

# MID-VALLEY BICYCLE CLUB SPOKESMAN

December 2006

*"640K ought to be enough for anybody." ~Bill Gates, 1981*

## Up front

*by Larry Thurber, President*

One of my favorite non-cycling club events every year has been our annual club dinner and meeting. This year was no exception. Because of our diverse riding styles and interests, we don't often get together as a large group. But apparently we all share a common interest when a good dinner is involved. There were 68 people signed up for the dinner and I was very pleased to see such a great cross-section of the club. There were touring people, Wednesday ride people, "fast people," and early and late (Jerry's kids) Saturday riders. The only problem I had was not having the time to speak with all my cycling friends. After all, if we didn't want to be social, we probably wouldn't be in a club in the first place. The event started with another great Brian Cripe video show. The "Ride, Cowboy, Ride" video clip was one of the funniest two minutes of cycling video I've seen and probably deserves playing at a general meeting in the future. Happily, I received my own personal copy as one of the perks of being acting president (or even a real president for that matter). Our usual group of awards was handed out with Lyle Dalton getting top honors for club mileage and Case Van Horsen taking the Most Improved award. Joe Monteleone and Nancy Meitle shared the "Yin Yang" award for their ability to work so well together with completely opposite leadership styles. Afterwards, Henry McCarthy even printed mileage certificates for anyone who wanted to have a record of their club year. And at the end of the regular awards presentation, even yours truly received a special award from the board for "acting" as president the past year. The beautiful, near Oscar-like trophy I went home with really has to be seen to be appreciated. It's amazing what Rick Ripper can do when you let him loose with a flower pot, some gold paint, and a Ken doll! Hmmm.... I wonder if there is a way to proudly display it on one of my bikes? All in all, it was a well attended, fun club event. I hope everyone enjoyed it as much as I did.

On a different subject... I'm not much for politics.

For the most part, I have the unlucky ability to see both sides of an issue and a total lack of real passion to do anything either way. And somehow I always seem to voice my opinions on the WRONG side of someone else's issue. But when it comes to cycling, my level of interest and enthusiasm generally picks up and I'm willing to stick my neck out a bit. So here goes... After the recent election results were posted, three members of Congress, all known bicycle advocates, ended in positions that should benefit cycling in the U.S. Representative Jim Oberstar of Minnesota is slated to become chairman of the House Transportation and Infrastructure Committee. Rep. Peter DeFazio is expected to head the surface transportation subcommittee, and Rep. Earl Blumenauer will either hold a position on the transportation committee or on the Ways and Means (your hard earned tax dollars being worked on) Committee. All three are supporters of cycling causes on a number of different levels. Somehow, I just feel better knowing there is a one time bike mechanic in Congress (DeFazio). If you would like to read a short article about these Congressmen, here's a URL:

<http://www.newsreview.info/article/20061120/NEWS/61120003/-1/rss01> Just Google on Blumenauer alone and you will find many rewarding links that will allow you to surf the web for hours on end. Now... if only we could something about that bow tie of his.....

Anyway, I hope the next few years may be a chance to improve cycling awareness and safety in the U.S. And not just be a short sighted vision like Bill Gates' quote on this page. Just imagine what Bill could have done if he had just thought a little bigger...

As we head into the rainy season of the year, I find it harder and harder to drag myself to Corvallis for a short, rainy ride. However, I think we all know that most win-

## Also in this issue

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Cycling in Idaho  
How to Beat \$3 Gas

