



# MID-VALLEY BICYCLE CLUB SPOKESMAN

January 2007

*"If Stupidity got us into this mess, then why can't it get us out?" ~Will Rogers*

## Up front

*by Larry Thurber, President*

When I was about 10 years old, I heard the following jokes: Why did the boy throw the clock out the window? The answer: Because he wanted to see time fly! The second joke in the series was part funny and part philosophical. Why does time fly? The answer: Because so many people want to kill it. At that time in my young life, I thought the jokes were clever. However, nearly four decades later it's no longer a joking matter. A lot of time has "flown by" and it just doesn't seem as limitless as when I was young(er). Like a lot of people in my approximate age group, none of us feel old. This is probably due to the fact that most folks I hang around with have an active lifestyle. However, during the last two years my cycling time was cut short for a number of reasons. I put in less than 1/3 of the miles per year than I did the previous five years. The result of not riding as much shows up as the 25 extra pounds and inches around my mid-section, increased blood pressure and increased resting heart rate. Since the only food I don't like is tomatoes, it's tough for me to be a serious dieter, which means I need to do the "E" word more. You know the "E" word. It comes with every goofy diet out there.... The wording goes something like this... (Fill in the blank with your own favorite diet.) "The BLANK diet, combined with a moderate level of exercise..." So hasn't anyone figured out yet that it's the EXERCISE that makes the difference? Maybe we need another gazillion dollar government study!! Seriously, there have been enough studies. Hardly a day goes by that the news media doesn't report on the "obesity epidemic" in the U.S. And yet there isn't any real funding to encourage active lifestyles. Just information on how to eat healthy. ...Right... Like that's going to happen in this country of excess and over indulgence. Are we the only smart ones out there that realize a little activity does a lot of good? And what better activity than to be on a bicycle? After all, if it isn't THE best cardio-pulmonary exercise out there, it's one of the best. So, although I'm not inclined to make New Year's resolutions, I am going to make an attempt to

make more time, instead of killing it. And one of the things I need to make more time for is cycling. Provided it isn't too rainy, too cold, or too windy.... Just jokin'.

OK. Fun's over, now on to business. Most of you know that I have been acting president this last year. At the end of January, I will end my presidential career. There are a couple of things I would like to see finished before I leave office, then I'm done. The issue is that we don't have a new president or vice-president. To be honest, I personally haven't put a lot of effort into finding replacements. Mostly due to timing. I spent nearly two months away from home from September on. But also, last year at this time, as I noted in the newsletter, the search for a new president was something I wasn't going to do again. Please don't take this as a sign of bad attitude on my part. I do have a feeling of responsibility with respect to the club. But after calling and talking to a number of people last year, and a couple more this year, I just don't want to spend any more time on it. I've received a lot of advice, as well as potential candidates, most of which I have acted upon, talked to or called. As I have gone through potential candidates, it is obvious we have a lot of members who have spent numerous personal hours keeping club activities going. And if you consider the number of volunteers needed for events such as Tandem Rally, Covered Bridge, Loop Tours, and other club offices, a LOT of people give up their personal time. So it's no wonder that we're having a tough time getting some new officers. In a way, it's a good thing.

Some people have noted that detailing the job responsibilities may help attract potential candidates. So here goes... The job of president is mainly one of being a facilitator. Kind of a focal point for club communication. Thankfully, most tasks can be taken care of by e-mail. It also helps if you know something about our club events, but the most important issue is that you know

## Also in this issue

California Coast Tour  
BTA Instructor Wanted  
Loop Tour 2007  
Cherry Pie Road Race

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WHAT events we have and WHEN they occur. And, of course, the president presides over the board meetings. That usually means putting together an agenda. Some would say the president runs the meetings, but in my case that is debatable. There's a great bunch of people on the board who are very gifted at their jobs, as well as reminding the prez of things that may be overlooked. Some people also believe there is some liability associated with the job of president. However, I've been assured we have insurance that covers club officers. I've been director of Covered Bridge and also V.P. Of the three jobs, being president took the least time and intervention on my part. Other folks have noted they "couldn't write" the front page article for the newsletter. I'll admit that I have the gift of gab, but that's just my style. Previous presidents have simply noted the events of the past month or put together a shorter article. Nothing says you have to be a prolific writer. Most events in the club happen because other club members want them to happen. My intervention has been minimal. So you see, there's nothing really stopping an involved member from taking over the reins.

