



MID-VALLEY BICYCLE CLUB SPOKESMAN

May 2007

Since becoming President a few weeks ago, many of you have thanked me for having accepted the job and have offered congratulations. I am gratified by your support and I hope to continue the tradition that Larry Thurber handed on to me. A few words of introduction for those who don't know me and about what I see the role of the president to be.

A few years ago, before I started riding, one of my clients told me that he was taking up road biking and that he was having to learn how to ride his bike all over again. I remember thinking 'how hard can that be?' Then being finished with competitive sports and unable to run anymore, I rode my mountain bike a few times with the 10:00 AM group. Next came my Cannondale and I had to learn how to ride again. Then one Saturday afternoon Maxine said to me, "Jim, I like that you're getting all this exercise, but every Saturday?" I suggested we get a tandem and then had to learn how to ride again. I enjoyed "dissing" the recumbent riders in the 10:00 AM group, calling their bikes "recliners" and of course, eventually had to learn how ride one of those. Though there are other bikes I could learn to ride, now I am learning about the dynamics of the Club and am getting to know many good people.

In his last article, Larry Thurber referred to my saying that I was standing too close to the edge and, getting nudged, fell into the presidency. Another way of looking at it would be to say that I was the last man standing. Still, I knew I had some skills to bring to the job. Being member-at-large briefly and on the search committee, I was still on the outside looking in and so quietly asked people what the president did. It began to be clear that I should be volunteering more after having been in the Club five or six years. The more demanding jobs are newsletter editor, tour ride leader, Covered Bridge and Tandem Rally chairs, map and chit makers, and chairs of events like the 150th Celebration Tour, Rolling Feast, and Midge Cramer rides. Maybe I could do the president's job.

The Mid-Valley Bike Club is made up of a group of people who like to ride bikes, who like the companion-

Up front

by Jim Gau, President

ship of riding, and who enjoy the beauty of nature. But being a club that is uninterested in building a bank account, it relies on volunteers. So one of my roles is to cultivate ownership of the club by the members, and the best way to do this is to have a participative membership—to have a healthy volunteer corps. Thus, the Club develops cohesiveness and identity. I will be working with the board and chairs of various events to enhance volunteerism.

Talking with Richard Burgess, who has been involved with the Club from the beginning, I learned that the membership doesn't tend to respond to requests at large, whether in the newsletter or announcements at meetings, but does respond to individual invitations. Then, attending the Covered Bridge committee meeting, I heard Tim Corbett talk about dividing up the membership listing among the committee to make calls asking people to volunteer for specific jobs for the Covered Bridge ride. This seems clearly the way to go. Another possibility would be to have a list of volunteer jobs submitted with each membership renewal form, asking for a commitment to at least one club-sponsored event. For the Club to continue to operate as close to solvency as it has, volunteerism will need to be healthy.

When I mentioned to Lloyd Swanson that others had more difficult jobs than the president's, he said that the president needs to be someone who has an idea of where

the Club is going and so is an important position. In that vein, I will stay in touch with individuals on rides and in off ride situations and will be happy to hear from anyone who wants to approach me. Thus, over the past weeks, I have informed myself about the Club by talking with a variety of people: Larry Thurber, President Emeritus, Walt Pritchard, Vice President and Advocate, Tim Corbett and Joe Monteleone, coordinators of the Covered Bridge ride, Ron Marek, attorney and member, Richard

Also in this issue

More Jan Prah! Stories

Strawberry Century

MVBC Loop Tours

Alpine Half Century

Bicycle Birding Schedule

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Burgess and Nancy Meitle, two of the Club founders, Brian Cripe, new webmaster, and Jim Lawrence, Bike Education. I would like to be informed about any event-planning meetings and would, then, attend so that I could keep the Board informed. Eventually, I hope to get a feel for where the Club is going—what the membership wants. Several current issues are advocacy, fees and budget, insurance and liability. These are important issues in themselves, but the process of resolving them will help us further clarify our identity and mission as a Club.

Midge Cramer Ride Results

Ann Asbell

The commemoration of the 10th anniversary of the passing of Midge Cramer took place Saturday, April 14, 2007. I am sure that there was some divine intervention as the predicted nasty weather never arrived. The turnout was fantastic! Approximately 20 people started with the Kiwanis Pancake Party (Tour de Pancakes). Over 40 riders made the day the largest turnout of any Cramer Ride. Special guests were Rich, Kent, Ted, and Meg Cramer.

