

# MID-VALLEY BICYCLE CLUB SPOKESMAN

August 2006

*"Most folks are about as happy as they make up their minds to be." ~Abraham Lincoln*

## Up front

*by Larry Thurber, President*

It's been a great summer so far. I usually try to cram 12 months of the year into three months of beautiful weather. But this year I decided to back off the "cramming" approach and just enjoy the things I have time for. Consequently, I haven't put as many miles as I would like on the road, but I have volunteered for a few cycling activities, watched a little more Tour de France (it's addictive), and have taken a wee bit more time to enjoy our Saturday rides. My sore knees are lovin' the slower pace!

One of the cycling events I volunteered for was our very own Northwest Tandem Rally. Because I don't have a bicycle built for two at my house, I've never been to a rally before. But after seeing the class event put on by a very dedicated group of volunteers, I'm excited about those stretched out road bikes. Now.... If I can only find someone to ride with.... Seriously, I can't compare it to other rallies, but I do know it was one of the best organized cycling events I've seen. The Saturday morning mass start was really a great sight as nearly 800 participants wound their way from Corvallis High School, through Corvallis, and on to their respective routes. For nearly 30 minutes these dynamic duos (and triples) passed my corner at 35<sup>th</sup> and Campus Way. Even the motorists who were stopped for this parade seemed to enjoy the spectacle. When was the last time you saw a tandem bike pulling a trailer with two Schnauzers in tow? What's not to enjoy?

There is too much to cover here regarding the entire rally, but I persuaded my favorite detail man, Joe Monteleone, to give us a few highlights. So here goes... in rambling fashion and no particular order: As noted above, there were almost 800 paid registrants. Culligan donated 7000 pounds of water, which was greatly appreciated! There were 11 other major sponsors. Thirty-five other supporters donated cash, services, loaned equipment or donated products for raffles or rider packets.

Apparently 40 miles isn't a "short" route. (What??) No incidents were reported from any government-type agency. No medical support was needed. Great catering from Burton's. Chuck Meitle led the way out of town in his orange and black "Beaver" truck. The list goes on and on, but it has to be mentioned this event couldn't have happened without the 90-100 MVBC volunteers and families who made it work. There are just too many to put here, and yet every volunteer effort was appreciated by the enthusiastic participants. I'd love to see the entire list. In particular, Joe notes, "Nancy Meitle is amazing." I'm still scratching my head over how Nancy's "it will all work out" attitude meshed so well with Joe's "details are everything." Maybe it's a Yin/Yang kind of thing. But anyway... hats off to both for their efforts!

Right around the corner is the Covered Bridge Bicycle Tour on Saturday, August 12. Yvonne Hilton, CBBT director, will be looking for volunteers as well. So if you enjoyed helping at the rally.... (do I really need to fill in the rest?) Please note the CBBT will start at Linn County Fairgrounds this year. Our usual spot was already reserved, so we are very lucky the gracious folks at the fairgrounds found a way to work us in. Plus, we're getting a huge break on the price of the fairgrounds due to our non-profit status.

It looks to be a great venue, so whether you ride or volunteer, if you like it, spread the word around.

The last time I checked, Nancy Meitle is still hoping to have

some back-up for next year's Crater Lake Rim Tour. Nancy has this year covered but does not expect to be available in 2007. She assures me that it isn't that tough to organize. Nancy usually starts planning for next year at the end of this year's ride. It would be great if someone could at least touch base with the Park Rangers with Nancy's assistance. It always helps to know someone face-to-face. Maybe it's just the bicycle philosopher in

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## Also in this issue

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me, but I believe when folks know serious cyclists personally, they understand we're not the crazies they see playing bicycle dodge ball in traffic. We're the responsible ones! At least I hope we are. Contact Nancy or me if you are interested.

And last, after watching so much Tour de France (Go Floyd!), I became interested in the racing accomplishments of some of our club members. Since I have more of a wrestler's build than a bike racer, it's doubtful you will ever see me on a racing course. But I can still live life vicariously through the exploits of others. So I sent a message to Eric Ahlvin about our MVBC racers. Eric reports the following highlights about our club members who are on the EWEB sponsored racing team: Jim Fischer took three state champion Jerseys (Cat 3 Team Time Trial (TTT), Tandem TT and Tandem Road race). Heather Fischer won two state champion Jerseys (Tandem TT and Tandem Road race). John Wilson and Eric won state champion Jerseys in the Masters TTT (Masters- Sum of 4 racers ages = 200+). And Flo Leibowitz won a state champion Jersey in the Womens Road Race that was appropriate for her age. (How's that for political correctness?) In addition there were a plethora of good results in the various one day and stage races.

