

# MID-VALLEY BICYCLE CLUB SPOKESMAN

June/July 2009

*This month, I want to talk about a new bicycle related organization here in Corvallis. The Corvallis Bicycle Cooperative just began operating in a sustained way in January of this year and the organization is one that I hope we can support and encourage.*

## *Up Front*

*by Matt Mathews, President*

The cooperative (co-op) has a garage to the rear of the Sustainability Center near the OSU campus just north of the corner of Western and 15<sup>th</sup> streets. The space is supplied by the university. The co-op is working on a memo of understanding with Dixon Recreation Center on campus. Dixon is for the students, but anyone in the community can use the co-op. In fact, the lead statement on the co-op's web site ([www.corvallisbikecoop.com](http://www.corvallisbikecoop.com)) reads, "The Bicycle Cooperative empowers the Corvallis Community to realize the harmony of human-powered transportation by providing inclusive and flexible resources."

One thing offered is bike classes. These informal 2-hour sessions on Sunday afternoons cover all topics related to things bicycle. Examples include safety checks or inspections on your bicycle, wheel building and truing, tune-ups, lubrication tips, and installation of accessories. A calendar posted on the web site shows what classes are scheduled. You can also post requests for specific topics to be covered, and if you have a particular passion or talent you can offer to lead a class.

If you are looking for a bike at little or no cost, the co-op has a special arrangement for you. The co-op receives a large number of donated bicycles in various states of repair. Some are classic models that need restoration. The co-op recycles the worn-out parts, leaving lots of useful frames and parts. The staff at the co-op will assist you in rebuilding two bikes. When you have completed these two, you get to keep one for yourself; the other one becomes available for sale, rental, or donation to the community.

The process works like this: you go to the co-op during open hours and explain that you want to participate in this program. The staff helps you determine what style of bike suits your needs, and the level of commitment they can make. They say it takes from 5 to 20 hours to

strip and rebuild a bike, depending on your level of expertise and the condition of the bike you choose to work on. If your mechanical skills are not high, the staff will assist and coach you in the art of bicycle maintenance.

Once you complete this process with two bikes, you get to ride away on your own bike, with the skills and knowledge to keep it in great shape.

These and other bikes become part of their bike loan program. With a \$65 deposit and a donation of \$10 for the costs of running the program, you can take one of their rebuilt bikes for long-term use. Keep it as long as you like, and then bring it back with no more than normal wear and tear, and get your deposit back.

The co-op hopes to expand into all aspects of bicycle and human-powered transportation, including community activism. The staff hopes to find ways to encourage the City to enhance covered bike parking facilities, improve and expand the use of bike lanes, promote bicycle safety, and in short, use any means of making human-powered transportation safer and more viable.

The co-op is supported primarily by contributions from individuals. Gifts of money, hand and power tools, supplies, parts, lube, rags, whole bikes, accessories and time are welcome. The recent swap meet MVBC held a couple of months

ago at a general meeting reminded me of the wealth of bike-related articles that so many of us have stored in our garages. I saw a huge supply of useful bike parts and accessories, all things that the co-op could use. I have delivered a box full of articles, and will be taking more. The co-op is in need of road bikes and parts, which many of us have supplies of.

Members of MVBC could get involved with the co-op in many ways. As I said, the co-op needs any of the good used parts or bicycles that we have. They could also use our skills and our time. One or more of us might be able to help them write up a good business

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## Also in this issue

Oregon Bike Summit  
MVBC Picnic—July 12  
"Full Cycles" Bike Shop  
Loop Tour Participants  
Kids and Helmets

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plan, expand their non-profit status or do data entry. People with mechanical skills might be willing to work at the coop for a half day. At present, the coop is open Friday, Saturday, and Sunday, but it could be open other days if qualified people were available to expand the operation.

There are several ways to learn more. One is to simply show up at the garage at 15<sup>th</sup> and Western on Friday, Saturday, or Sunday, make a donation and ask questions. Another is to visit the web site [www.corvallisbikecoop.com](http://www.corvallisbikecoop.com). You can also e-mail me, or one of their leaders, Vern Huffman, at [kashimbi@earthlink.net](mailto:kashimbi@earthlink.net).

This fledgling organization has the potential to make a real contribution to the Corvallis bicycling community. I wanted to make their existence known to all of you as potential contributors of your time, talent or tender.

## Rolling Feast

*Jerry Rooney*

Despite the rain and the dire forecast for more, at least 43 people showed up for our annual Rolling Feast. Not a record by any means, but heroic to be sure.

There were several routes to get to each "food court" depending on how far people wanted to ride between courses. As you will see below several members of families rode along. It was good to have younger people join us.