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ter rides are just a bit colder and really aren't *that* wet when the sprinkles hit. Yet, somehow "*thinking*" about the rain seems to be worse than actually being in it. My own example is the November 18<sup>th</sup> ride. Although the weatherman predicted a dry day, it just didn't seem too promising when looking out the window. I just couldn't manage to get my bike things together. Getting myself out the door just kept getting tougher. The cold weather seemed to reinforce all the aches and pains of nearly a half century of good living. And my favorite chocolate macadamia nut coffee was seriously calling to me to have another cup and plant myself in the recliner. But somewhere in all the reasons-not-to-go confusion, I started hearing a little voice in my head, "you'd rather be riding...you know you'll be happier on the bike...you'll feel better after a ride on the bike..." When I couldn't take it any longer, I realized it was too late to connect with the 9:00 ride. So I hurriedly put on the gear, put the bike in the car, and hoped that Jerry's Kids weren't leaving on schedule. And, as luck would have it, I was right on time. Which is to say, no one had left on time yet. In short, we had a great ride. I got to know a few of the late group folks a little better and a tail wind helped get us home. I felt great the rest of the day. So, once more the lesson was learned... I have to keep listening to those voices in my head! Maybe I am "hearing voices", but at least they seem to be the right ones! See you on the road. Larry

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## Advocacy

*Walt Prichard*

Have you ridden on Brooklane lately? If not you are in for a surprise. It has been widened and resurfaced and striped with bike/pedestrian lanes. Yes I know they are bike lanes but I really expect pedestrians will be using them. Finally a new way out of town on lightly traveled streets from the

campus. Try it, I think you will like it! This was done with funding from a state grant and the city provided the engineering as their matching funds (10% I think).

The rains are here if you haven't noticed. This doesn't mean that your riding has to be stopped. In fact there will be a lot of great riding in the next few months. You just have to wear the right clothes and take along a good attitude. First, the right clothes should include a very bright Yellow Jacket! I think YELLOW is best because there are a lot of men and women who don't see Red very well (yours truly is one of them). On days without much light, red seems to disappear right into the shadows and other backgrounds. Back to the jacket; it probably should be a waterproof one to keep the rain off and stop the wind. Booty's are pretty cheap and keep the water and wind off your feet. I use leggings on my legs. There are a lot of things that work good on your head. The simplest is a baseball cap under your helmet. You can tilt it down so the bill keeps the rain out of your eyes and it will keep the heat in on your head. This is the simplest way I can think of and cheap as well. Next comes the attitude. Just think of the fresh air! And then think about the Gym (locker room smell, etc.) I will take outside every time. When they forecast rain, look a little closer. Seldom do we have rain all day. In fact I have seldom had rain all morning. When it does come, keep your eye on the clouds and figure out how soon they will be here and outrun them to the coffee shop. It adds a little fun and little risk. If you get a little wet - so what! You should be pretty close to home and a hot shower. I hope to see you with your bright Yellow Jacket outrunning those pesky clouds.

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*"[T]he bicycle is the most efficient machine ever created: Converting calories into gas, a bicycle gets the equivalent of three thousand miles per gallon." ~Bill Strickland, The Quotable Cyclist*

## Alaska

Walt Prichard

It is almost a magic word. Every time you hear it you think of something great. Likely as not an adventure involving a ferry, eagles, moose and very beautiful scenery. Throw in a lot of water and fish and very big fish and you are off day-dreaming again. I want you to know you can enjoy it in person and I am going to try to explain how.

Alaska is a lot about water and even the capital—Juneau—has no major road to it. You either fly in or arrive by boat (ferry). With this in mind it should be no surprise that they have the Alaska Marine Highway. Which is a fleet of ferries that connects the major population centers to each other and to the lower 48. The key word here is **FERRIES!** They are quite large and hold a couple hundred cars and anything else that can drive down the road. They also have provisions for passengers. Most have some staterooms and all have restaurants and a bar. They also have forward observation decks and other public rooms including bathrooms and shower and laundry facilities. Most have a top deck that is covered but open to the weather where you can put up your tent or just sleep in a deck chair. Now these are close quarters but that is the way the natives travel. There are also other places inside you can find to sleep. If you don't camp you can always get a stateroom. These ferries run 24 hours a day so you get in port at some strange hours. The nice thing is they run during the day and you can see all the beautiful scenery go by while on the deck. Then there are the whales—they seem to show up every few hours and everyone will be looking for them—some will be only a spout and others will blow right next to the ferry. It seemed like every time we sat down to eat there were whales on both sides of the boat. Eagles soon become old hat, as they are everywhere. The Captain usually tells you when they see bears and I have seen them on every trip. I hope you are somewhat interested now so I will get down to the details.