All in all, it's shaping up to be a great summer. See you on the road.

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## Advocacy

*Walt Prichard*

There has not been a lot of news lately. Very little development and most of that has been on small parcels that already have been planned. The big thing everyone is talking about is the money crunch.

Benton County stands to lose \$3 million in road funds if Congress does not renew the forestry grant funds that replaced the logging revenues. In total the county loses over \$6 million. The city loses some of its federal funding as

well. Benton County had to scale back all its road maintenance because of this. They have not replaced 2 men that retired. Asphalt prices have risen about 25% which has really hurt this year's budget. They will be doing mostly patching.

This doesn't mean that they won't be working on other projects. Landowners and road districts are contracting with them to do some maintenance and building of their roads. They are continuing to apply for other federal and state grants to rebuild bridges and other work like 19<sup>th</sup> St in Philomath, which is a co-op venture with the school district, the City of Philomath and the County. The Reservoir Road relocation is progressing but the permits alone will probably take more than a year to be completed. When completed, the landowner will probably have the county do the work, as it is a county road. At least it is a step in the right direction.

Several of the City Council members including Charlie Tomlison are taking around plans to make Monroe Street a Pedestrian Boulevard from 14<sup>th</sup> to 26<sup>th</sup>. The plan looks great with 4 more covered bike parking shelters and 6 ft bike lanes instead of 5 ft. Several of the intersections would be either raised or painted and other amenities to keep the pedestrians crossing at crosswalks. They foresee events like street dances and celebrations held in and next to the street like 1<sup>st</sup> St. This is just dreaming, as they have no money to do anything but it is a great beginning and has OSU's blessing and some participation.

This summer it has been great to see so many cyclists riding around town. I don't like \$3.00 gas but I sure like the results it is getting. For another month "Keep the Rubber Side Down" and enjoy a great place to ride.

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"Cyclists have a right to the road too, you noisy, polluting, inconsiderate maniacs! I hope gas goes up to eight bucks a gallon!"

## Nancy's Great Alaskan Bicycle Ride

July 12-29, 2005

*Ann Asbell*

There are many highly paid Alaskan tour guides, but none are any better than our own, underpaid (non-paid) guide, Nancy Meitle. Most of you reading this article know Nancy and know that she has an amazing and unique style of leadership. In a nutshell, she gets things done without ceremony or the need for flamboyant accolades from her followers. She rarely has a discouraging word for anything and is able to ignore discomfort and stress to reach the desired end of enjoying the adventure. It has been Nancy's goal for several years to lead an MVBC trip to Alaska. She and varying parts of her family (including Grand Jan Prah) have trekked to Alaska each summer for many years. This past summer Nancy finally convinced five of us to join her in Alaska. Her wealth of knowledge, particularly regarding the logistics of travel, camp cooking, and her attitude made this trip one that will be remembered very fondly, in spite of the challenging weather we endured.

Pre-Bike Adventure: This will be short version of the trip as it is only from my perspective. As it turned out (and of no surprise to those of you who know the members of this group) each one of us had a separate agenda. Lloyd and Grace Swanson left in their van well in advance of the start of the trip. Walt Prichard, George Shaw, and Nancy flew together and took my bike along. I hung around Corvallis to play in a golf tournament Nancy, George, and Walt rented a van and drove to Denali where Lloyd and Grace met them.



*A sunny day in Denali Park*

They spent three days enjoying this spectacular wilderness but did not bike. On Friday they drove back to Anchorage and set up camp near the train station. I arrived at midnight. The plan was to enjoy a day exploring Anchorage, but a major forest fire on the Kenai Peninsula was bringing heavy smoke into Anchorage, and it was recommended that we

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## Max Headwind Too Hot

I've ridden on New Years Day  
frost on the roads  
ridden in rain and wind  
that pelted us like needles

But hot's another thing  
I'd ridden along  
the hot blacktop  
with bubble-gum popping  
tar exploding under my tires  
heat shimmers of distant views

and felt the blast-furnace  
air of a long, steep hill  
but I think today  
I'll just sit inside  
and dream of a ride

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head south immediately. After stuffing the Swanson van with bike boxes and unneeded articles, then storing the van at a friend's house, we left Anchorage—in light rain. We left in stages, not to meet again until the campground.