The heroes of the Feast were definitely the folks who opened their homes and fire stations to us. Ann Asbell led off with the breakfast consisting of fruit,

juice, coffee, two egg dishes (veggie and non-veggie), muffins, and sweet breads. Some of us sat in her back yard enjoying the flowers and greenery—and the much needed food, (we were ordered to skip breakfast at home) of course. Bill Daley assisted along with a neighbor of Ann's.

After breakfast, riders scattered in various directions burning calories and whetting their appetites for lunch. Steve Stapleton and Jim Gau hosted lunch at the fire station on Walnut. As people straggled in wet and worn, they were greeted with Beanery coffee, Steve's famous chili (veggie and non), corn bread, muffins and juices. We lingered at lunch while the sky opened to remind us that THE RAIN WAS NOT OVER YET!

We were guests at the home of Steve Lucas and Harriet Plumley on top of Mt. Witham. All treats, including chocolate cake (Oprah's recipe), rhubarb coffee cake, carrot cake and other tasties were made by Harriet herself. I chose to follow Bruce's style and tried a SMALL piece of each. There was also Beanery coffee, juices and Umpqua ice cream.

All these good folks deserve a solid round of applause. There is much preliminary work required to host a feast like these and we definitely appreciate their efforts.

*And thank you, Jerry, for organizing the event. The food was awesome!*



## The Bike Biz in Corvallis: This Month Featuring Full Cycles

1555 NW Monroe Ave.; (541) 752-9010

<http://www.fullcycles.com/>

Visit Full Cycles, on Monroe Avenue, and you will be delighted by the array of elegant bikes from manufacturers that include Surly, Bianchi, Yeti, BMC, and Salsa. When Simone de Beauvoir said, "I love chocolate and beautiful bicycles," little did she know what would be available to us in twenty-first century Corvallis. You can drool over a versatile Surly Cross Check, a full line of Bianchi minimalist machines, Yeti mountain bike frames with state-of-the-art suspension, and BMC (Bicycle Manufacturing Company) bikes from Switzerland with combination aluminum and carbon frames.

Full Cycles is a full service bike shop, but until recently, its primary focus has been on selling high-end bicycles via



the website. Manager John Mynhier says that the shop is one of the nation's largest on-line dealers of Yeti mountain bikes.

Manager John and owner Will Andrews are proud of the shop's core values and good pricing. They say they are in the business not for the love of money, but for the love of cycling, and they want to encourage other people to love cycling too. Everyone on staff is a cyclist who became a co-worker. A statement from the shop's website summarizes: "When you call or stop by the shop, you can be confident that everyone you talk to is an avid cyclist and a part of a great community of riders. Without question, we know why you ride..."

Full Cycles, conveniently located for easy access by the OSU community, wants to serve all cyclists, from commuters to racing, sport riding, mountain biking and cyclocross enthusiasts. They are happy to provide any kind of service or repairs you need.

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## Max Headwind

### Season's Start

After too long a winter  
finally comes the day  
the first ride of my year

stronger than I would have expected  
flying along the trail  
a bridge arcs before me

and best of all  
it's my son who dragged me out  
the season is ahead

and on a FedEx truck  
my older bike heads to my daughter  
she and I will ride when I'm there

I like to spend time visiting my kids  
but we do our best visiting  
on two wheels

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The staff gets frequent requests for less expensive or used bikes good for basic transportation. The upcoming expansion will help meet this objective. Full Cycles has acquired the space next door and is remodeling it to be a "boutique style" shop, where high-end bikes, nutritional products, clothing, and other accessories will be displayed. The current space will become "Second Wind," where customers can find less expensive and used equipment.

Full Cycles also sponsors several racing teams, among them the OSU Beavers Cycling Team and the Willamette Valley Cycling Team.



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## Crater Lake Rim Ride August 28<sup>th</sup>-30<sup>th</sup>

*Nancy Meitle*

It is time to put the Crater Lake Weekend on your calendar. There are five Saturdays in August this year so you will be able to fit in an extra weekend of cycling. This year's event will be the last weekend in August.

As usual, we will be waiving the registration fee for families who help with a SAG Stop. We typically receive help from non-riding spouses and teens, so that avid cyclists don't have to miss out on this spectacular ride. Please give me a call if your family would like to help.

Thanks, Nancy 753-0304



## MID-VALLEY BICYCLE CLUB BOARD MEETING NOTES

**Monday, April 27, 2009**

**Present:** Alan Acock, Susan Christie, Ray Gilden, Bruce Martin, Matt Mathews, Nancy Meitle, Joe Monteleone, Walt Prichard, Shirley Schoberg, Charlie and Becky Steinmetz, Lloyd Swanson

### Reports

**Vice-president:** Susan reports the April general meeting was a huge success and had a large number of members in attendance. The May meeting will have loop tour committee hand out loop packets and detailed tour information. There will be no June meeting. July will be the annual picnic. Susan is also trying to arrange for Gary Chapman to come to a future meeting and share updates on the proposed Corvallis to the Sea Trail.