As for the position of Vice President, it mainly requires putting together the general club meeting topics. We have 5 or 6 pre-set topics and usually skip a month or two. This coming year, we have a few meetings already in the works and there have been a number of club members who can report on their touring experiences. Thanks to the efforts of Alan Acock and others, we have a great new venue to meet at the Osborn Aquatic Center. So again, not a big deal. With both positions comes a lot of great help from previous officers. If you have ever given it any thought, here's your chance. That's enough of this subject. The rain has been gone for the last couple of days and it's time to get back on the bike again.

See you on the road. Larry

## Advocacy

*Walt Prichard*

I sure hope your 2006 was a good year. There were several good things that made riding your bike and or walking a little better. Just to name a few: After 10 years we finally got the refuge islands on South 3<sup>rd</sup>. We finally got Brooklane bicycle lanes that make a real difference. The centerlines on the multiuse path to Starker Arts Park work really well. Sharrows on Monroe Street try to give bicycles more legitimacy in the downtown area. There are several other projects that finally got completed. It was a pretty good year from my standpoint.

2007 is ready to make its mark. We will see some major widening on 53<sup>rd</sup> St from Technology Loop to Country Club Dr. Hopefully they will find the rest of the money to do a traffic circle at Country Club and 53<sup>rd</sup>. This is a major job with the city, county and contractors providing the money. I for one will appreciate whatever they can do. This project should be finished by the time school starts next year. The other major project we will see but shouldn't cause us too much grief is the couplet in Philomath. The contract has been let and the work should begin. This will probably take 18 months to be completed.

There are at least 2 planned developments going before the planners in Corvallis this year that will have a major impact on bicycle facilities. One of them is the work to complete Circle Blvd to Harrison St.

Of course we are waiting to hear the good news on the Rails with Trails to Albany. We should know sometime after the 20<sup>th</sup> of January

If you have questions or suggestions about projects that are being done or should be done let me know. I have fun finding the answers. With that I hope you have a great New Year and you get in a few more miles next year. Keep the rubber side down!



## BTA Instructor Vacancy

The Bicycle Transportation Alliance (BTA) is seeking a Bicycle Safety Education instructor to teach our in-school program in Albany elementary schools. The position is seasonal, with the highest workloads in spring and fall. For more information, contact Anna Scalera, Youth Programs Coordinator at [anna@bta4bikes.org](mailto:anna@bta4bikes.org) or 503.226.0676 x19.

Thanks and feel free to spread the word to anyone you think would be interested!

Sincerely,

Anna Scalera

Youth Programs Coordinator

Bicycle Transportation Alliance

503-226-0676 ext. 19

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## Hooray!

*Parker Swanson*

Sheila Lyons has been named as the new ODOT Bicycle and Pedestrian Program Manager. While there's no way to fill outgoing Michael Ronkin's shoes, Sheila is a great pick and will bring her own strengths to the job.

She has been working with Michael at ODOT's Bike/Ped program for the last couple years, and served on the BTA's Board for two years (I believe 2000-02). Sheila was also a critical leader in Corvallis' Getting There group, a group that advocates for sensible transportation options.

While we're sorry to see Michael go (Dec 31), we welcome Sheila! <end quote from BTA blog>

[Parker adds: I've known Sheila for quite a few years; she has worked long and hard for Oregon cyclists. I think it's pretty neat that **\*another\*** Corvallis cyclist (after Michael) has been selected for this job.]