The ferry schedule comes out in January and some of the times seem a little weird but they have to adjust to the tide levels at the ports and take into account the currents and the level of the tide. Next there are at least 5 ferries and you do not want to ride on the Fairweather. It is the fast ferry and rough riding and you can't walk around any time you want like the others. Also it was broke down all last year. Next, there is only one ferry from the southeast to Valdez and Seward per month. It is a long ride through some open seas so it can be rough. It is suggested to fly from Juneau to Anchorage and go from there.

My suggestion is to get a ferry schedule and decide on what day you want to leave home. Depending how much time you have (2 weeks is fine) it takes one day to Bellingham where the ferry docks. That one day is on the train or by car. About 2 ½ days to Sitka where there is plenty to do for 3 days, whether on your bike and camping or staying in a B&B. One of the best tours is to take the city bus around its route. The drivers all take the cruise boat people around the

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## Max Headwind

### New Fellow in Town

On a cold, rainy day  
as I feel cobwebs growing on my body  
I recall my most recent ride

A new fellow in town I'd just met  
Not that much in common  
besides bicycling  
and so we rode together

And as the weather and our schedules  
keep us from the road  
we have something to talk about  
to dream about

The trips he hasn't made yet  
and the trips I want to go on with him  
we'll ride in the rain, and we'll ride in the sun

There's nothing like a bike ride  
to cement a friendship  
or to help me miss  
friends I've ridden with before

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city so they have a speech for every interesting point. However, the city bus cost about 2 bucks with the same drivers and is much more friendly. Then get on the ferry (a different boat) and go to Skagway—plenty to do for 2 days and more if you take the train ride into the gold mining area. Then get on another ferry (different boat) and go overnight to Juneau. Plenty to do for 3 days and the Mendenhall Glacier is just outside of town. Again, a city bus tour takes you all over town in about 2 hours and the drivers here will keep you entertained. Then you can fly home and I think that is 14 days. If you camp it would be better to have a couple of extra days as you will be camping out of town and there are more sights to see. If you're not camping in Juneau there is a nice hostel (7 blocks straight up a hill). Skagway camping is right on the edge of town. I did not see the camping in Sitka but I understand it is very close to the ferry terminal which is about 3 miles from downtown.

If this is of interest to you or you are still not sure, I will be getting the Alaska Marine Highway schedule in January as well as the British Columbia Ferry schedule, and the Washington State ferry schedule. I will gladly help you figure out a schedule. I personally would go in June when the days are longest and they expect the least amount of rain. Keep the Alaska dream in your heart and the wind at your back.



## MID-VALLEY BICYCLE CLUB BOARD MEETING NOTES

Monday, October 25, 2006

**Attending:** Walt Prichard, Richard Burgess, Henry McCarthy, Lloyd Swanson, Rick Riper, Matt Mathews, Susan Christie, Jim Lawrence, Greg Alpert, and Yvonne Hilton.

**Absent:** Larry Thurber, Alan Acock, Joellen Jarvi, Steve Lucas

### Bicycle Safety Education

Greg Alpert, the current bicycle safety instructor for Corvallis, gave the board an update on the bike ed program. He taught several classes this fall, and is scheduling more for the spring. Each class is 10 hours (5 days at 2 hours each), and includes both “classroom” instruction and riding (“dancing with cars”). This is the 6<sup>th</sup> year for this program in Corvallis, and BTA promotes it as an example to other communities. Greg noted that kids from the first years of the program are now driving age – and hopefully they’re more aware of cyclists because of the program. Jim Lawrence reports that the Albany program now has its own fleet of bikes and that they are looking for an enclosed trailer (~8x20) to store and transport the bikes in. The previous Albany instructor has retired, and a new instructor is being sought. These classes cost approx. \$800 each to teach, and partial funding through the PTO at each school varies.

After our guests left, the board discussed funding for bike ed – this is the time of year the club typically decides on its annual donation to the BTA for this program. The board decided to defer decisions on this to a later meeting when all members can be present – the expansion of the Albany program and other changes may lead to modification of our typical donation level.