**Treasurer:** Bruce reports a savings balance of \$2,884.07 and checking balance of \$12,368.07, showing total assets of \$15,252.14.

**Secretary:** No report.

**Advocacy:** Walt reports there will be a road commission meeting on May 19<sup>th</sup> at the Corvallis Library and would like to encourage all MVBC members to attend. There will be talk about lane changes around VanBuren Street to 5<sup>th</sup> Street with changes possibly extending to Buchanan. This summer there will be overlay laid on Campus Way from 35<sup>th</sup> to 53<sup>rd</sup>. There is even a possibility of paving the gravel section of Tampico Road to Airlie Road if there are funds available later in the summer.

**Membership:** Shirley reports MVBC membership now has 112 single memberships, plus 92 family memberships' times 2 = 319, along with 23 businesses. The newest business added to the membership is the new bike shop in town, CycleSolutions.

**Newsletter:** Lloyd reports deadline for this month's newsletter is tonight. The next newsletter will combine June and July.

**Mileage report:** Alan shared that he is receiving mileage reports from mem-

bers sending in mileage from mountain bike rides and personal daily miles. He requested clarification as to what counts as miles to be recorded by the club. **The board discussed this issue and clarified that only MVBC sanctioned rides are to be recorded.**

*Please, members, do not send Alan any mileage reports unless they are club rides. Club sanctioned rides are: Saturday's 8:00/9:00 and 9:00/10:00 a.m. rides, Tuesday and Thursday evening rides, Wednesday mornings, Loop Tour, and Crater Lake Rim Ride.*

**Members at Large:** Ray reports that he has been attending Monmouth's Planning and Commission meetings. He has worked with ODOT to recently get bike lane markings painted on the S-Curve on Monmouth Road near the high school. *Thank you Ray for helping to make riding that road a safer one on a bicycle!*

**Ride Captain:** No report.

### New Business

**Oregon Bike Summit:** Joe attended the Oregon Bike Summit this last week. He shared his experience and thoughts with the board in great detail and personally found it to be a very positive and rewarding experience. He would like to encourage all members to consider attending this annual event and will be asking more bicyclists to join him next year. Other local cyclists that attended were Brad Upton, Jim Lawrence and Bill Pintar. Three House Bills were brought up for discussion at the summit: 2001, 3399, and 3252. Joe also was able to sit at a table with five other cyclists and personally talk with our district State Senator Frank Morse. Due to Joe's lengthy discussion of his experience at the summit and the house bills, the board asked that he write an article for the Spokesman so that all MVBC members can be enlightened as to what transpired at summit. Matt recommended that Joe be reimbursed for the registration cost to attend the Oregon Bike Summit, the board unanimously agreed.

**Cleanup of Plymouth Road:** Walt reports that the MVBC Adopt-A-Road cleanup of Plymouth Road went well and would like to thank Joellen Jarvi and Vladimir Baicher for helping to organize this twice a year road cleanup. The board unanimously agreed to have only one Saturday ride scheduled for the day of the road clean up so as to encourage ALL club riders to participate. *The road cleanup is an important bike club community service event that helps to beautify one of the favorite roads that cyclists like to take to get us out of town.*

**Bicycle Helmet Distribution Report:** Nancy reports that she purchased \$500 worth of bicycle helmets for Old Mill Center for Children and Families, approximately 83 helmets. She has plans to deliver some of the remaining helmets next week. If the Old Mill does not need them, she will give them to Greg Alpert for the upcoming Bicycle Education Classes. *Thank you Nancy for your ongoing efforts to purchase and distribute helmets to kids and families that otherwise would not be able to afford to ride a bike in safety!*

**Crater Lake Update:** Nancy reports that all is on schedule for the Crater Lake Rim Ride. She is working on the permits for the National Park Service and Forest Service and needs insurance and liability forms. Bruce will work with Nancy and help her get that information.

**Midge Cramer Path:** Nancy reports that the native plant garden area planted around the Midge Cramer bench is growing well. Nancy would like to encourage all bicyclists that ride by the bench and garden to stop and periodically water the plants and trees. The city has a water storage area and dipping cans at the garden for watering the plants and trees. Nancy also would like to encourage cyclists to donate large rocks to help landscape the area. She would like to encourage folks to donate rocks that have been personally collected from their own trips and adventures.

### Old Business

*(Continued on page 7)*

## MVBC EVENT CALENDAR: June-July 2009

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.