Day 1-- Anchorage to Bird Creek Campground, via Hwy 1 (Seward Hwy), Turnagain Arm, 29 miles:

Walt and Nancy were able to take one of the many bike trails and met up with Mother and Baby Moose. Once out of Anchorage the route paralleled Turnagain Arm with gorgeous views of the Kenai and Chugach Ranges. George and I (and everyone on the halted tourist train) enjoyed watching Mother and Kid Dall Sheep. Our last few miles into Bird Creek Campground were on a nice bike path. Campgrounds in Alaska do not have the amenities of many of the Oregon parks. Typically they have pit toilets, drinking water, gravel roads, a sturdy picnic table and bear boxes. The settings made up for the lack of amenities.

Day 2--Turnagain Arm, Seward Hwy, to Bear Campground, 1.5 miles from Portage Glacier Visitor's Center on the Portage Hwy, 34 miles:

Walt was out of camp early; I was last and left by myself, a trend that would continue for most of the trip. We were able to take the bike path and would enjoy its solitude for 10 miles. Bird Point provided my favorite stop along the way, and picking wild raspberries was a special treat The

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# MID-VALLEY BICYCLE CLUB BOARD MEETING NOTES

Monday, July 17, 2006

**Present:** Richard Burgess, Henry McCarthy, Walt Prichard, Alan Acock, Joellen Jarvi, Lloyd Swanson, Larry Thurber, and Joe Monteleone. Absent: Steve Lucas, Susan Christie, and Matt Mathews.

## Reports

**Treasurer:** Checking account is \$5,586.14 and savings is approximately \$3000 for total assets of \$8586.14. Most of the increase in checking is due to Covered Bridge registrations. A short discussion was held on how to handle distributions from NWTR. It was decided that a recommendation from the Tandem Rally committee would be appropriate due to the work and effort they put into it. Lloyd Swanson will head up this effort.

**Membership:** No report.

**Ride Captain:** Henry noted the Tuesday/Thursday rides have been "hit and miss" as far as recorded mileage goes. Those wishing to be recorded for club mileage need to send Henry a notice. "No report, no mileage." A question was raised about recording mileage for those participating in other club's event rides. It was decided it would be too much information to track.

A discussion was held regarding crediting the 10:00 a.m. group with club miles on July 1. The 8:00 a.m. rides were canceled on July 1 due to NWTR. However, it was decided to credit the 10:00 a.m. group with club miles, as no notice was given to cancel this ride as well.

It was brought up that the 8:00 a.m. ride seems to be missing the "critical mass" of riders we have enjoyed in past years. Most riders break into small groups rather quickly such that there is no large "core" of riders. A short discussion was held as to how we can encourage more "middle" riders. There was no real reason found for the perceived lack of core riders. It was generally felt this is the current personality of the club. Therefore, no action or further discussion was taken.

**Newsletter:** Lloyd noted that volunteers have been hard to come by to prepare the newsletter for mailing. He contacted a number of print shops about folding and mailing our newsletter. The additional cost will be approximately 10 cents per newsletter. This will cost about \$25/month to mail the newsletter. Following a short discus-

sion, a vote was taken and approved to have a printer fold and send our monthly newsletter.

The next newsletter will be in August. There will not be an October issue; the September/October issue will be delivered around Sept. 1<sup>st</sup>.

**Vice-President:** Club barbeque to be held at Alan's house, July 23. Details were discussed.

**Secretary:** No report.

**Advocacy:** Walt reports there is some very early planning to turn Monroe Ave into a bicycle friendly, pedestrian area from 14<sup>th</sup> St. to 26<sup>th</sup> St. Nothing firm at the moment.

## Old Business and Updates

**NW Tandem Rally:** Joe Monteleone reported on highlights of the rally. The NWTR was a huge success. The event was well received by participants, volunteers, and affected government agencies. Overall response was very positive and attests to great planning by the NWTR committee.

**Covered Bridge Tour:** The start/finish will be at the Linn County Fairgrounds this year, as the park was not available.