### Reports

**Treasurer:** Matt reports that finances have been pretty quiet since our last meeting; 7 new or renewed memberships came in, and there were few ex-

penses. All events (except for NWTR) are settled – the tables from last month are final numbers. Our account balances include \$6,314 in checking and \$3,809 in savings for a total of \$10,123.

**Membership:** Susan reminded the board about the upcoming ODOT meeting on a possible Rails With Trails project between Albany and Corvallis; she will also send an email reminder out to the club. The League of American Bicyclists is doing a club census; Susan will work on this. She also received an offer for us to join LAB as a club, but we may already be a member.

**Ride Captain:** Henry showed an example of a mileage award for the annual dinner. He has summary info he can share at the meeting as well. He has also started revising the ride sheets to show the correct start location.

**Newsletter:** Lloyd discussed the timing for the next newsletter – it should come out roughly the last week of November. He will send out the deadline via MVBC-Announce. Franklin Press now processes the newsletter, including printing, folding, mailing, etc. Folks at Franklin Press encouraged us to review our options on return address service.

**Vice President:** No report

**Secretary:** Rick reported on invitations for the annual meeting; due to a misunderstanding the first set went out with the wrong event date. A second (corrected) set was sent out, as well as an update on MVBC-Announce.

**Advocacy:** Walt reported that Brooklane is being repaved, with bike lanes added. This project was paid from an Oregon Transportation Department grant, in partnership with the city. There are new “Sharrows” (share the road arrow) markings on Madison and Monroe streets downtown. These indi-

cate a preferred route to cyclists, and helps remind motorists to be more aware of bikes.

### Old and New Business

#### Annual meeting/dinner

Richard reports arrangements for the annual meeting are in place. The caterer will need a count, also an idea of the number of vegetarian diners needed.

#### Club officers for next year

The board discussed possible candidates for the still-open positions for next year. Primary roles of president and vice-president remain open.

#### Awards

The board discussed possible candidates for special awards at the upcoming annual meeting. These recommendations will be passed on to Larry, who will prepare and present the awards.

#### Christmas party

The annual holiday party will be December 18<sup>th</sup> at Richard and Lindy Burgess’ home.

**Next meeting:** The annual transition meeting with both current and new board members will be Dec 4<sup>th</sup>.

The meeting was adjourned and everyone enjoyed refreshments.

*Respectfully submitted by Rick Riper*

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use the basic SAG provided by the Des Moines Register.

Luxury SAGs, home stays and motor homes circumvent the most difficult aspect of the ride and denigrate the spirit of RAGBRAI. Second, there would be no camp followers and Third, to shorten the wait, no hot water in the showers.

Aside from Bill Daley I have done RAGBRAI with my two brothers and a son. I am fortunate to have had the experience. I can’t imagine ever doing it again.



## MVBC EVENT CALENDAR: December 2006/January '07

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

**December 2, Saturday, 9 am - 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 9, 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 16, Saturday, 9 am: *Come 'on out - you'd rather ride then 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 23, Saturday, 9 am: *On Dasher and Dancer ...***

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

**December 30, Saturday, 9 am: *Show off your new bike toys!***

- 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

**Happy New Year!!**

**January 1, 2007, Thursday, 9 am Meet at OAC: Annual News Year's Day Ride to Breakfast in Albany**  
Albany via Pettibone/Independence Hwy/N.Albany; back via Riverside Drive/Hwy 34, 32 miles

**January 6, Saturday, 9 am: 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 13, Saturday, 9 am: 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 20, 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