**Wednesday** 'Show and Go' rides start at **9:30**. Meet at the first gravel parking lot east of Hwy. 99W on Camp Adair Rd. Ride to Independence/Monmouth for Brunch. Moderate pace with at least one regroup. Leader: Joellen Jarvi, 231-1267, baicher\_jarvi@comcast.net

**Late Saturday (aka Rollers)** 'Show and Go' rides start at **9:00** am at Osborn Aquatic Center. Late rides regroup to keep people from getting dropped. Leader: Jerry Rooney 752-6588

**Early Saturday** rides below meet at the Circle Blvd. Beanery and usually have ride sheets. Ride sheets are guaranteed if you print them yourself from [www.mvbc.com](http://www.mvbc.com).

### Schedule below for early rides:

**June 6, Saturday Ride, 8 am: Hot today, drink lots of water**

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

**June 13, Saturday, 8 am: Not summer-like, but it's not summer yet.**

- Long Ride: Salem via Buena Vista Ferry. 83 Miles (B660)
- Medium Ride: Sunnyside via Buena Vista Ferry 59.6 Miles (B460)

**June 20, Saturday, 8 am: Summer is here!**

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

**June 27, Saturday, 8 am: Unseasonably cool, but dry.**

- Long Ride: Stayton, via Jefferson. 82.2 Miles (B670)
- Medium Ride: Jefferson, return via Riverside. 48.3 Miles (B310)

**July 4, Saturday, 8 am: ANNUAL MVBC MARY'S PEAK Ashley Molk Memorial Ride - Bring your climbing gears and head for the hill!**

- Long Ride: MARYS PEAK, Start @ Circle Bean, 53.5 Miles (D244)
- Alternate [Long Ride: Kings Valley, return via Airlie. 45.6 Miles \(B280\)](#)
- Alternate Medium Ride: Philomath to Decker Road back via Bellfountain Road. 33 miles (B170)

**July 11, Saturday, 8 am: Small hills to a small hatchery. Fish heads unite!**

- Long Ride: Shedd to Roaring River, back via Knox Butte, 80 miles (B650)
- Medium Ride: Shedd to Brownsville back via Tangent. 52 miles (A350)

**July 12, Sunday, 5 pm to 8 pm-ish, MVBC Annual Barbeque at the Burgess Residence.**

- Bring your appetite! See newsletter for details.

**July 18, Saturday, 8 am: Driest weekend of the year.**

- Long Ride: Dallas via Independence Hwy, 65 miles (B560)
- Medium Ride: Independence Hwy to Monmouth back via Hwy 99W, 44 miles (B270)

**July 25, Saturday, 8 am: Warm and wonderful.**

- Long Ride: Harrisburg to Armitage Park, back via Harrisburg. 79 miles (A640)
- Medium Ride: Peoria to Brownsville back via Shedd. 53 miles (A350)