**New Director at Large:** Joellen Jarvi accepted the position of Director-at-large and attended her first meeting.

## New Business

**Crater Lake Rim Tour:** The event is on. It is scheduled for the weekend of Aug. 25-27. A discussion was held regarding closing the event to the public and keeping it as a club event. The general consensus was that it should be kept open to the public unless we start hitting rider limits as required by the Park Service.

**Corvallis 150<sup>th</sup> Anniversary:** Joellen noted that Corvallis will celebrate its 150<sup>th</sup> anniversary next year. Some talk about partnering with the city for a bicycle related event was held. It was decided to discuss this later when more details are available.

**Annual Club Dinner:** The annual club dinner will be held on November 5<sup>th</sup> at the old Adair Officer's Club as it has in the past. Richard Burgess volunteered to handle the details with Valley Catering.

## Upcoming Events

Covered Bridge Bicycle Tour August 12  
Crater Lake Rim Tour August 25-27  
Loop Tours II July 29-August 6

The next board meeting will likely be September 18.

The meeting was adjourned and everyone enjoyed refreshments courtesy of Richard. *Respectfully submitted by Larry Thurber*

## And You Talk About Winter Riding?

*Bill Ferry*

Wish I could add more pictures but taking pix of cyclists at night is rather difficult. Especially when night begins around 4 pm in Alaska. I know that Walt, Nancy, George and the rest of the Alaska crowd from last summer's trip had plenty to say about their ride. I have a different take. Last winter a friend and I took a week and ferried from port to port in southeast Alaska, which is another name for the Inside Passage. Alas, my friend and I were on foot, not bike, but what surprised me the most were the number of riders on bikes at all hours and nearly in all weather.

I should have had a clue when we boarded our train in Seattle and saw two brightly lit recumbent riders pulling into a nearby office parking garage at 6:45 am. We took the Alaska Marine Highway ferry from Bellingham to Skagway with some side trips to Ketchikan, Sitka, Haines and then Juneau. In each of the towns we saw riders.

Some riders were casually dressed more like you'd see in Corvallis going from dorm to class--some not even bothering with helmets. I guess you could call them "Sourdough Cyclists". Tires were always knobbies and were kept under inflated to get a better purchase on the slush and ice. Ketchikan seemed to have the most casual riders and despite the lightly frozen snow (turning to slush), none of the 4 or 5 riders we saw during the day had any head protection beyond a simple cap. One older fellow, who looked related to a Mr. S. Claus, rolled his bike out of a bar, got on and weaved his way down the sidewalk. In 33 degree weather his "hi tech" clothing included a flannel

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## MVBC EVENT CALENDAR: August/September 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. 9 am Ride Leader: Jerry Rooney 752-6588

Show and go rides start at 9:00 am at Osborn Aquatic Center

**August 5 Saturday, 8 am: Hot and Dry today**

- Long Ride: Roaring River Fish Hatchery. 80 Miles (B650)
- Medium Ride: Waterloo. 61.3 Miles (A520)
- Short Ride: Albany. 34 Miles (A160)

**August 12, Covered Bridge Bike Tour - No Formal Ride From Beanery - Join the fun!**

- Note: CBBT starts from Linn County Fairgrounds this year.

**August 19, Saturday, 8 am:**

- Long Ride: King's Valley CCW through Monmouth . 66.9 Miles (C570)
- Medium Ride: King's Valley CCW via Elkins Road. 58 Miles (C400)
- Short Ride: Monmouth. 44.3 Miles (B270)

**August 25 -27, Crater Lake Rim Tour - Get your registration in!**

**August 26, Saturday, 8 am:**

- Long Ride: Stayton 82.2 Miles (B670)
- Medium Ride: Knox Butte. 47 Miles (B300)
- Short Ride: Albany via Palestine. 30.2 Miles (B100)

**September 2, Saturday, 8am**

- Long Ride: Pedee 62 miles (C710)A
- Medium Ride: Monmouth 44 miles (B270)A
- Short Ride: Independence Hwy to Helmick Park back via Hwy 99 34 miles (B200)A

**September 9, Saturday, 8am**

- Long Ride: Scio via Peoria Rd/Tangent/7 Mile Dr back via Crabtree/RS Drive 73 miles (A600)D
- Medium Ride: Crabtree/Jefferson via Peoria/Tangent/7 Mile back via N. Albany 61 miles (B490)D
- Short Ride: Albany via Peoria Rd/Tangent back via Riverside Drive 35 miles (A160)D