The coasting contest ran up against a hefty northerly wind. Nobody was able to get across the bridge, so there were no broken records. There was, however, a new category where a record was established. The Cramer men had a hard fought battle to claim the Cramer Family record. Rich, the lean and mean Cramer, won on a single speed bike. Rich is the oldest son; he rolled the farthest to set the record at 0.59 miles. Ted lost

one of the rocks from his back pocket as he picked up speed on the descent. Kent cannot understand how he lost! Other winners were: Richard Burgess, farthest coast at 0.60++ miles on an upright bike; George Shaw, 0.60+, men's recumbent winner; Sandra Hufsmith, 0.60, women's upright winner; Lloyd and Grace Swanson, 0.58 miles, coed tandem riders; and last, with a pitiful performance to claim the women's recumbent, Ann Asbell, 0.53 miles. George, Richard, and Ann were repeat winners, but their distances were approximately 0.15 of a mile less this year. The following records will stand until the next Cramer Ride: overall champions and tandem coed winners, Becky and Charlie Steinmetz, 0.85 mi.; Walt Prichard, 0.81, men's recumbent; Shirley Schoberg and Susan Christie, tied at 0.76, women's recumbent; Jim Munford, 0.75, men's upright bike; Yvonne Hilton, 0.70, women's upright bike, and Nancy Meitle and Jan Prahl, 0.64, women's tandem riders. Two new categories were added this year, but there were no participants: Young Riders (16 and younger – sorry, Melissa!), and Adult and Child tandem riders.

It seems that rain, cold, and wind have been in the forecast each year, but, once again, we dodged a bullet. Midge has looked down on us and provided the best weather possible for this time of year. He hated to ride in the rain! Thanks to Lindy Burgess, George Shaw, and Dick Berger for their help and to everyone who joined in the spirit of the event. It was a very special day for those of us who knew Midge.



Advocacy

Walt Prichard

Summer is on the way! The calendar says so. Let the fun begin! There will be several areas of construction to watch out for. 53rd between Research Way and Country Club will be widened and make a real mess so when that starts stay away for sure. I think we will still be able to use Country Club but if that gets torn up we may have to use Nash and Brooklane to get out to Bellfountain Rd (our most favorite route). South 35th from the Wave Lab to Western will probably start seeing some construction. The city is trying to leverage some money to put in sidewalks and bike lanes from the railroad track to Western and OSU should start construction of the new heating plant north of the railroad.

This probably won't directly affect many of us but with a grant from Allied Waste the city buses will be free to all kids up to 17 from June 1 to September 1. All they have to do is get on the bus, no ticket, no nothing. A great way of getting independence for another generation.

We all mutter bad things when we see glass in the bike lane and it is the pits to fix tires, so please stop and call 766-6916 and tell them about it. If there is a big obstruction call 611 and tell them and they will send someone out to remove it. That is what the city of Corvallis can and will do. My suggestion is stop and move the big pieces of glass to the curb and move the large obstruction off the road. That is immediate action to help the next guy. Then call if necessary and the sweeper can go that way on the end of his shift.

There have been several folks who would like to get involved in advocacy so I thought I would share some thoughts on how I got started. To begin with I worked on a committee that planned North Corvallis urban growth. To do this meant that I needed to study and understand the Corvallis Comprehensive Plan and Vision to have some idea of how the city worked and how the Planning Commission worked and the language they used, large numbers instead of many pages of text. Then I studied the Transportation Plan and became conversant in traffic language. This all seems pretty daunting but kind of fun as well if you are interested in how the community works and seriously want to make your voice heard and make changes. Then come the meetings. I have attended the Bike Advisory Commission meetings for about 10 years and feel pretty comfortable dealing with the issues from the public and the city council and staff. I have not applied for membership on the commission but sit at the table as a representative of the MVBC. I am your voice on bicycle issues as well as pedestrian issues. I also attend the planning commission meeting on all new development that might possibly affect bicycle and pedestrian facilities. This is where the Comp Plan knowledge is important so you know the regulations and can speak up if they are trying to sneak something by that is not in our interest. Also to make suggestions on what is needed to make a more bike-friendly atmosphere for us to live in. Then I am on the Benton County Roads Advisory Committee as my own interest