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## California Cycling

*Lloyd Swanson*

[Note: This is not an endorsement of this service. It just seems an interesting twist on touring.]

An interesting service is provided by Geno Masuda ([www.goodrides.com](http://www.goodrides.com)). He will put together a custom trip for you that will pick the best routes, scenery and food. His fee seems very reasonable. The following is from his web-site:

*GoodRides California can do all the research and planning for your next California cycling tour.*

*You tell us where you want to go, how many days you have for your trip, preferred starting and ending points, the kind of accommodations desired (camping or lodging, or a little of both), any personal interests, and any other special needs.*

- *We will do the work for you and provide the following:*
- *Map(s) highlighting the best route to travel by bicycle (usually not the most direct route, but the most scenic and interesting paved secondary or minor roads, and ones least traveled by auto traffic where possible).*

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## Max Headwind

### Future Cyclist

Another month  
with not enough time  
on my bicycle

in fact, more  
off my bicycle

sad transition and memory  
gives way to happy transition

my favorite touring partner  
my daughter, in no shape  
to bike, presents me with  
a granddaughter

to treasure in the moment  
every moment  
and dream of that first time  
on a bike

and at least a dream  
of touring together  
years from now

- 
- *Detailed route directional sheets indicating climbing difficulty and general road conditions.*
  - *Typical weather conditions, prevailing winds, and recommendations for the best time of year to ride in your selected locale.*
  - *Recommended camping and lodging along the designated route or nearby. (You make your own reservations.)*
  - *Recommended dining establishments and coffee houses (we know the needs of famished, road-weary cyclists...good-value cafes with lots of food and good coffee, of course).*
  - *Names and addresses of bicycle shops along the way, just in case your bike needs repair.*
  - *Offbeat and any special events or points of interest that are must-sees along the way.*
- Response to any special questions you may have.*

Read more about Geno Masuda in the December 2006 issue of Adventure Cyclist, Striking Gold in California, p. 18.



## MID-VALLEY BICYCLE CLUB BOARD MEETING NOTES

**Monday, December 11, 2006**

**Attending:** Larry Thurber, Alan Acock, Walt Prichard, Jim Gau, Richard Burgess, Henry McCarthy, Rick Riper, Matt Mathews, Lyle Dalton, Susan Christie, Joellen Jarvi, Jim Lawrence, and Yvonne Hilton.

**Absent:** Lloyd Swanson, Steve Lucas

### Welcome

This was the annual “transition” board meeting; we welcomed the following new board members:

Lyle Dalton (ride captain)

Jim Gau (member at large)

Joellen Jarvi (welcomed again, member at large)

And thanks to departing Vice President Alan Acock, Member at Large Steve Lucas, and Ride “Lieutenant” Robert White. Thanks for your help!

### BTA donations:

We typically donate \$1 per rider from the CBBT, which had 323 riders this year. The board agreed to this expenditure. The board agreed on an annual BTA donation for cycling education of \$3,000 (an increase from last year’s donation). We don’t have final numbers from the Tandem Rally yet, so any decision on donations from that event will be tabled until a future board meeting. Jim Lawrence offered to learn more about how the Bike Ed program in our area is funded by the BTA.

### Reports

**Treasurer:** Matt reported on recent monetary matters. Our accounts currently stand at \$5,591 checking and \$3,809 savings, for a total on hand of \$9,400. Some payments are still needed to Scio High School and Lyons Fire District from the Covered Bridge Tour; Matt will make these payments. Net proceeds after that are expected to be approximately \$2225. Walt was able to sell our old bike trailer, for an income of \$150 (thanks Walt!).

**Membership:** Susan passed along a message from a “disgruntled” member

who was disappointed at getting dropped on several club rides that seemed more like “training rides for racers” rather than recreational rides. This member noted that the club “advertises” that no-one will get left behind, and felt that we should drop this if we don’t live up to it. Susan responded to this member, describing the various rides available. The board has wrestled with this before, noting that the “make-up” of riders at the various days and times continues to evolve.