**September 16, Saturday, 8am**

- Long Ride: Philomath to Monmouth via Kings Valley back via 99W. 61 Miles (C510)B
- Medium Ride: Philomath to Kings Valley back via Airlie. 46 Miles (B280)B
- Short Ride: Philomath to Decker Road back via Bellfountain Road. 33 miles (B170)B

**September 23, Saturday, 8am**

- Long Ride: Brownsville via Harrisburg, Bellfountain Rd 76 miles (B610)
- Medium Ride: Harrisburg via Bellfountain Rd 60 miles (B440)
- Short Ride: Decker Road via Bellfountain Rd 35 miles (B220)

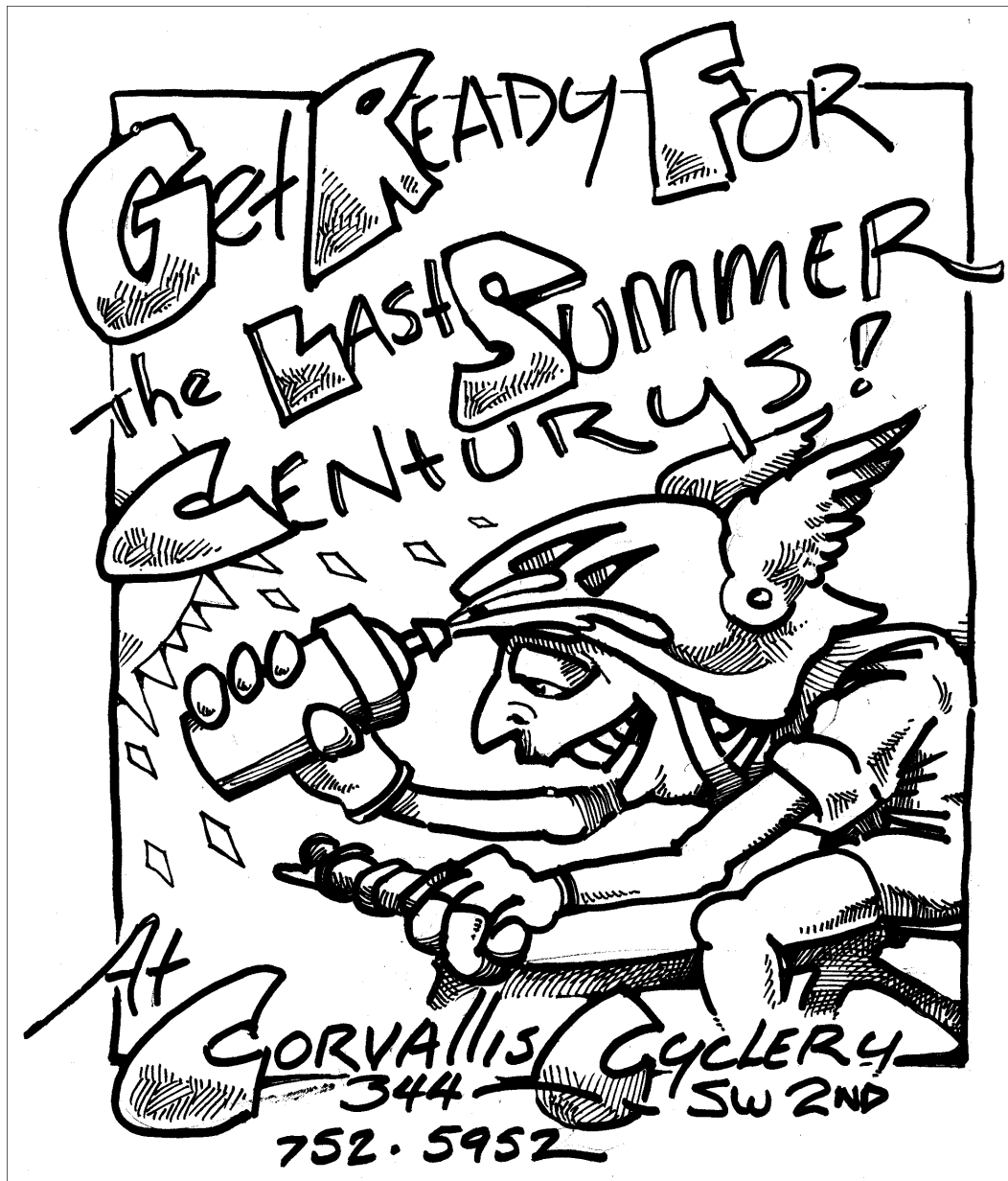
**September 30, Saturday, 8am**

- Long Ride: Waterloo 61 miles (A520)
- Medium Ride: Lebanon 52 miles (A340)
- Short Ride: Saddle Butte 37 miles (A230)

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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.