Max Headwind

Two Worlds

Finally out for a ride
with two friends
after too long with rides too short
and so many chores at home

I'd forgotten how it feels
to spring free, not behind glass
explore new paths
see hawks above

and toward the end
straining up a hill
I wonder why my houses
always seem to be at the
highest point of my ride

I guess it's to give me time
to reflect, as I battle gravity
on the difference, the gulf
between my two worlds

and how easy it is
or should be
to coast downhill
to my bike world

but I do hear about and respond to anything that is bike related and provide the committee a biker's perspective on many issues. That is what I do. You surely don't have to follow my lead but I would suggest that a trip to the library to spend a number of hours with the Comprehensive and Transportation Plans to see if this is really what you want to do. If so, let know and I will show you how to get on the list for meetings and dates of the committee meeting you can attend.

Back to the real world of bike riding and having fun. Have you noticed the price of gas! Sure makes you feel a little superior tooling around on your bike. Keep the rubber side down and the wind at your back.



Volunteers Needed

Covered Bridge Bike Ride: Someone with a pickup or van is needed to put up signs.

Crater Lake Rim Ride: Contact John Hebda (223ackimp@comcast.net; 928.0685) if you can help.

MID-VALLEY BICYCLE CLUB BOARD MEETING NOTES

Monday, April 23, 2007

Attending: Susan Christie, Matt Mathews, Jim Gau, Richard Burgess, Henry McCarthy, Rick Riper, John Hebda, Ron Marek, and Larry Thurber.
Absent: Lloyd Swanson, Joe Monteleone, Walt Prichard, Joellen Jarvi, Lyle Dalton

Insurance

Ron reviewed our insurance and liability position, including pertinent cases in the area for similar organizations. Releases need to be clear and unambiguous, but courts often don't enforce them even so. He feels that our primary liability risk may be with signage for dangerous situations (railroad tracks, etc.). Whatever "rules" we establish (such as requiring helmets), we need to enforce. Oregon has a "Good Samaritan" outlook for members of the board for non-profits such as ours – although he cautioned that we certainly ought to carry this type of insurance as well as coverage for events. We will get copies of the releases for our various event rides to Ron for further review.

Reports

Treasurer: Matt reported that we have had 34 new or renewed memberships. Recent income has come from dues, expenses include insurance, newsletter, meeting room, PO box. Account totals include \$6,541 checking and \$1,809 savings for a total of \$8,350. Matt suggested offering members of the board gratis dues during their term as an incentive to serve. We chose to table this until a later meeting when we discuss the budget in more detail.

Membership: Susan read a letter of support from some long-term members who are no longer able to ride. She has also been helping Jerry Rooney learn to deal with the email list.

Ride Captains: Henry reported stats as of today of 24,891 miles total and

613 total rides. Top rider so far is Mark Newsome with 1,406 miles followed by Lyle Dalton over 1,000 miles.

Newsletter: No report.

Vice President: No report.

Advocacy: No report

Secretary: Rick reports that he'll be turning over the secretary job to Becky Steinmetz after this meeting.

Business

Webmaster

Brian Cripe has volunteered to become the new webmaster, replacing Mark Newsome who has been managing this for years – thanks Mark! Shirley Schoberg and Judy Sams have both expressed interest in helping out.

150th Anniversary Bike Tour

No report.

CBBT 2007

Jim reports that Joe Monteleone and Tim Corbett are carrying this along, with the help of Jim Lawrence and Dan Youngberg. We would still like to find a single director but really appreciate these folks keeping this event afloat. One issue still open is the repair of the bridge in Scio – which splits the town and may cause problems if not open by the date of the ride.

Crater Lake Rim Tour

John reviewed some of the needs still outstanding for this ride. Larry and Joe Monteleone met to discuss fees for this ride and suggested a new fee schedule – which the board adopted. Larry will contact Joe on revising the sign-up form. We had already decided to forgo T-shirts this year. John suggested several ideas for incentives to volunteer – tabled for future discussion.