**Ride Captain:** Henry and Lyle reported that the total riders this year to date is 295, total club miles are 111,410, total rides are 2,063, and total new rider count is 99.

**Newsletter:** Next deadline is December 28<sup>th</sup>.

**Vice President:** Alan notes that Joe Winnery of the city’s engineering department is interested in presenting at an upcoming club meeting on how Corvallis became a Bicycle Friendly community. After discussion the board felt that this would be a good fit for February, giving us opportunity to promote this to the club. Alan also mentioned that the organizers of Cycle Oregon are interested in presenting at a meeting after next year’s route is announced in February.

**Secretary:** Rick had nothing new to report.

**Advocacy:** Walt reported on plans for a new housing development on W. Harrison; these plans include bike lanes and paths. This proposed development is going to the planning commission soon. He had nothing new to report on the Rails with Trails between Corvallis and Albany, although Jim reports that an Albany traffic engineer notes that this project has generated a lot of public input.

### Old and New Business

#### **Christmas party**

The annual holiday party will be December 18<sup>th</sup> at Richard and Lindy Bur-

gess’ home.

#### **Corvallis 150 year celebration**

Joellen updated us on this event, scheduled for July 14<sup>th</sup>. The historical society has compiled a list of old (historic) homes, and we can plan a route around that. They also want to make this a heritage ride, repeated in the future. Even though we got our plans to the group in time, this ride was left off the printed community calendar. She’s planning two routes; a shorter one for families and a longer ride for stronger riders. Joellen also mentioned that the visitor’s center has maps of the scenic byway cycling route, which goes from Eugene almost to the Columbia River.

#### **Loop Tours 2007**

Richard reports that Mount Rainier will not be the location for next year’s tours due to road closures. Instead the organizing team is looking at a north Oregon coast tour.

#### **Club History**

Richard mentioned that he has stored a lot of records, photos, etc from the club’s inception. The board agreed that if someone could compile this info it would make an interesting meeting topic. We need someone who could take this on.

#### **Reach the Beach**

The organizers of this annual event ride (which benefits the American Lung Association) is interested in starting one of these beginning in Corvallis. They are looking for help from our club. The board felt that this may be a good fit. Larry will get more information on this.

#### **Kudos to outlying small stores**

The OSU Cycling Club sent a message stating that they are sending a letter of thanks to the store in Alsea, and wondered if our club wanted to do the same. The board agreed that there are several stores in outlying areas that are gracious to let us use their restrooms. We agreed that it would be nice to send such stores a note of thanks and offer some advertising space in our newsletter for free. Another suggestion would be to run a newsletter article on

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## MVBC EVENT CALENDAR: January/February 2007

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 & Lyle Dalton 231-9576; 10 am Ride Leader: Jerry Rooney 752-6588

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

**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

**February 3, Saturday, 9 am: Lebanon/Shedd.**

- 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 10, Saturday, 9 am: Bellfountain/Peterson Road.**

- 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 17, Saturday, 9 am: Monmouth/Suver.**

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

**February 24, Saturday, 9 am: Kings Valley/Decker Road.**

- 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)

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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.*



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was very good, and not crowded. We met a young, lone camper next to us who was skateboarding from the Mexico/U.S. boarder to Seattle! He was all by himself, carrying his gear in a backpack and had a very large skateboard. We were impressed. He was carrying out his dream before he went back to school. We also met another man who was walking from Texas to Seattle, with his dog on a leash, pulling a large two-wheeled trailer full of gear. He was walking for a cause, but in the very brief time we passed, we could not get much more information. We could only admire him and wish him well.