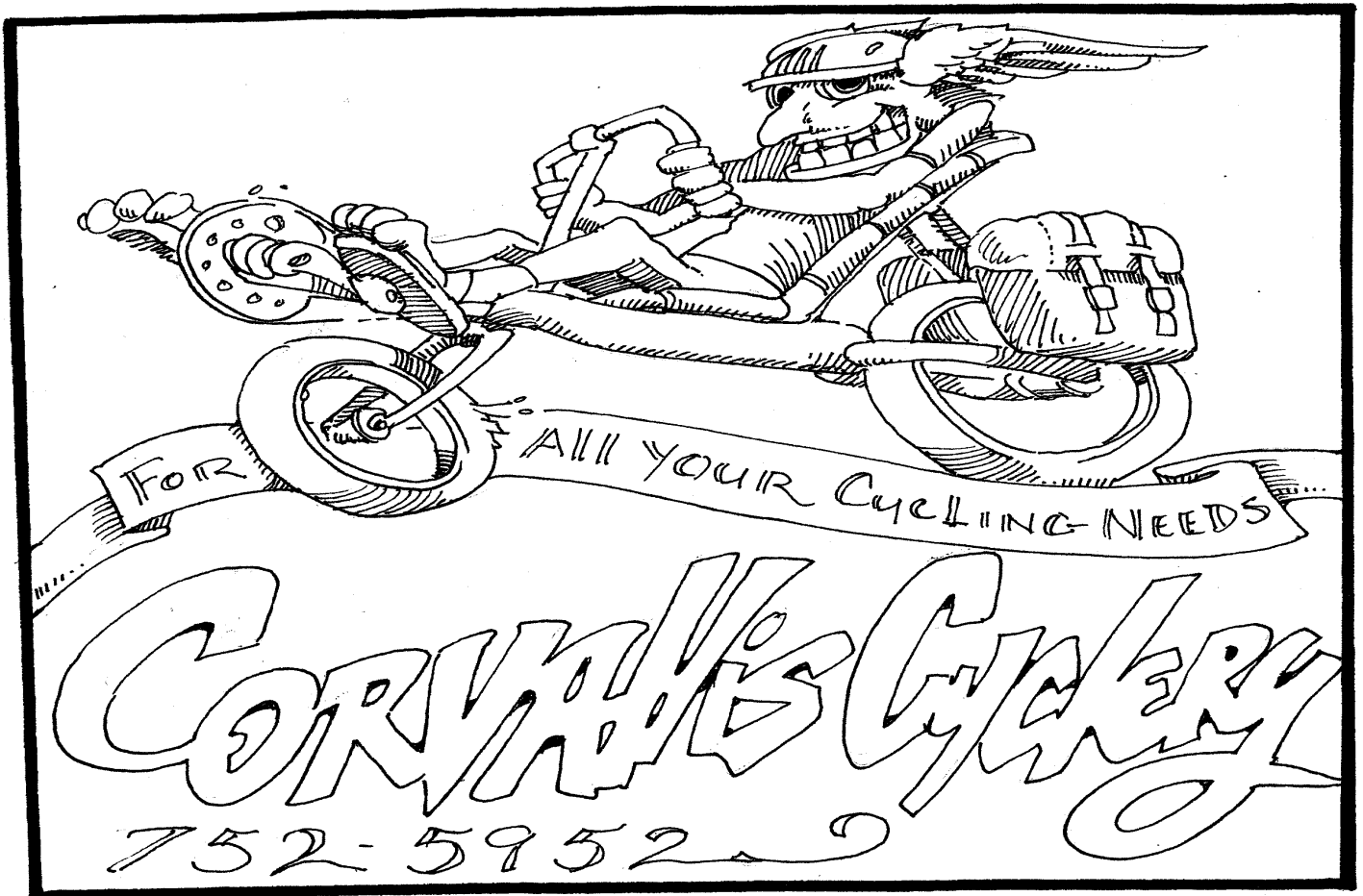
**August 1, Saturday, 8 am: Hot and Dry today**

- Long Ride: Lebanon, Sweet Home, Brownsville, 103 Miles (B700)
- Medium Ride: Lebanon via Albany 54.4 Miles (A380)

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**Announcements:** (Note that the rides below are "Show & Go" style.)

- Every Tuesday/Thursday at 5:15 pm: Meet at the Aquatic Center for a moderate to fast-paced ride.



### Loop Tour Participants

#### Loop 1

- |                      |                   |
|----------------------|-------------------|
| 1. Bruce Martin      | 6. George Shaw    |
| 2. Dan Youngberg     | 7. Daniel Bixler  |
| 3. Chuck Daellenbach | 8. Matt Mathews   |
| 4. Ann Asbell        | 9. Susan Christie |
| 5. Daniela Cawthorn  | 10. Ken Ash       |
- Sag Drivers: Gary & Ruth Mitchell & Lyle Dalton

#### Loop 2

- |                      |                    |
|----------------------|--------------------|
| 1. Lloyd Swanson     | 16. John Beilby    |
| 2. Grace Swanson     | 17. Katelyn Beilby |
| 3. Gary Mitchell     | 18. Kim Thackray   |
| 4. Ruth Mitchell     | 19. Kyle Thackray  |
| 5. Charlie Steinmetz | 20. Will Crawford  |
| 6. Becky Steinmetz   | 21. Lori Wilson    |
| 7. Tim Corbett       | 22. Mike Wilson    |
| 8. Mary Davison      | 23. Tyler Wilson   |
| 9. John Hebda        | 24. Jordan Wilson  |
| 10. Shirley Schoberg | 25. Brian Cripe    |
| 11. Ted Wilson       | 26. Maddy Cripe    |
| 12. Ellen Tappon     | 27. Beth Brown     |
| 13. John Wilson      | 28. Paul Brown     |
| 14. Haley Wilson     | 29. Steve Slover   |
| 15. Melissa Boyd     | 30. Robert Fox     |

- |                      |                    |
|----------------------|--------------------|
| 31. Ron Waschmann    | 32. Joellen Jarvi  |
| 33. Vladimir Baicher | 34. Candis Giles   |
| 35. Henry McCarthy   | 36. David Gast     |
| 37. Maria Monteleone | 38. Nellie Gast    |
| 39. Matthias Gast    | 40. Lyle Dalton    |
| 41. Lindsay Parker   | 42. Kelly Falkner  |
| 43. James Falkner    | 44. Elliot Falkner |
| 45. Linda Koberstein | 46. Perrin Falkner |
- Sag Drivers: Richard Burgess  
George Shaw