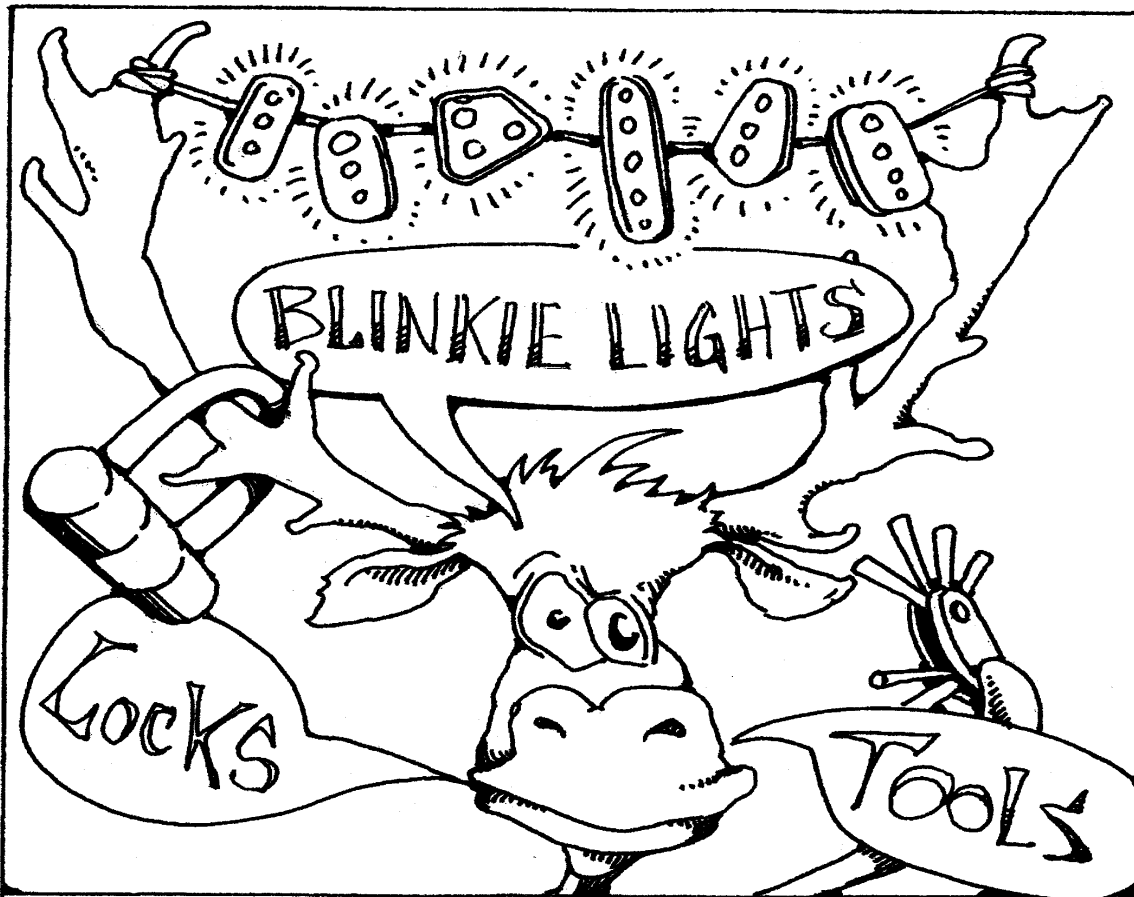
**January 27, Saturday, 9 am: Kings Valley Store or Decker Road**

- 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

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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.



## Corvallis Cyclery

344 SW 2nd St. • 752-5952 [www.corvalliscyclery.com](http://www.corvalliscyclery.com)

### RAGBRAI

*Dick Berger*

It is July 27<sup>th</sup>. Cyclists in the Des Moines Register Annual Great Bike Ride Across Iowa XXXIV, after a 77 mile ride from Newton, will be staying the night in Marengo. Lance Armstrong didn't begin his ride from Newton until 10:30. Will he find a place to pitch his tent? Just my bad luck that Lance would choose to ride one of the 31 RAGBRAI events in which I was not a participant.

Back in the '80s my friend Bill Daley expressed an interest in doing RAGBRAI. Having been born in Davenport, I told Bill that, should he do the ride, I would go with him. In 1990 Bill called in the promise. So, with a committee of concerned associates, I bought a Miyata cross at the Corvallis Cyclery and had almost learned to ride it by Sunday the last full week of July, the annual RAGBRAI start date. On my first tour stage ever, 61 miles Sioux Center to Spenser, at age 55, I set a personal distance record. Inexperienced? I could not drink from a water bottle while in the saddle.