Rolling Feast

No report, we believe Becky and Charlie have this well in hand.

Midge Cramer Ride Review

No report

Volunteerism in general

John suggested making it clear what is expected of folks for each position – this can help prospective volunteers

understand how big (or small!) each job's scope is. The board discussed whether to state that part of club membership is volunteering to help at one or more events. Tabled for later meeting.

Oregon Bike Summit

Susan reported on this annual event bringing together several state-wide tourism and roads organizations. This group is pushing to get Oregon "known" as a great bicycle touring state. They are working on identifying routes. The summit included sessions on such things as applying for grants, mountain biking and trails, state parks, safe route to school, etc.

Calendar

- A. Rolling Feast – May 12th (Saturday)
- B. Ride of Silence – May 16th (Wednesday)
- C. CBBT – August 12th (Sunday)
- D. Crater Lake – August 24-26th

Next meeting: The next meeting will be June 4th (skipping May 28th – Memorial Day)

The meeting was adjourned and everyone enjoyed refreshments

Secretary's note: I've enjoyed serving on the board for the past few years – the last three as secretary and as a member-at-large before that. This is a great group of individuals, all giving their time and energy to help bring great rides and other events to the club's members, advance projects in our community to help cyclists, and to support teaching local kids safe cycling. I know that I'm leaving this role in capable hands – Becky Steinmetz returns as club secretary. And if you're over in Ireland stop by for a pint!

Respectfully submitted by Rick Riper

"Next to a leisurely walk I enjoy a spin on my tandem bicycle. It is splendid to feel the wind blowing in my face and the springy motion of my iron steed. The rapid rush through the air gives me a delicious sense of strength and buoyancy, and the exercise makes my pulse dance and my heart sing."

Helen Keller, The Story of My Life

MVBC EVENT CALENDAR: May/June 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. 9 am Ride Leader: Jerry Rooney 752-6588

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

May 5, Saturday 8 am: * NOTE "Rise and Shine" Start time *** This ride only! *****

ROAD CLEAN-UP. Warm and sunny. Do your part for the environment!

- **Long Ride: Brownsville via Bellfountain/Harrisburg 76 miles (B610)**
- **Short Ride: Bellfountain out and back. 40 miles (B240)**

May 12, Saturday, 9 am: MVBC ROLLING FEAST IS BACK! Skip breakfast, prepare to eat.

- **Secret route**

SATURDAY RIDES START AT 8AM

May 19, Saturday Ride, 8am Waterloo / Lebanon / Saddle Butte

- **Long Ride: Shedd to Waterloo back via Tangent. 61 miles (A520)**
- **Medium Ride: Shedd to Lebanon back via Tangent. 52 miles (A340)**
- **Short Ride: Shedd to Saddle Butte back via Tangent. 37 miles (A230)**

May 26, Saturday Ride, 8am: Marcola / Harrisburg / Peoria

- **Long ride: Marcola via Harrisburg/Coburg back via Brownsville 104 miles (B690)**
- **Medium ride: Harrisburg via Peoria Rd. 50 miles (A305)**
- **Short ride: Peoria via Peoria Rd, back via Abraham Drive 27 miles (A070)**

June 2, Saturday Ride, 8am: Roaring River / Waterloo / Albany

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

June 9, Saturday, 8 am: Alsea Falls / Kings Valley / Decker

- **Long Ride: Alsea Falls. 69 Miles (C590)**
- **Medium Ride: Kings Valley, return via Airlie. 45.6 Miles (B280)**
- **Short Ride: Decker 33 Miles (B170)**

June 16, Saturday, 8 am: Marcola / Armitage Park / Saddle Butte

- **Long Ride: Peoria, Armitage, Marcola. 103.6 Miles (B690)**
- **Medium Ride: Armitage Park. 79 Miles (A640)**
- **Short Ride: Saddle Butte. 37.4 Miles (A230)**

June 23, Saturday, 8 am: Salem / Sunnyside / Albany / LOOP TOUR I

- **Long Ride: Salem via Buena Vista Ferry. 83 Miles (B660)**
- **Medium Ride: Sunnyside via Buena Vista Ferry 59.6 Miles (B460)**
- **Short Ride: Albany via Palestine. 34 Miles (B100)**

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.*

2007 Santiam Spokes 15th Annual Strawberry Century

The Santiam Spokes, Lebanon, OR bicycling club are celebrating the 15th Anniversary of the Strawberry Century Ride. This family oriented ride has a 13 mile, 53 mile, 72 mile and a 102 mile loop. All rides start and conclude at the Lebanon High School. As in all past years, fresh strawberry shortcake and ice cream is offered to all riders at the conclusion of their ride.