### "Moments of Grace"

*Jerry Rooney*

do you feel the grace or simple elegance  
when riding your bike?  
I feel it every time  
especially when I coast  
when my body is moving through  
space  
zero effort  
zero sound except the wind singing in  
my ears  
I like to think the next life is full of this  
kind of magic  
is there any way I can make a reservation



The late Saturday riders (Rollers) enjoying a picnic at Buena Vista Park



(Continued from page 4)

**Google Groups Report:** Ray reports that the Google Groups for board members is going well with all members listed.

**Cycle Oregon Weekend Update:** Susan and Joe report approximately 28 MVBC members have signed up to help volunteer for the Sunday, July 19<sup>th</sup> lunch rest stop for Cycle Oregon Weekend. The lunch stop will be in the area of Buena Vista with the exact location being clarified at this time.

**Next Board Meeting:** The next board meeting will be Monday, June 1, 2009. Respectfully submitted by Becky Steinmetz

## 2009 Oregon Bike Summit

Joe Monteleone

*"Oregon. The land bicycles dream about."*

The 4th Annual 2009 Oregon Bike Summit (OBS) was held on April 21 and 22 in Salem and I was able to attend on behalf of the MVBC. This is the first time the summit has been scheduled to allow participants to act as citizen lobbyists while the Oregon State Legislature is in session. The OBS was previously held on weekends and past locations have included Jantzen Beach in PDX and in Sisters.

This year's summit was linked to the Governor's Conference on Tourism, and many attendees and presenters were part of both events. The first half day of the summit was designed to prepare a citizen to know how to lobby—for bicycling. The second day was designed to allow everyone to meet with their legislators at prescheduled meetings. There were also many different speakers who informed on projects and proposals for improving cycling in the state and delivering on the brand message of: "Oregon. The land bicycles dream about."

The key message of the OBS is that all of the cyclists in the state must "show up" and get involved to help improve cycling in Oregon. This can be as simple as writing and then calling your legislators to support certain legislation. We all need to help drive the

Oregon bicycling agenda. The hope is to continue to hold the OBS during the week and bring additional strong voices to the legislature and show that bicycling has a strong lobby in Oregon for transportation, recreation, commerce and tourism. Many in the legislature have a poor opinion of cyclists, wrongly deserved I might note, and the strategy is to use the OBS and year round bicycle advocacy to show that bicyclists are a strong positive force for Oregon and not to let a few "bad apples" spoil things for everyone.

For me the highlight of the summit were the meetings with either my State Senator (Sen. Morse) or Representative (Rep. Gelsler) and/or their staffs. I was able to meet with Sen. Morse along with other attendees from Corvallis and Albany. The 6 of us presented specific bicycle related legislation targeted to improve the safety for cycling. These included HB 3399 (Vehicular Homicide) and HB 2001 (increased funding for Bike/Ped; non-motorized transportation off-street). We also asked for the already dead HB 3252 (Driver's License Renewal Testing) to be considered in the next session. Notably, we were not pushing the "Idaho Stop" law, as it really polarized many people in the legislature (and in general) in the state. Then about 3 of us met with Rep. Gelsler's staff, as she was on the House floor presenting a different bill. Many good questions were asked in both meetings and we all provided opinion and input.

HB 3399, while it impacts cycling, is not limited to simply a cycling issue. It is to make the public roads of Oregon safer for all road users. It may be dead in session based on my last check on its status. HB 2001 is still being actively debated and it would really help provide funding sources for things like finishing the Corvallis to Albany multi-use path along the Hwy 20 railway right of way. If you'd like to understand how to find more information about the bills, you can go to <http://www.leg.state.or.us/searchmeas.html>. If you have questions, give me a call

and I can help you find more info on the state website, including how to listen to audio archives of public hearings and work sessions. It's very interesting.

Thanks to the club and board for letting me represent MVBC! For more info on the OBS, see <http://oregonbikesummit.com/>.

## LAB Bicycle Friendly Rankings

The March/April 2009 issue of American Bicyclist ranks all the states and communities in the U.S. that have achieved "Bicycle Friendly" status.

### Top Ten States:

1. Washington
2. Wisconsin
3. Arizona
4. **Oregon**
5. Minnesota
6. Maine
7. California
8. Illinois
9. New Jersey
10. New Hampshire

### Platinum Communities:

Boulder, CO

Davis, CA

**Portland, OR**

### Gold Communities:

**Corvallis** (1 of 9)



By the time you read this, we'll be on our way to southern Utah for an Adventure Cycling 6-day tour of some of the National Parks. From there we go to Bozeman to visit our son for a few days, then to Prince Rupert where we park the van and begin a ferry/cycling tour of the Inland Passage. We stop at 3 towns on the way up to Skagway, then 3 more towns on our way south from Haines to Prince Rupert, spending two nights at each stop. While in Skagway we'll take our bike on the White Pass RR to Carcross and then bike back (downhill) to Skagway.