I have never done anything that closely resembles

ing weight, Ben was very cordial. He remembered playing against the Ducks and the Beavers when he was a member of the University of Washington football team. Ben was in Iowa representing Miller Light. Remember the commercials? "... less filling."

A shower in a school gym is a relative five-star accommodation. Among other shower options are car washes and garden hoses. Get in line. One dollar, includes soap. Prepared by the people of Iowa, the food was reasonably priced and very good. The towns are beautiful. Iowa has great citizens. I am very proud of them.

In terms of physical exertion, RAGBRAI is not as difficult as most MVBC tours or Cycle Oregon. Rolling hills, no mountains. What is difficult is managing the logistics of getting there and back and maintaining an amicable relationship with the other 10,000 plus riders, most of who are nice folks. Each night before going to sleep in my tent I asked myself, "what am I doing here"?

If I were King RAGBRAI I would make some changes. First, there would be no upscale SAGs. Every rider would

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RAGBRAI. 10,000 plus people. One day there were 20,000 cyclists on the route. Stand in line for porta-potties, for meals, for showers. Cyclists six abreast moving endlessly along Iowa farm roads. Corn on the left, soybeans on the right or, vice versa. Little towns crowded with people and cycles. Men in Levis on old coaster bikes with signs, "GEARS ARE FOR WHIMPS." The Bad Boys with a foot-locker size bar on the back of a bike. (However, I never saw the coaster bikes or the bar anywhere but in a town.) Lance was not on the 1990 ride but Bill and I did meet and talk to former Raider all-star Ben Davidson. Forty pounds off his play-

## Popular Bicycle Idaho

Denny Hedges

The Corvallis contingent of Don Sanderson, Alan Acock, Leon Ungier, Dr. John Erkkila, Denny Hedges, and Mark Daeschel from Philomath ventured to beautiful Northern Idaho for a ride very similar to the MVBC 2004 Loop Tour, only in reverse and just 6 days. Sandy Green of Bend, the organizer of the OBR (Oregon Bike Ride), was our leader. By the way I learned she started the OBR prior to the start of Cycle Oregon, so she has lots of experience. As a result her rides are extremely popular as I discovered after having to wait a year to do Bicycle Idaho.

The year prior, in 2005, I tried to sign up in February (the ride is in August), and couldn't even get on the waiting list because she was filled with the 250 riders limit and already had 100 people on the waiting list! Who said biking isn't popular? In 2006, I signed up immediately. Alan and Leon tried to sign up in February and made the waiting list but had to wait for a friend to drop out to get in.

I think the popularity has to do with the size of the group, good organization, and excellent anticipation of meeting everyone's needs. Having a hard working friendly staff helps, not to mention beautiful weather, scenic route and lots of good food!

I won't bore you with details of the ride since many of you did this ride on the Loop Tour. Let me just say it was very enjoyable. One of the highlights for me was an optional ride on a rest day. It's called the Hiawatha Trail and is a very popular and interesting rails to trails on the Idaho-Montana boarder. It is one of the premier rails to trails bike rides in the USA, in my opinion. There is a fee and they provide bikes with strong headlights because of the many dark tunnels. Do it if you ever get the chance.



Transition Board Meeting Monday,  
December 4

## How to Beat \$3 Gas

Lloyd Swanson

To celebrate our 40th Wedding Anniversary, we both thought it a fun idea to visit Victoria, BC. And following the advice and experiences of Susan and Matt, we decided to do it all via public transportation. We also followed the experiences of Becky and Charlie who biked in Victoria last year (May 2006 Spokesman).

So we began our journey by driving to Albany (free parking at train station) and breaking our tandem into 2 sections to hang on the bike racks in the baggage car. (The tandem is too long to hang as one unit so we bought 2 bike tickets - \$5 each.) The 6:28 am Amtrak Cascade was only a couple minutes late. Since the station wasn't open, I proceeded to the baggage car and loaded our tandem and Grace loaded our 4 panniers into the passenger car.