George decided to venture 30 extra miles to explore Hope and find a nice tavern. The rest of us declined this offer. Our route traveled up a six mile, 7% climb. Just beyond the summit we passed Lower Summit Lake. Further down the hill we found Upper Summit Lake (no explanation for this) and our campground with a wonderful lodge with microbeer on tap.

Later George would arrive, having found construction but no beer in Hope. The tavern had run dry. The rain began during the night.

Day 4--Tenderfoot to Seward, city campground on Resurrection Bay, 50 miles: The rain sent us to the lodge for breakfast. Moose Pass was no big deal; the ride provided so many gorgeous sights that the misty rain and minimal climbs were hardly a distraction. George was not successful at buying salmon "off the boat," but one camper heard him whining and gave him one. He cooked it on the plank and we enjoyed our first Alaskan

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views, particularly of the glaciers, were spectacular all day. Nancy and I did the touristy thing and went to the Wildlife Park where injured wildlife are rehabilitated. After setting up camp, each of us wandered to the Visitor's Center to learn about Portage Glacier. We enjoyed a day without rain but not without mosquitoes; however, this was to be the only place where these beasts were a hazard.

Day 3--Turnagain Arm, Seward Hwy, to Tenderfoot Campground, 40 miles:

The mosquitoes sent us out of camp as fast as we could pack up. Once back on Seward Hwy we endured a narrow shoulder, rumble strips, and some traffic as we climbed 7 miles over Turnagain Pass. I earned my Wild Turkey! Then, to our surprise, we found a bike path paralleling the highway. This took us to Hope Junction, where the road split.

camp meal.

This concluded any extended travel on the bikes. From this point bikes were our means of enjoying the sights of Alaska. On Day 5 we biked to Exit Glacier Visitor Center and hiked up to the glacier. We enjoyed a picnic lunch together and went our various directions to explore, then returned to Seward. This was about a 25 mile round trip. I enjoyed yukking it up with the folks at the Yukon Bar, known for its promotion of the Mountain Marathon. Day 6 was a take-care-of-business day. We dodged some showers and went our separate ways until dinner at a fun, local diner. At 9:30 pm we began the next phase of our journey, the ferry ride to Kodiak. Nancy expertly guided us through the hoops as we loaded our bikes, set up camp in the best place on the ferry, and settled in for the 13 hour ride. Everyone

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else had gone to sleep when I spotted the full moon over the mountain, and I got everyone up for photo ops.

The morning of Day 7 brought one



*George cooking fresh salmon in camp*

of the most pleasing and memorable moments. The ferry ride was smooth; the weather was calm, and the whales were having a great time entertaining. The grand finale was provided by three whales doing a well-timed sequence of breaches. Then they each disappeared with a mighty flip of their flukes. We arrived in the city of Kodiak on Kodiak Island and biked five miles out of town to our campground in Abercrombie State Park, an old military site with an interesting museum. I had the penthouse location overlooking the water through the trees.

The highlight of Day 8 was our trip to the Bear Country Music Festival, an impressive event hosted by the Lions Club. It was located eight miles from town (13 from camp). The music of Mike Campbell was our favorite. George and I stayed until 10:30 pm partying with the locals. It was an interesting ride back to camp. There had been rain on and off through the day, but the real rain was yet to come. It started Saturday night and ended Monday at noon. The most significant event of Day 9 was George and Walt's fishing excursion which produced eight salmon and one white fish. What a welcome sight for the rest of us as we rode into

camp that evening, discouraged with the lousy weather, to find fresh salmon, already cooked, and an exuberant George to liven our spirits.