We had dinner at the Lodge—expensive, but good. Note: Many people are vacationing in Monterey, Carmel and Big Sur for the holiday. The bike path was better than Hwy 1, but on the highway, vehicles such as the skateboard and 4 wheeled pedal cart, combined with the narrow roadway and tons of cars, made the going very slow. In the car drivers' defense, they tried very hard to watch out for us.

**Monday, May 29<sup>th</sup>, Pfeiffer Big Sur State Park to San Simeon Beach – 70 miles**

We tried to start earlier than yesterday because of the high winds that tended come up about 2 pm. Norm, Vlad and I went on ahead to get breakfast at a little diner at the top of the first large hill after climbing out of Big Sur. However, Joe elected to stay and have breakfast at the Big Sur Lodge. The weather started out great, calm, sunny, no wind, less traffic. That's good, because the hills continued, big time, and were wearing us out. We worried about Joe.

We pedaled along the ocean shore, enjoying every moment, the scenery, the water, the sky. We passed the Hearst Castle on the left. There are 2-hour tours available, but we wanted to be sure to be where Joe could find us, so we did not take the Castle Tour. As we neared the San Simeon Campground we came across two beaches completely, totally occupied with resting elephant seals (the ones with the elephant-like noses. May-June was their mating season and they rested on the beach between mating forays in the water. They flop around, over and around each other, looking for all the world like they are there only to entertain us sightseers. Amazing!

The San Simeon campground was nice, uncrowded after the weekend. Two girls with a large truck were parked near us. They were preparing for 50 girls to come in on Wednesday. Our timing, coming before they arrived was fortuitous, as this campground had no trees or other separations between campsites. At 9 pm Joe had still not arrived. Cell phone connections were iffy at best. We did get a phone message from him earlier that he would be coming in late, but...now what? We didn't know what to do. Tuesday was to be only a 25-mile day, so hopefully, he could catch up!

**Tuesday May 30, San Simeon State Beach to Morro Bay State Campground – 36 miles**

It was wet on the San Simeon Beach last night, almost as wet as if it had rained. The tent was soaked, inside and out. Luckily, we didn't have to leave early, so we had time to

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these stores. Rick will work on a letter of appreciation. Walt also mentions that he needs a woodworker's help making some frames for maps posted outside the Lewisburg store. We will pursue this for some of these other stores as well.

#### Club officers

We're still short a president, vice-president, CBBT director, and leader of the Crater Lake Rim Tour. Larry noted that permits need to be pursued in January for CBBT. The board discussed ways to handle this situation. If a single individual can't be identified, one possible solution would be to rotate the role of leading the board meetings among the other board members.

**Next meeting:** The next meeting will be January 22<sup>nd</sup>. Walt offered to find someone who has a travel program for the January general club meeting... The meeting was adjourned and everyone enjoyed refreshments.

*Respectfully submitted by Rick Ripper*

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## Tour of the California Coast

San Jose, CA to San Luis Obispo  
May 27 - 31, 2005

*Joellen Jarvi and Vladimir Baicher*

### Introduction

Our old touring group the "Over-the-Hill Gang" has ridden together on annual tours for over 26 years. We are getting older. Some have had to drop out of the long trips. Our friend, Joe, who suggested this ride, is 75 and still going strong. *The Over the Hill Gang* first did this ride down the California Coast from San Jose to San Luis Obispo in 1984, and again 1990 and 1994. We've always found it to be an outstanding cycle-camping experience, with scenery that gets better with every turn of the crank . . . and, of course, it's all downhill. How could we not do this one more time? It might be our last with the old gang.

### The Grand Plan

The Grand Plan was to pedal west from San Jose to the California coast,

camp at Sunset Beach, then continue down the coast on State Hwy 1, through Carmel and Big Sur to Morro Bay. We planned to camp in Morro Bay State Park, then pedal inland to San Luis Obispo, box the bikes and take Amtrak back to San Jose, a total distance of about 250 beautiful miles.