This newly designed route has something for all members of the family. The new Century route has been changed, near the beginning, to include a challenging loop north of Lebanon that includes a covered bridge. The Century riders continue along with those taking the 72 mile loop to Sunnyside Park for refreshments. Continuing along into Sweet Home and then into Brownsville, all riders return via a new route that takes them west past Boston Mill and then back to the start/finish line past Peterson Butte.

Our Century riders had requested that we reroute them out of the windy flats at the end of the day. We have redesigned this challenging and beautiful new course adding the extra miles to

the beginning of the route. In addition we have added a thirteen mile flat ride to include all members of the family.

Riding in the Mid Valley doesn't get any better than this, "The Strawberry Century", our theme for 2007 is, "More Hills, More Thrills!"

Mark you calendar for Saturday, June 9, 2007. Brochures will be sent out the first week of March to past participants, Bicycle Shops and Athletic Clubs. Our new website, santiamspokes.org will be available about March 1st.

Directions: I-5 North or South to exit 233, east 8 miles on Highway 20 to Lebanon, follow signs to Lebanon High School. For more Information contact:

Bill Pintard, Strawberry Chairman, 541.967.3295, pintardb@proaxis.com
Dennis Murphy, Spokes President, 541.738.8600, dmmurphy1@comcast.net

Seph Reese, Strawberry Publicity, 503.375.7620, sephree@hotmail.com

Alpine Half Century

Evelyn Lee

Mark you calendar on Saturday, August 18, 2007 for the second annual Alpine Half Century ride. One of the prime cycling spots in the Northwest,

the route is a 54-mile loop from Alpine to Alsea, and over the Alsea River Scenic Byway back to the Alpine Community Center. The 4000-

foot elevation gain and loss give this spectacularly scenic ride a challenging edge while volunteers support riders with rest stops, sag drivers, signs, and a great lunch after the ride.

We in the Alpine community are accustomed to seeing cyclists enjoying this gorgeous route throughout the year and we are aware that regular riders have felt a sense of loss from the closure of Alpine Market along with those of us in local community. Alpine Community Center volunteers are eager to support cyclists and got our initiation by providing a lunch stop for the NW Tandem Rally in July last year hosted by MVBC. With those great connections and the encouragement of the cycling community, the first annual Alpine Half Century was a huge success for the cyclists as well as the community volunteers. Our 2006 rider's survey proved that the scenery is a cyclist's inspiration, while the support and lunch made the day a complete success for riders.

You are welcome to register on line at ORBIKE.com. More information about the ride and Alpine Community Center is available at www.alpinecommunity.net. If you would like to join local volunteers to support the ride, please feel welcome to call Evelyn at 541-847-6028.

Hope to see you in August!

May 21 Meeting

Walt Prichard

The May meeting is the Loop Tour Committee meeting. They are going to tell us all about the loop tours and what you will need to bring. They might also bring some show and tell. Like the new stove from REI that will boil a quart of water in 2 minutes. This will be a great meeting to bring your camping/touring questions to. There will be experts on one week tours and others that will tell you a trip across the country is just one loop tour after another with a day of rest and laundry between the weeks.



Wednesday riders in front of the Independence airport restaurant on a sunny spring day.

Jan Prah! Stories, continued

Edited by Ann Asbell

On a loop tour some years ago we stopped at a small store in the middle of nowhere. As we walked in I heard "Hi, is that you Jan?" It was someone she had met some years ago. Many times when riding with Jan, in out of the way places, we would encounter folks from her past, and she would remember their names & where they met!!! That showed how much she deeply cared about everyone she met. I feel very fortunate to be one of those people... *Jim Munford*

(E/mail message) It was fairly nice here today; I did some cycling. Coming up a hill I remembered that Jan (according to legend) never used her lowest gear. Saving it for the BIG climb.....*Dick Berger*

Jan Prah! will be sorely missed by all who came in contact with her. My husband, John Nervik, and I are certainly in that category. Knowing that all who knew her have their own stories about her, we would like to share three of ours.