The ride to Seattle was uneventful and we arrived about noon. We put our tandem together on the train platform in Seattle, attached the 4 panniers, and proceeded to bike through downtown Seattle on 1<sup>st</sup> St. to Pier 69 to catch the Victoria Clipper (a fast, passenger-only ferry) to Victoria at 3:30 pm. Biking through downtown Seattle isn't as difficult as one might imagine, although there are hills.

Before loading on the ferry, we removed the panniers but didn't have to break down the tandem. The ferry ride was rather boring--like riding on a plane--and we arrived in downtown Victoria about 6 pm. We attached the panniers and biked to the downtown Hostel International (a 10 minute ride) where we had reservations for a private room. The people and guests at hostels are always friendly and interesting to visit with.

On Saturday we got on the Galloping Goose bicycle/pedestrian trail, a couple blocks from the hostel, and traveled about 35 km before stopping for lunch in Metchosin and then doubled back. As Becky described, the Galloping Goose is a rails-to-trails path,

hard packed gravel, but very pleasant to ride. It was especially nice to be on a bike trail and avoid all the traffic getting out of Victoria.

Sunday morning we attended church at the Anglican cathedral and visited with folks over coffee after the service. Then we took a city bus out to Butchart Gardens and spent the afternoon enjoying their spring flowers and shrubs. We got back to town in time to catch the last tour of the Parliament Building.

We celebrated our anniversary at a nice Italian restaurant across the street from the hostel and then walked along the waterfront after dinner.

On Monday we took the Clipper back to Seattle (no scratches on the bike!) and biked to a hotel at the bottom of Queen Anne hill. We parked the bike in our room and enjoyed walking around the Seattle Center and bused to the top of Queen Anne hill to visit some friends.

On Tuesday we biked back to the King Street train station and took the 1:45 pm Amtrak Cascade back to Albany. Again, only small delays on the train--like waiting in front of the Albany paper mill to allow the west coast train to pass.

Canadian Customs only needed to see our driver's licenses and U.S. Customs accepted our expired passports, even smiling and joking while they stamped them!

It was nice to avoid the monotony and traffic of I5 and the cost of about \$75 of gas, knowing that the majority of that money would go to foreign countries (of the 7 largest oil-producing countries, 5 are unfriendly or have non-democratic and/ or unstable governments). It also was nice not having to worry about parking. But yes, the cost of the train more than offset the cost of gas.

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*"Now it is true that I could have learned without a teacher but it would have been risky for me."—Mark Twain, "Taming the Bicycle"*

## OUR RIDE CAPTAIN REPORTS

HENRY MCCARTHY

The Saturday total for October was 4,924 miles ridden by 115 riders. Adding the Wednesday ride total of 1,049 miles ridden by 22 riders gives us a grand total of 5,973 miles ridden by 137 riders for this month. We have a year-to-date total of 108,027 miles.

Mileage leaders for October (includes Wednesday rides) **Mark Newsome**, 332; **Henry McCarthy**, 246; **Matt Mathews**, 244; **Tim Corbett**, 191; **Steve Brown**, 186; **Lyle Dalton**, 159; **George Shaw**, 158; **Vladimir Baicher**, 153; **Joellen Jarvi**, 153; **Robert White**, 148; **Dan Youngberg**, 130; **Richard Hand**, 127; **Renay Ruehl**, 127; **Jim Gau**, 122; **Scott Carroll**, 116; **Mel Garcia**, 116; **Gretchen Landis**, 116; **Roger Tracy**, 108; **Heather Paris**, 101.

We had 9 new riders this month, welcome to **Dan Browning**, **Allison Gorsuch**, **Kevin Grant**, **Matt Hallowell**, **Richard Hand**, **Gretchen Landis**, **Heather Paris**, **Robyn Wangberg** and **Aron Wenzloff**.