### Thursday, Friday, May 25 -26<sup>th</sup>

We packed everything Wednesday night, including the bike. Then Thursday morning, with our pickup fully loaded, Vlad and I went to our respective volunteer jobs at OSU & Crossroads Conversation School. At noon I picked him up from OSU and we headed south. We spent the night in Redding. The trip was uneventful, but the countryside was beautiful due to all the recent rain.

We got to Joe's in Cupertino, CA, at 2:30 pm Friday and unloaded the bike. Vlad put it together. Then we briefly visited my daughters and Vladimir's sons in the area, whom we hadn't seen in some time.

### Saturday, May 27<sup>th</sup> – Cupertino to Sunset State Beach - 65 miles

We got under way under sunny skies. Joe Walton, Ray Bosworth, and Vlad and I met Norm Strampach in south San Jose. The five of us pedaled back roads south to Hecker Pass, over into Watsonville, and on to Sunset Beach Campground, enjoying the fantastic tailwind and fine weather. There were many bikers in the campground. There was a biking couple next to us – the lady was 6 or 7 months pregnant. I was impressed! We decided to eat out all the way, not cooking unless absolutely necessary (my break from household cooking).

### Sunday, May 28<sup>th</sup> – Sunset State Beach to Pfeiffer Big Sur State Park – 70+ miles

This was a long day. We started out from Sunset Beach Camp ~ 8:30 am, late by our standards. The weather was gorgeous, but it had been quite damp the night before, so we had to pack our tents while they were still very wet, inside and out. Hills were the name of the game. We delayed breakfast until

Moss Landing, about 12 miles into the day. There we sat outside and enjoyed excellent blueberry pancakes. We left at 10:00 am on Hwy G12 for Elkhorn Slough and the start of the bike path. We missed the bike path, and continued down Hwy 1. Finally, after about an hour we did find the bike path and exited Hwy 1. Thank goodness! Memorial Day traffic was very heavy.

Several things happened today: 1) Ray gave up and called his wife to pick him up in Monterey. The hills over to the coast and the wind got to him. He was a real trooper though, and kept a grin on his face the whole time; 2) Our late start and the aforementioned afternoon wind lead to an adventuresome time along the coast. The road edge varied from 8" to 4'. The narrow shoulder with holiday traffic, and the strong wind gusts kept us alert and working hard; and 3) Joe began to fall behind as we ascended hill after windy hill. One time a police car and ambulance with their sirens wailing passed us going north. We wondered and worried about Joe.

We pedaled over Carmel Hill into Pfeiffer-Big Sur campground about 6:15 pm. The hiker-biker camp was good except there was much poison oak on the path. Joe showed up an hour later. We were relieved. He told us the story of the police car and ambulance. Coming south, we had rounded a particularly windy turn, Hurricane Point. A touring bicyclist had come around the corner and been knocked into the adjacent lane of traffic by the wind. He was hurt and taken by helicopter to a San Jose hospital. His name was Harry Staples (wife Beverly). He had stopped to help Joe earlier with his shifting and was traveling with his wife and others who were sagging his gear. When Joe came upon the accident, Harry was prone and not responding. The road was blocked a long way in both directions. Joe said he'd check on his condition at the hospital in San Jose.

The Pfeiffer-Big Sur campground

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## OUR RIDE CAPTAIN REPORTS

HENRY MCCARTHY

The Saturday total for November was 3,512 miles ridden by 99 riders. Adding the Wednesday ride total of 926 miles ridden by 23 riders gives us a grand total of 4,438 miles ridden by 122 riders for this month. We have a year to date total of 111,865 miles.

Mileage leaders for November (includes Wednesday rides) **Henry McCarthy**, 224; **Lloyd Swanson**, 219; **Dan Youngberg**, 214; **Vladimir Baicher**, 191; **Joellen Jarvi**, 191; **Tim Corbett**, 180; **Walt Prichard**, 175; **Scott Carroll**, 172; **Susan Christie**, 129; **Matt Mathews**, 129; **Lyle Dalton**, 122; **Richard Hand**, 116; **Yvonne Hilton**, 105; **Leon Ungier**, 105.