I remember the story a fairly new MVBC member told me. He was riding his bicycle toward the back of the pack with an older lady. He told me he wondered what he would do when the lady fell behind. Would he be expected to drop back with her? As he was pondering what his answer would be, the lady said to him, "Well, we're almost back now. Will you be ok if I go on ahead?" Though somewhat surprised by the question, he replied that he would be just fine. Whereupon "guess who" cranked up the speed and disappeared toward the front of the pack, leaving him in the dust.

Jan was a good friend to me. When I had a bike accident in 2000, I had to learn how to walk again. In the early stages, I needed company. Jan was almost always available. All I had to do was give her a call and, she, if she could, would zip over from Philomath to SW Corvallis by bike or by car and drag me around the block. The conver-

sation was always interesting, and there were usually some really good laughs, too.

On MVBC bike rides, Jan and I used to ride down Peoria Road and turn left at Tangent Road. In the spring, on the ride home, we would hang out at the vacant corner on the south side of that turn and look for trillium and other wild flowers. There were quite a respectable number. We also noticed that people tended to pitch their trash on that corner. For years Jan had taken it on herself to keep the lot cleaned up. When I came along, I decided to make it my project, too. So on one particular day several years ago, we took two cars plus boxes and black plastic bags plus my dear husband John, the tireless worker, and set out for the lot. We picked up bottles and cans and paper trash. We uncovered a houseful of soggy wall-to-wall carpeting. It went on and on. There might have been a washing machine. We filled one car. We filled the second car. And we were staring at the rest, wondering what in the world to do with it. Suddenly, like magic, along came a Corvallis Disposal pickup truck. The driver saw all the trash and was curious as to what in the world we were doing, so he stopped. He told us he came that way once a week about lunchtime as part of a regular pick-up route. He took a good look at our dilemma. I think at this point Jan might have sweet-talked him a bit. At any rate, he offered to help. Into the pickup went the unsavory wall-to-wall, and all the boxes and black bags he could accommodate. And the washing machine or whatever it was. And zip, he was gone. We went back many times, but we never saw the Corvallis Disposal truck there again.....*Peace, John and Denise Nervik*

Jan is the reason I'm so into bicycling, and I'm so glad to have known her. When I came to Corvallis in the mid-1980's I had to print large maps and other diagrams. I'd go to the Blue Print Shop on 15th and Western. But often there was a sign on the door "Sorry, gone cross-country skiing," or

"Sorry, gone bicycling, come back later." I thought, "Is this any way to run a business." But after meeting the owner, Jan Prah!, I was actually glad to see the signs. She was an inspiration and had a sense about what was truly important. Jan was already well into her 60's (which I used to think was old!). As she ran the maps through her machine, she would share adventures she just had cycling in places like New Zealand or Ireland. But somehow Jan had a knack for doing that in a way where it wasn't about her at all - the conversation made ME feel so glad to be there. At that time I did lots of running and it was beginning to take its toll on the knees and other fragile parts. Jan inspired me to bicycle. I joined the Mid-Valley Wheelmen and we shared many delightful conversations during rides. I miss those conversations and feel so privileged to have known Jan....*Bob Lillie*.

If at the end of the day, someone might say of me what I remember of Jan Prah!, it would be enough. When you see her, you're in for a major hug, a friendly greeting, using your name (she never forgot peoples' names), and plenty of upbeat "attitude"!....*Jerry*

It is meaningful when you have something special to share with a friend. Jan and I called each other "Sister Dome" because we had the same helmet. Even when we both moved on to better helmets, the name stuck. I also remember sharing the dressing room at Peak Sports with Jan during one of their sales. We were trying on bike shorts with all the humorous comments that accompany that experience. Jan hated long shorts. With her tiny size, finding short biking shorts was a challenge. There will never be another person like Jan Prah!. MVBC members are much richer for the memories we hold of Jan. For some, a part of "us" passed on as Jan left us in her dust, again, not to be found again until we join her....*Ann Asbell*



OUR RIDE CAPTAIN REPORTS

HENRY MCCARTHY

Saturday total for March was 3,513 miles. Adding the Wednesday ride total of 971 miles and Tuesday/Thursday ride total of 658 miles gives us a grand total of 5,142 miles ridden by 127 riders for this month. We have year to date total of 26,834 miles.