### Joining MVBC or Renewing Your Membership

*Susan Christie*

Here's something all club members, new and long-time, can do to help us keep the membership database accurate and up to date. When it's time to renew, please fill out the form (find it in the newsletter or on the website) completely, sign it, and send it in with your check. If you have a family membership, all adults (over 18) in the family should sign. This simple action on your part will ensure that we have accurate information (address, phone, e-mail) for you and that your recent signature is on file. Your membership secretary will appreciate it!

### MVBC Awards To Riders With 20 or More Rides

*Henry McCarthy*

<u>Name</u>	<u># Rides</u>	<u>Total Miles</u>
Lyle Dalton	72	3909
Henry McCarthy	58	3702
Dan Youngberg	54	3003
Walt Prichard	47	2031
Yvonne Hilton	41	2251

<u>Name</u>	<u># Rides</u>	<u>Total Miles</u>
Tim Corbett	40	2828
Matt Mathews	38	1401
Terry Dibble	37	1877
Jim Gau	37	1286
Jerry Rooney	35	952
Lloyd Swanson	30	1689
Milt Cardwell	30	794
Case Van Horsen	29	1835
Eric Ahlvin	28	1459
Leon Ungier	27	1200
Susan Christie	27	868
George Shaw	25	1592
Kevin Mallon	24	722
Joellen Jarvi	23	1127
Alan Acock	23	1051
Shirley Schoberg	23	693
Grace Swanson	22	1300
Ann Asbell	22	1142
Robert White	22	1088
Joe Monteleone	22	1045
Steve Lucas	22	858
Jon Beilby	21	1411
Vladimir Baicher	21	1057
Mark Newsome	20	1790
Bud Ames	20	859
Becky Steinmetz	20	817
David Miller	20	654
Dave Wallace	20	649
Jim Munford	20	588

Myth: Wearing a helmet makes your head hotter than if you didn't wear one.

Actual measurements under hard riding conditions with ANSI standard helmets show no consistent temperature difference from helmetless riders. Part of the reason is that helmets provide insulated protection from the sun as well as some airflow around the head. (Les Earnest [Les@cs.Stanford.edu](mailto:Les@cs.Stanford.edu))

*"Since the bicycle makes little demand on material or energy resources, contributes little to pollution, makes a positive contribution to health and causes little death or injury, it can be regarded as the most benevolent of machines."—Stuart S. Wilson*

### - 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



*A group of happy Wednesday riders*

### Corvallis' 150<sup>th</sup> Birthday Celebration - 2007

*Joellen Jarvi*

Corvallis, heart of the valley, was incorporated on January 28, 1867. The Corvallis 150<sup>th</sup> Birthday Committee is planning a year-long birthday celebration, starting January 2007, to commemorate the event. The MVBC, along with other city organizations and businesses, has been invited to participate. The celebration's objective is to raise money to endow a Lasting Legacy for Corvallis youth. Anyone can participate -

to add to the celebration, deepen our ties to the community and make our organization visible to other organizations and the community.

Participants will highlight two themes, "Honoring Our Past", or, "Youth As Our Future". MVBC has elected to dedicate a July 14<sup>th</sup> Saturday ride to both themes with a Bike Tour of Historic Places. This tour will be placed on the official 150<sup>th</sup> Anniversary calendar to be released in November. Details will be worked for both the list of Historic places - homes, barns, bridges, and/or farms - and the routes. We will have 2 routes - one for families with children, and a longer one for stronger riders. Special attention will be focused on the family ride, to encourage children and adults to ride bicycles safely, for fun and utility.

We are looking forward to the Club's ideas and help in organizing the ride destinations and routes. For any suggestions, please contact Joellen Jarvi, e-mail: [Baicher\\_jarvi@comcast.net](mailto:Baicher_jarvi@comcast.net), Susan Christie, email: [matnsusn@comcast.net](mailto:matnsusn@comcast.net), or any MVBC Board member.

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*"The bicycle is its own best argument. You just get a bike, try it, start going with the thing and using it as it suits you. It'll grow and it gets better and better and better."—Richard Ballantine*

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

Address Service Requested

## *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 18, 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 hors 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 28.

Please send this material to the editor in Word format:

Lloydvswanson@comcast.net