We had 3 new riders this month, welcome to **Marrissa Katz**, **Kara Kleeman**, **Betinna Schempf**.

### Bicycle Racing is Coming to Roads Near You!

*Eric Ahlvin*

The Cherry Pie Road Race, sponsored by Full Cycles Bicycle Shop and EWEB Windpower will be held Sunday, February 18<sup>th</sup>, 2007. This is a great chance to come out and see or participate in Oregon bicycle racing. This is the first road race of the Oregon Bicycle Racing Association (OBRA) season. The last few years the Cherry Pie has been held near Coburg, but the new organizer, Jim Fischer, has moved it closer to home.

The staging area will be at Adair County Park, and the racers will roll out on Ryals to Independence Highway. The race heads north on Independence in the flats and rollers all the way to Buena Vista. Then they'll head south on Buena Vista to Springhill, continue south on Springhill to Scenic. A right turn onto Palestine leads to a steep uphill to the finish. The first field starts at 10 am, with the last field starting at 1 pm. Some fields will do one lap of 25 miles, and some of the fields will do two laps for about 50. If there's significant wind, that could be a factor. In any case the rollers and hills are sure to break up the groups.

Some of the best ways to watch the race are to volunteer to be a corner marshal, or lead or follow car driver. Contact Jim Fischer at 990-8979 or Heather Paris at 990-8980 to volunteer. Another good place to watch the race will be at the finish. If you ride your bike to the race, please ride in the opposite direction

to the racers while on the course.

Cherry Pie has a "true beginner" field for people who have never raced before. The beginner race will start at 10:25 and will be one lap. If you're interested in trying racing, and would like some advice on what to expect, contact me, Eric Ahlvin ([ahlvin@comcast.net](mailto:ahlvin@comcast.net)) or one of the other racers in the club.

For more details on the Cherry Pie Race, go to: [http://www.eugencyclingteam.com/Cherry\\_Pie/cherry\\_pie\\_main.html](http://www.eugencyclingteam.com/Cherry_Pie/cherry_pie_main.html)

### Loop Tour 2007

*Dan Youngberg*

Loop Tour 2007 will be going to Oregon's North Coast.

Because of storm damage to roads and campgrounds in Mt. Rainier National Park, there were too many uncertainties to continue planning the trip that we had expected to do in Washington. Check the park's web site to see some of the damage. Our hope is that we will be able to do that trip in 2008.

The North Coast Loop Tour was last done in 1993. The tour begins and ends in Corvallis. It includes stays in four coastal State Parks (Fort Stevens, Nehalem Bay, Cape Lookout, and Beverly Beach) with a layover day at Fort Stevens near Astoria. The last night will be spent at Rivers Edge Campground between Waldport and Alsea. Arrangements are still being worked out for the first two nights.

Loop Tour 1 will begin on June 23 and end on July 1. Loop Tour 2 begins July 28 and ends August 5. The committee would like to get the registration form out in the February Spokesman, but it is probably more realistic to expect it in the March newsletter.



*Vladimir & Joellen—California tour*

## - 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 6)*

dry out. We pedaled to Cambria for breakfast, and rolled on down to Cayucos where we looked around town, and enjoyed the weather and ambience. Morro Bay State Park was much the same as San Simeon, near the beach, but protected from the wet by tall pines and eucalyptus, which has mostly taken over the area. We toured the Ecological Museum next door to the camp and then walked up to the astounding Heron Rookery. The rookery held one of the undiscovered delights of the trip. This sanctuary, apparently not well known, is a fantastic place to explore! May-June was nesting time. Hundreds of Blue Herons, Crested and Great Cormorants, Snowy Egrets, and Red Shouldered Hawks nest and raise their young together, in the dead and dying eucalyptus. Because the trees *are* dead, you can see the nests with baby birds clearly. The museum docent told us the birds kill the trees with their guano. We saw the parents bring large pieces of food to the babies, the vultures flying overhead, waiting for the youngsters to fall out of their nests. I would recommend a visit to this rookery to anyone, especially this time of year.