Mileage leaders for April (includes Wednesday and Tuesday/Thursday rides) were **Mark Newsome**, 431; **Lyle Dalton**, 252; **Terry Dibble**, 252; **Chris Jackson**, 206; **Leon Ungier**, 196; **Joe Monteleone**, 179; **Jim Gau**, 174; **Matt Mathews**, 147; **Alan Acock**, 142; **Tim Corbett**, 133; **Vladimir Baicher**, 122; **Joellen Jarvi**, 122; **Melissa Boyd**, 119; **Dan Youngberg**, 110.

We had 3 new riders this month, welcome to **Beth Dayton**, **Jon Sears**, **Betty Tucker**.

Loop Tour 2007

Dan Youngberg

Loop Tour rider packets will be available for pickup at the May 21 MVBC club meeting at the Osborne Aquatic Center.

The packets include Ron's detailed route sheets and Lori's informative rider pamphlets.

The meeting will provide an opportunity for participants to ask questions of the Loop Tour Committee. Richard Burgess will provide insights from his recent scouting expeditions.

Packets not picked up on May 21 will be distributed by June 9 or July 14 for Tours 1 and 2, respectively. If you have not received your packet by that time, contact your favorite Loop Tour committee member.

A special thanks to those of you who originally registered for Tour 2 and then changed your plans to allow additional people to join Tour 2 who could not fit Tour 1 into their schedule. As of May 1, the wait list for Tour 2 is just about cleared. If two more Tour 2 folks could change to Tour 1, we'll be able to register everyone who wants to participate. Please contact Betsy Reid if you can help.

Loop Tour 1 Riders: Ron Allowitz; Ann Asbell; Vladimir Baicher & Joellen Jarvi; Les Boudreaux; Rich-

ard Burgess; Cartwright family: John, Sharon, Carolyn, Liz & John; Hank Elder; Candis Giles; Dennis Hedges; Rod Inman; Linda Koberstein; Ron Marek; Kay & Enrique Semadeni; George Shaw; Grace & Lloyd Swanson; Dave Wallace; Paul Wallace; Glenn Woodman; Dan Youngberg.

Sag Drivers: Betsy Reid, Ruth & Gary Mitchell

Loop Tour 2 Riders: Jon & Katelyn Beilby;

Jeannette Brewer & Ron & Malika Waschmann; Beth & Paula Brown; Susan Christie & Matt Mathews; Tim Corbett; Brian & Maddy Cripe; Lyle Dalton; Mary Davison; Falkner family: Jimmy, Kelly, Perrin & Elliot; Gast family: David, Mattias & Janelle; Lynn & Michaela Hammer; John Hebda; Yvonne Hilton; Henry McCarthy; Nancy Meitle; Ruth & Gary Mitchell; Jim Munford; Walt Prichard; Elise Ross; Becky & Charlie Steinmetz; Ellen Tapon; Thackray family: Mark, Kim, Kyle & Grant; Wilson family: Mike, Lori, Tyler & Jordy; John & Haley Wilson; Ted Wilson.

Sag Drivers: Richard Burgess & George Shaw

May 16th Ride of Silence

Jerry Rooney

Meet at Osborn Aquatic Center at 6:30 pm for a slow, quiet tour of Corvallis. This will be our third year honoring our cycling brothers and sisters who have been injured or have lost their lives in encounters with motor vehicles. Our presence en mass is also a display of just how many of us use the streets and roads both recreationally and for commuting purposes, and also as a reminder that by law we are considered legitimate users of these facilities with all the responsibilities and rights of other vehicles.

The Ride of Silence takes place at the same time throughout the US and in many foreign countries. This year our club has chosen to be a part of this event. Hope to see you there!

More information: Rideofsilence.org. Locally: Jerry Rooney <jeroon@peak.org>

Picnic Invitation

Sandra Hufsmith

I would like to invite both early and late ride groups to come to my farm for a summer picnic on September 8. I hope to have Gathering Together Farm donuts, iced lattes and so much more. I am at 23321 Alsea Highway. It is just short of Decker but long on food and drink. Party and then cruise home.