From Prince Rupert we go south to Victoria for the NWTR over the July 4<sup>th</sup> weekend. And then home. So the next newsletter will come in mid-July, before we leave on Loop Tour 2.

*Editor*

## OUR RIDE CAPTAIN REPORTS

LEON UNGIER & ALAN ACOCK

We had to wait awhile for the May flowers this year, but after a cool and wet start, May was a great month for cyclists. The Annual Rolling Feast, or as some of us prefer, the Pig Out ride, began on a cold and wet day. Riding to the starting point at the Aquatics Center the main thought was whether anybody would show up. Why would anybody go for a bicycle ride on such a miserable day? Well over 40 MVBC members showed up for the ride. This was far from a record for the event, but amazing given the weather.

This year we only learned of the route as we got to the next stop. The first stop at Ann Asbell's was only a few miles and some might have felt guilty with such a great breakfast after such little effort. Calories consumed—about 1,000; calories expended—100. Amazingly, the rain fizzled when most of us got to Ann's and we enjoyed a great time on a beautiful patio. Seeing that the next stop was at our friendly Fire Station on Walnut hosted by Jim Gau and Steve Stapleton, many decided to take one of the longer options. We earned our lunch with most riders riding south of Philomath. We have come to expect great chili and we got it along with lots of other treats. Steve Lucas and Harriet Plumley offered the desert for those ready to climb to their home. The food was great but a lot of folks were pretty wet.

This goes to press before the last rides of the month, but the Memorial Weekend ride was amazing. We had 19 early birds and most of them did the Alsea Falls ride, totaling 1190 miles. This is arguably our most beautiful ride and certainly one of the more challenging rides. Congratulations to these hardy souls who are already in summer condition. The late Saturday ride had an enormous turnout for a regular Saturday ride—37 riders and a total of 2,135 miles. The late group rode to Independence with varying routes ranging from 55 to 104 miles. The all time record for a Saturday ride in the month of May is lost in history, but our combined 3,325 miles may be the record! The day was perfect, even providing a nice tailwind heading home.

The mileage figures we accumulate are one of our better arguments when advocating for bicycling in the Mid-Valley. We have regularly exceeded 100,000 miles

a year, counting just our official rides. Keeping track of this is the job of the ride captains, but it is made possible by our ride reporters. Jerry Rooney reports on the late Saturday ride. How he keeps track of all the different mileages of individual riders is hard to imagine. The ride captains dutifully record exactly what Jerry reports. He sends us an email each week with all the names spelled correctly. Joellen Jarvi is the usual reporter for the Wednesday rides and Lyle Dalton volunteered to report the Tuesday/Thursday rides. The ride captains pick up the list of names for the early Saturday ride that starts at the Beanery. There are lots of early riders who print their name so it is readable. Still, a fair number of riders need a refresher from their third grade teachers. Please print clearly—"rider unknown" may get the award for the most miles at the annual meeting!

Although they are not recorded rides, many club members participated in two important extra rides in May. The Ride of Silence on May 20<sup>th</sup> had a huge turnout, reminding people of the importance of safe riding and the tragedies caused by careless and irresponsible drivers. Earlier in the month there was a good turnout, given the weather, for a ride to support the Albany to Corvallis bike lane development.

May was a great month and with so many riders already in summer form, June could be even better!

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### Loop Tour Update

*Dan Youngberg*

After a disappointing turnout to pick up rider packets at the last club meeting, the committee is working on a plan to distribute the remaining hardcopy packets.

Packets will be mailed to out-of-town registrants. The packets are also available electronically by e-mail—send a request to [LoopTourDan@gmail.com](mailto:LoopTourDan@gmail.com).

The packets that were distributed at the club meeting had an error on the profile for Day 1. The Route Sheet is correct (at least within normal variation). If you would like to receive a corrected copy of the profile, please send an e-mail to [LoopTour-Dan@gmail.com](mailto:LoopTour-Dan@gmail.com).

While Loop Tour 2 still has a waiting list, space is still available on Loop Tour 1.

The long range weather forecast favors Loop Tour 1. Now would be a good time to register or transfer to Loop Tour 1.



## Join the MVBC

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. To join the club, go to the website at <[www.mvbc.com](http://www.mvbc.com)> and click on the Join link at the top of the page. Or you may contact the membership secretary (Shirley Schoberg, 979-1129) to obtain a signup form.