We met a couple here, Jody and Pauline Fitch, camping next to us. They had a Logo recumbant tandem trike, made in Australia. It has 2 wheels in front, 1 in back. They were pulling a 2-wheeled trailer. In total, their rig was about 16 feet long. It had 72 gears. They were traveling from the Bay Area to Santa Barbara. Jody has two cochlear implants, so speaks with what I mistakenly thought was a British accent. His wife, Pauline is from Ireland, but has been here 12 years. She helps him interpret words/sounds. We went with them to a delightful dinner on the wharf at Morro Bay. They like to park where they can

watch their bike, because it always draws attention. Very nice and entertaining couple.

After dinner, Joe finally rode in! Yayyyy!!! He said he'd been taking some kind of blood pressure medicine, and took a double dose, which made him feel very, very tired. He'd leave us messages when he could get phone transmission, but we never understood his problem, until now.

We were together for our final day on the road!

### **Wednesday, May 31 – 20 miles (261 total) Morro Bay State Campground to San Luis Obispo**

After a relaxed morning and good breakfast in Morro Bay we pedaled to San Luis Obispo through the "Valley of the Bears" (Los Osos). We found an SLO county bike map in Cambria, so we went through Los Osos Valley on Osos/Tomi Rd/Foothill Rd to town. We passed the street my aunt and uncle once lived on, back in the '50s. Also went by the place where my uncle operated his little Foothill Market, now morphed into a big shopping center, near Cal Poly where I went to school, long ago.

At noon we went to the Amtrak station to buy bike boxes and pack our bikes. It took several hours to break down the tandem, this in spite of the fact that it was made to break into 3 parts. Joe and I went down to Sclaris' and bought everyone a final lunch and dinner. Believe it or not, the train was on time! We got the bike to the baggage counter just in the nick of time. At 3:15 pm we left, right on schedule, to arrive in San Jose at 8:00 pm. It felt so good to sit on the train with my shoes off, stomach full, and write my final trip notes, knowing everyone was safe and happy. It truly was a wonderful trip! A detailed trip plan is available for anyone who would like it.

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

Address Service Requested

## Meetings & Announcements

### General Meeting

*Walt Prichard*

January 15<sup>th</sup>, 7 pm, Osborn Aquatic Center  
George Shaw, Joellen and Vladimir will tell us about their self-contained trip down the East Coast. They started in Bar Harbor, Maine and ended in Washington, DC. I think they will have some vivid descriptions of the landscape and the roads with little bumps in them (hills to some of us). I also understand that they will tell us about the tourist season and how quick the shops close up when school starts. This should give us some insight about riding in that area and how good we have it here.

### Board Meeting

Monday, January 22, 7 pm, at Richard and Lindy's,  
3160 NW Arrowood Circle

*"The Tour de France bicycle race is once again tainted by suspicions of doping when the winner, Floyd Landis, is clocked ascending the Alps at over 200 miles per hour. Landis denies using illegal drugs." —Dave Barry*

### Future Events

**May 12** - Rolling Feast, MVBC  
**May 25-28**: NWTR, Yakima, [www.nwtr.org/2007/](http://www.nwtr.org/2007/)  
**June 23-July 1** - Loop Tour 1, MVBC  
**July 28-August 5** - Loop Tour 2, MVBC

### IMPORTANT SUBMISSION INFORMATION

Submit articles, stories and photos for the February MVBC Spokesman no later than January 29.

Please send this material to the editor in Word format:

Lloydvswanson@comcast.net