When the rain let up on Day 10 we all went our ways to enjoy Kodiak. I biked eight miles along the Buskin River to Bear Country Golf Course. Playing this course in the rustic and spectacular setting was to be another of my highlights of the trip. Salmon dinner with strawberry shortcake was waiting for me at camp. Day 11 was a laid back day with lunch together

and time to shop, explore, and learn of the fascinating culture of the island. One of only two Russian Orthodox seminaries in the U.S. is found in Kodiak. We did not stay dry this day either, but we were not far from shelter at any point. Dinner in camp was fresh salmon and blueberry / salmonberry cobbler. (Have I mentioned that breakfasts in camp at Kodiak were fantastic also? Pancakes, eggs, bacon, toast and real orange juice.)

Day 12 was one of the most interesting days I will ever experience. We were able to pack tents that were mostly dry. Lloyd, Grace, Nancy and I biked eight miles to a trailhead in the rain forest. We hiked the five mile trail but Nancy sprained her ankle. Miraculously, our campground host, Barbara, got concerned about us and drove out to meet us. Nancy caught a ride, and Lloyd, Grace and I biked back to camp. We had not expected rain (silly us), but we were fooled. We finished packing up and left for the ferry. I had some chal-

lenges before I could get on the ferry, and we all had a challenge as it was a very rough crossing. Walt and I found the horizontal position a necessary position for most of the 14 hour ride. George was lucky. He flew home from Kodiak in order to get ready for Loop Tour.

Day 13 brought us safely back into Seward, a testimony that prayer does work. We loafed around town until time to catch the train. Loading the bikes on the train was another interesting experience in logistics. It took us about four hours to get to Anchorage, and I finally got to see moose! After disembarking and finding all of our gear, we biked to our original campground in Anchorage. It was 11:00 pm. Day 14 brought an end to our trip together. There was something magical about biking into the airport. We all went separate ways from that point.



*Sleeping on the ferry*

The trip was an adventure, and, although the rain clearly affected the travel, it did not take away from the feeling of awe for this magnificent 49<sup>th</sup> state. The feeling of independence in such rustic settings is something I like most about bicycle traveling. Alaska provides this feeling to the maximum. We are all very grateful to Nancy for providing us with this opportunity.



## OUR RIDE CAPTAIN REPORTS

HENRY MCCARTHY

We had some good weather for July and the mileage and attendance showed it. The Saturday total for May was 5,253 miles. Adding the Wednesday ride total of 690 and Tuesday/Thursday ride total of 455 miles gives us a grand total of 6,398 miles ridden by 106 riders for this month. We have a year to date total of 54,942 miles.

Mileage leaders for July (includes Wednesday and Tuesday/Thursday rides) **Lyle Dalton**, 333; **Dan Youngberg**, 291; **Yvonne Hilton**, 254; **Tim Corbett**, 2210; **Terry Dibble**, 210; **Case Van Housen**, 199; **Leon Ungier**, 196; **Eric Ahlvin**, 185; **Robert White**, 183; **Mark Newsome**, 180; **Henry McCarthy**, 166; **Alan Acock**, 163; **Stuart Helfand**, 149; **Ann Devine**, 120; **Steve Troseth**, 117; **Walt Prichard**, 107; **Vladimir Baicher**, 105; **Joellen Jarvi**, 105; **Joe Monteleone**, 105; **Larry Mull**, 105.

We had 13 new riders this month, welcome to **Jordan Boutslier**, **Bob Coe**, **Nancy Fisher**, **Randy Grainger**, **David Heath**, **Rita Mallon**, **Jeff Millel**, **Dan Pineal**, **Andy Platt**, **Heather Platt**, **Ron Sikes**, **Cooper Stevenson**, **Peter Van Tamelen**.

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### Covered Bridge Bicycle Tour Saturday Aug. 12—28th Anniversary *Yvonne Hilton*

Come and enjoy a beautiful ride through the scenic Willamette Valley. This fully supported event starts in Albany at the fairgrounds and tours through the valley, passing five different historic covered bridges. Choose from a 40 mile route that includes a rest stop with snacks, or either of the 68, 85, or 100 options that have multiple rest stops along with Dan's lunch. More information and a printable registration form can be found on the club website mvbc.com (or use the enclosed registration form). We hope to see you out for the ride that has been called the "best ride in the state."