### MVBC Annual Club Picnic Barbeque and Potluck

*Larry Thurber*

Hello MVBC'ers! Our annual Barbeque and Potluck Picnic will be held on Sunday, July 12, at the home of Richard and Lindy Burgess, from 5:00 pm to about 8-ish pm. Hotdogs, hamburgers, veggie burgers (if anyone indicates a preference), condiments and sodas will be provided by the club. The rest of the event will be "potluck" style. If your last name begins with A-M, bring a salad or veggie dish. Last names beginning with N-Z bring a dessert. And, of course, if you have a culinary specialty or delight that you wish to share, by all means be a rule breaker and bring it regardless. Or change your name... we're flexible. There will be limited grill space for those who wish to grill other items. Volunteers will be needed for the grilling and also for clean-up afterward. If you can help with either task, please let me know. We will need one more barbeque. If you can transport it to Richard and Lindy's, that's even better! Be the first on your block to volunteer another barbeque!

Important Stuff:

Richard and Lindy's address is: 3160 NW Arrowood Circle, Corvallis.

Please RSVP to Larry Thurber by Thursday, July 9, in order to get an accurate estimate of food required. Phone: 967-8199, or via e-mail: [larry\\_thurber@comcast.net](mailto:larry_thurber@comcast.net). Please note how many will be attending and your meat or veggie burger preference.

Come on out and enjoy the fun!



### Tuesday/Thursday Ride Series Continues

*Lyle Dalton*

The Tuesday/Thursday ride series has been running for several weeks now. These are Show and Go rides for hammerheads and those among us who wish to improve their skills. We begin gathering at the Osborn Aquatic Center at around 5:15 PM, make small talk about equipment, races training methods and such, sign the usual waver form, wait for the usual latecomers

(me) and depart promptly at 5:30 PM. There is no formal regimen, but the rides may be used to train for your next big event, or even Loop Tour. Routes will be determined by group consensus—anything longer than 35 miles may require lighting. Questions, call Lyle Dalton at 231-9576, or email [lldalton@comcast.net](mailto:lldalton@comcast.net)



### Kids and Helmets

*Nancy Meitle*

The Mid-Valley Bicycle Club contributes to the community in many different ways. In the past year we have responded to a request for helmets through these different activities.

In the fall, we joined with the Corvallis Fire Department to provide free helmets to those in need at the Fall Fire and Safety Open House. We also sold helmets to those who wished to purchase them. The leftovers went to Garfield, Lincoln, and Corvallis High School for students in need. Helmets were distributed in Monroe for the first time this year as part of their Health and Wellness Event.

This spring the board responded to a request from the Old Mill Center. We provide helmets for their recreation programs on site and for individual kids to have at home. Their smiles were thanks enough but they also sent us a great thank you letter. It contained a few quotable quotes.

- Thank you for the helmets. They keep our brains safe.
- One day I was riding my bike with my helmet on. I fell and got hurt but not my head.
- The helmets are brand new and they're sweet! I never want them to be broken. Thank you for the helmets.
- Helmets protect your head.
- I'm happy about the helmet with the flowers.
- If you fall without your helmet, you might get hurt.

We have purchased at least 100 helmets a year for the past 7 years. Your club does some great work in your community!



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

**Address Service Requested**

## ***Meetings & Announcements***

### **Future Events**

June 13 - Strawberry Century, Santiam Spokes  
June 20-28 - MVBC Loop Tour I  
June 28 - Watermelon Ride, Salem Bicycle Club  
July 3-5 - NWTR, Victoria, BC  
[www.nwtr.org/2009/](http://www.nwtr.org/2009/)  
July 11-12 - STP  
July 17-19 - Cycle Oregon Weekend  
July 25-August 2 - MVBC Loop Tour II  
August 2 - Blackberry bRamble, Eugene  
August 9 - MVBC Covered Bridge Bicycle Ride  
August 16 - Yaquina Lighthouse Century, Newport  
August 28-30 - MVBC Crater Lake Rim Ride  
Sept 12-19 - Cycle Oregon, [www.cyleoregon.com/](http://www.cyleoregon.com/)  
Sept 27 - Peach of a Century, Salem Bicycle Club

We extend our condolences to Leon Ungier whose wife, Maryla, died on May 16 after a lengthy and courageous battle with pancreatic cancer.

### **General Meeting**

No General Meeting in June

The July General Meeting is the MVBC Picnic on Sunday July 12 at 5 pm at the Burgess' residence (3160 NW Arrowood Circle). See details in this newsletter.

### **IMPORTANT SUBMISSION INFORMATION**

Submit articles, stories and photos for the August MVBC Spokesman no later than July 17.

Please send this material to the editor in Word format:

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