Adventure Cycling. It had taken us 11 days to reach Oregon. Not quite the pace we had hoped for. We knew at this point that we couldn't reach our goal of San Diego if we kept up the same pace. We readjusted our goal to be San Francisco. Next time: the Oregon stretch of our journey.

(To be continued)

- 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

A few brave riders showed up for the New Years Day ride to Elmer's



Classified For Sale

Gary Fisher tandem, 26" wheels, New tires, Has rack and fenders. For larger folks. Take it for a ride. Walter Prichard 752-6231 \$800.

Klein Quantum. This has a triple with an XT rear derailleur. Some spare parts such as an Ultegra double crank will be thrown in. \$400, but I'm a motivated seller! Alan C. Acock, 757-8523.

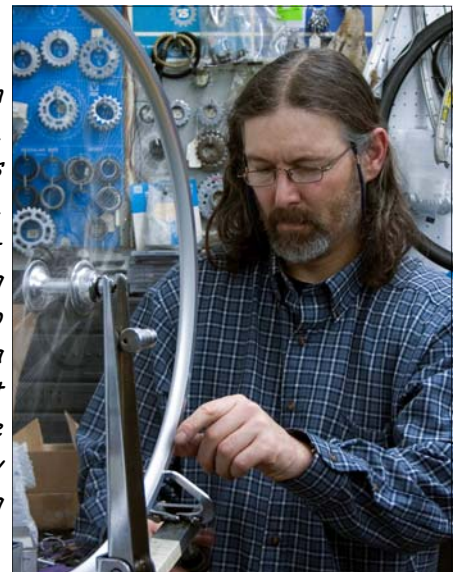
Classified: Japan Tour

Have you been wanting to tour Japan, but were hesitant because of the logistics and language barrier? Join the "Hokkaido Cycle Tour" from July 20-31, 2006 and spend 8 days exploring Hokkaido's pristine lakes, coast, mountains, hot springs and frontier spirit, and 3 days in Tokyo, including sightseeing rides with Japanese cyclists. The tour starts and ends in Tokyo. See details here: <http://livingabroadinjapan.com/cyclehokkaido.htm>

Your bilingual guide: Ruthy Kanagy, Eugene, Oregon. Email: ruthyk@bikefriday.com, Tel +1-541-912-9685

Author of "Living Abroad in Japan" "Imagine yourself living in Japan...with 'Living Abroad in Japan,' it's easier than you think."

Dan Holt, Corvallis Cyclery, demonstrating how to build a wheel at the January meeting



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

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Meetings & Announcements

Future Events

February 18-19 - Seattle International Bike Expo
April 8—MVBC Midge Cramer Ride
April 30 - Monster Cookie Metric Century,
www.SalemBicycleClub.org
May 13 - MVBC Rolling Feast
June 10 - Strawberry Century, Lebanon,
www.Santiamspokes.org
June 11 - Watermelon rides, Salem
June 17-25 - MVBC Loop Tour I
June 30-July 3 - NWTR, Corvallis, www.nwtr.org
July 4 - Ashley Molk Memorial Mary Peak Ride
July 15-16 - STP, www.Cascade.org
July 29-August 6 - MVBC Loop Tour II
August 12 - MVBC Covered Bridge Bicycle Tour (if
an organizer steps forward!)
August 13-19 - Oregon Bike Ride
August 25-27 - MVBC Crater Lake Rim Ride
September 9-16 - Cycle Oregon
September 24 - Peach of a Century, Salem

General Meeting

Monday, February 20 at the Osborne Aquatic Center, 1940 NW Highland Drive

7 pm - Enrique Semadeni (Corvallis Cyclery) will do a presentation on his European tours. Enrique's presentations have always been well attended and we expect this meeting to be the same. The Cyclery, under his leadership, has been a long standing supporter of the MVBC and part of this is because Enrique has such a passion bicycling.

IMPORTANT SUBMISSION INFORMATION

Submit articles, stories and photos for the April MVBC Spokesman no later than April 1.

Please send this material to the editor in Word format:

Lloydvswanson@comcast.net