- Club Information -

The Mid-Valley Bicycle Club is a recreational touring club for cyclists of all ages. We ride rain or shine! Helmets are required for all riders. Social and educational meetings are held regularly. Check this Newsletter or our website at www.mvbc.com for current information.

I (We) want to join the Mid-Valley Bicycle Club. Enclosed are annual dues as checked below.

Membership: \$20.00 Individual or \$25.00 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

Bicycle Birding Schedule, 2007

Dan Boucher

May 27, Sunday 9am-Noon. EE Wilson Wildlife Area. Free. Meet at the Pheasant cage parking lot on the north side of Camp Adair Drive. This is the best site in Western Oregon to see and hear Yellow-breasted Chats. Many other bird species are possible along with colorful snakes, wildflowers and mammals.

An easy, flat ride of 10 miles or less with frequent stops. Bring water, binoculars and rain gear. Led by Don Boucher, 541-753-7689, bouchdon@peak.org

Sundays 9am-Noon, June thru September, Free. Meet at the Avery Park Rose Garden. Easy and flat ride of 3-10 miles. We'll poke along and find birds in every nook and cranny along bike routes in Corvallis.

Bring water, binoculars and rain gear. Led by Don Boucher, 541-753-7689, bouchdon@peak.org

June 24 Start at Avery Park Rose Garden

July 22 Start at Avery Park Rose Garden

Aug 26 Start at Avery Park Rose Garden

Sept 23 Start at Avery Park Rose Garden

Sponsored by the Audubon Society of Corvallis & the Neighborhood Naturalist program.

www.neighborhood-naturalist.com



Classified

For Sale

Gary Fisher Tandem. High quality aluminum with good components. Has a rack and bottle cages. 26inch wheels and new tires and fenders. \$750 or offer
Walt 752-6231

DAHON

Nice little folding bike. Like new with less than 300 miles; has custom rack and fenders. 9 speed with 3 in the hub. Rides really nice. I just can't ride an upright anymore. \$500 752-6231

New Product

While browsing in an Arizona bikeshop recently, I noticed a new (to me) product for cleaning your hands after changing a tire. You all know how messy that can be. CitraWipe is a heavy duty wipe, packaged individually, that will fit nicely with your spare tube. It even makes your hands smell good. And the best thing is that they are now carried by our favorite bike store.

Editor

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

Address Service Requested

Meetings & Announcements

Future Events

May 12 - Rolling Feast, MVBC
May 16 - Ride of Silence, Corvallis
May 25-28: NWTR, Yakima, www.nwtr.org/2007/
June 9 - Strawberry Century, santiamspokes.org
June 22-24 - Cycle Oregon Weekend,
www.cycleoregon.com
June 23-July 1 - Loop Tour 1, MVBC
June 24 - Watermelon Rides,
www.salembicycleclub.org
July 14 - Corvallis 150th Celebration
July 14-15 - STP, www.cascade.org
July 28-August 5 - Loop Tour 2, MVBC
August 18 - Alpine Half Century, www.orbike.com
Sept 8 - Picnic, Sandra Hufsmith, Alsea
Sept 8-15 - Cycle Oregon, 20th Anniversary,
www.cycleoregon.com
Sept 15-27 - Cycle Japan, Ruthy Kanagy,
<http://livingabroadinjapan.com/cyclekyoto.htm>
Sept 23 - Peach of a Century,
www.salembicycleclub.org

General Meeting—Our Own Bicycle Tour

May 21, 7 pm, Osborn Aquatic Center

This month we will get the details on our Club Loop Tours. This is a must meeting if you are going on the tour, but it will be interesting to all of us even if we're not involved this year.

If you've ever done a club tour it will be fun to hear about plans for this year. If you've never done a club tour, you have missed one of the club's greatest activities. You owe it to yourself to find out what you've missed.

Let's have a great turnout to cheer on this year's tour!

IMPORTANT SUBMISSION INFORMATION

Submit articles, stories and photos for the June MVBC Spokesman no later than May 30.

Please send this material to the editor in Word format:

Lloydvswanson@comcast.net