### Special Club Meeting in Sept—Touring Japan *Alan Acock*

Ruthy Kanagy leads tours of Japan. She has agreed to do a special presentation about bicycle touring in Japan. We will meet at the Aquatics Center the third Monday of September, the 18th from 7:00 to about 8:30 pm. Ruthy organized and led a Japan tour this summer during July. You can get a taste of the meeting by checking her web page at <http://livingabroadinjapan.com/cyclehokkaido.html>



### *September Meeting—Touring Japan*

We will not have our monthly meeting in August because so many members will be gone. We moved this presentation to September 18th so that we would have a good turnout. Several of our members have extensive experience touring in Europe, but few have any experience touring in Asia. Whether you ever will be able to take such an adventure, you are sure to enjoy learning what is available.

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### Publishing Note *Editor*

Beginning with this issue, we are having the newsletter printed, folded, stamped and mailed by Franklin Press. We'll see how it goes.

My thanks for the many people who have helped fold, stamp, label and mail newsletters over the years.



- 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](http://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 4)

shirt flapping out over his sweatpants and topped with a knit cap set at a rakish angle.

We arrived in Sitka at the tail end of a 3 day snow storm. While wandering town, sure enough, here come some more Sourdough Cyclists, even on the white stuff. Their safety equipment was little more than dark clothing that stood out against the snow. Sitka also had a bike shop that was open and that's where the picture comes from of the studded tires. The owner told me he commutes by bike in almost all weather. Indeed we did see him riding home in the dark (with all the reflective gear he could muster plus some snazzy bright lights).

In Juneau and Skagway we saw yet more cyclists but of a better prepared variety. Bright outerwear, lots of reflective stuff and everybody had lights front and stern. One 20 degree evening in Skagway, with light snow on the ground, a warmly bundled rider was even pulling a Burley Bee trailer. I couldn't tell if it had little human bundles in it.

Bottom line is that makes any excuse for not going out in our "milder" stuff rather lame. I may even see a New Year's Resolution in all that I witnessed.

"If a Sourdough Can Do It, I Can Too."



Quote

Nicholas Johnson

"I ride a bicycle—not because I hate General Motors but haven't the courage to bomb an auto plant. I don't do it as a gesture of great stoicism and personal sacrifice...You ride a bicycle because it feels good. The air feels good on your body; even the rain feels good. The blood starts moving around your body, and pretty soon it gets to your head, and, glory be, your head feels good. You start noticing things. You look until you really see. You hear things, and smell things you never knew were there. You start whistling nice little original tunes to suit the moment. Words start getting caught in the web of poetry in your mind. And there's a nice feeling, too, in knowing you're doing a fundamental life thing for yourself: transportation."



FOR SALE

Excellent condition: Carnac Sport shoes size 43; Colnago jersey men's S-M; Fizik women's saddle iridescent blue/purple; EACH \$30.

Trek turbotrainer, quiet \$50.

Older but still good: Eurobike bike rack for top of trunk - \$30. Ann Werner 745-5528 or [acwerner@comcast.net](mailto:acwerner@comcast.net)

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

Address Service Requested

Is it  
time for  
you to  
renew?



## ***Meetings & Announcements***

### **Newsletter Notice**

Due to travel requirements, there will not be an October issue of the Spokesman. Please submit your articles for the combined September/October issue; the deadline for submission will be August 28.

### **General Meeting**

No General Meeting in August

No Board Meeting in August

### **Future Events**

**July 29-August 6** - MVBC Loop Tour II  
**August 6** - Black bRamble, EugeneGears.org  
**August 12** - MVBC Covered Bridge Bicycle Tour  
**August 13-19** - Oregon Bike Ride  
**August 25-27** - MVBC Crater Lake Rim Ride  
**Sept 9** - Cycling Festival, Gold Beach,  
[www.oregoncoastfestival.com](http://www.oregoncoastfestival.com)  
**September 9-16** - Cycle Oregon  
**September 24** - Peach of a Century, Salem  
**September 30** - Jefferson State Border Coast  
Bike Tour, [www.jsbiketour.com/](http://www.jsbiketour.com/)

I am in urgent need of articles!

### **IMPORTANT SUBMISSION INFORMATION**

Submit articles, stories and photos for the September MVBC Spokesman no later than August 28.

Please send this material to the editor in Word format:

[Lloydvswanson@comcast.net](mailto:Lloydvswanson@comcast.net)