

MID-VALLEY BICYCLE CLUB SPOKESMAN

April 2010

This is my
final article having to do with folding bicycles. The first one gave a brief history of folders; the second was on the experience of riding them. This final article covers important things to think about when considering purchasing one and lists some well-known brands.

Up Front

by Matt Mathews, President

Folding bikes have become more popular in recent years with the increase in multi-modal travel. Susan and I have certainly made use of our folding bikes in travels through the United States, England, Scotland and Spain. I understand there are more than 100 folding bike manufacturers in the world.

The October 2009 issue of *Bicycling* magazine lists the six essential elements of a folding bicycle: folding speed (and ease), compactness, engineering, ride, weight, and price. Many of the Bike Friday models have a "quick fold" function, which allows you to put the bike in your car, take it on a bus or train, or carry it into your office. The more complete folding function allows the bike to fit into a suitcase suitable for airplane travel. Here are some of the comments made by our club members regarding the experience of folding their bikes:

Bike Fridays:

Susan Christie: "The quick fold is quite simple; taking about 7-10 minutes; packing in the suitcase is more complicated, and takes much longer."

Jack Pinkerton: "Relatively easy after some practice. I can pack all my cycling gear in the case with the bike to cushion the bike. This puts my suitcase below the 50-lb limit for airline baggage. I have a cloth carrying bag which I use when I need to take a bus or train. It takes 8-10 minutes to fold. Unfolding takes less time."

Bruce Harmon: (Ease of fold) "Very." (Time) "A few seconds to fold and carry, about 30 minutes to place in suitcase."

Jerry Rooney: (Ease of fold) "Not terribly." (Time) "20-30 minutes."

Charlie and Becky Steinmetz: "You have to be very careful in folding them to not drop the chain and place the handle bar in the correct position to make

it fit into the packing bag." (Time) "5 minutes, sometimes faster."

Jerry Selberg: "It takes about 40 minutes to pack in a suitcase. Folding to put in a bus luggage compartment takes about 20 seconds."

Shirley Schoberg: "Folding and unfolding is a messy proposition – Lots of chain grease and grime gets spread around. The (upright) folded fairly quickly but not the (recumbent). The (recumbent) is heavier and harder to stuff in a carrying bag. And then it is not feasible to carry it very far. I consider the folding ability of the (recumbent) is most useful if you are going to transport the thing over many miles. It is definitely not a quick fold. With both bikes, you have to unfold them very carefully, making sure all the parts are lined up where they should be."

Dahon:

Rann Millar: (Ease) "Two bolts release the hinges and the frame folds in half. It is a piece of cake to do." (Time) "Including loosening the two hinge bolts, about a minute."

Walt Prichard: (Ease) "It is relatively easy to get smaller, but is still rather large on the front or back of a vehicle." (Time) "Just a minute or so."

Charlie Kuttner: "Takes me less than a minute to fold or unfold, but it doesn't fold small enough to go in a suitcase on an airline."

Dave Wallace: "With a rear rack it became difficult to fold."

Tandem Twosday:

Dan Youngberg: (Ease) "Accessories like fenders, racks, etc., negatively affect ease of folding." (Speed) Depends on how long it has been since I last folded it and how many accessories are installed. 5-25 minutes. Disassembly takes longer."

Folding Long wheel-base recumbent:

George Shaw: (Ease) "Very difficult for air travel, but great for just putting into back of car. (Time) "5 min-

Also in this issue

Midge Cramer Ride

OSU AVMA Heart of the Valley Ride

Mountain Lakes Challenge Centuries

Joellen's Southern Tier Bicycle Adventure

OSU BikeU

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utes if going in car, 3 hours if putting it in an airplane box.”

The closest, most accessible local manufacturer is Green Gear, 3364 West 11th Street, in Eugene, where Bike Fridays are made. They have a beautiful web site (<http://www.bikefriday.com/>) where you can check out all the models, find accessories, and even order a bike. We find it easier just to drive the 45 miles to Eugene and visit the factory and showroom. You can try out models of all their bikes on the nearby Fern Ridge Reservoir Trail, and it is fun to deal with their knowledgeable and helpful staff.

The local Dahon dealer is Corvallis Cyclery at 2nd and Adams. They have several of the Dahon models in stock, and Dennis has many of years of experience as an owner, seller, and assembler of the bikes.

Other well-known brands include: Brompton, Birdy, Moulton, Giant, Schwinn, Workman, Montague and Abio. There are many others, but the Bike Fridays and Dahons are by far the most popular here in Corvallis.



The Midge Cramer Ride

Ann Asbell

This year is the 13th anniversary of the death of one of our special founders, Midge Cramer. On April 10, MVBC will honor the memory of Midge with special events on the regular Saturday ride. The events will begin with the Kiwanis Pancake Feed for those that can get moving a little earlier than usual. You may be lucky enough to win one of the door prizes. Fig Newtons will be available someplace along the route, typically at the top of Decker. The big event is the Coasting Contest down the O’Shea Hill on Bell-fountain. Midge would be very proud of this tradition as he challenged his students on this same hill. A few extra pancakes may help you win this contest. To add to the event, find a plaid

shirt and either wear it or display it on your bike. All of these events have connections to Midge and his idiosyncrasies. For those of us that knew Midge, this day gives us a chance to tell Cramer stories, reminisce and laugh. For those that never had the opportunity to know this great man, I hope you get caught up in the fun and learn a little more of the man whose name is on the bike path by the Fairgrounds. More information will be sent via e/mail. Contact Ann Asbell, scarlet-flash600@yahoo.com, if you have questions.

Kiwanis Pancake Party details: Linus Pauling Middle School, serving from 7:00-11:00 Saturday (also 5:00-8:00 Friday); We will meet there between 8:00-8:15. Cost: \$5.00 for adults; \$4.00 children 6-12 years old; Omelet \$3.00. Tickets can be purchased from members in advance (John Block, 541 737 5779) or at the door.

The Coasting Records: Charlie and Becky Steinmetz, overall record and Coed Tandem, 0.850 mile; Men’s Upright, Rick Riper, 0.817 mile; Men’s Recumbent, Walt Prichard, 0.810 mile; Women’s Recumbent, Shirley Schoberg and Susan Christie, 0.760 mile; Adult Tricycle, Dave Wallace, 0.657 mile; Women’s Tandem, Nancy Meitle and Jan Prahl, 0.640 mile; and Cramer Family, Rich Cramer, 0.590 mile. There have never been competitors in the Adult with Child Tandem or Young Rider categories. Maybe this year!



Classified

For Sale: Trek 1400 aluminum frame road bike, 55 cm frame. It’s been sitting in the garage for several years. With a tune-up, new tires, tubes, chain it will be in great condition, \$100, Shirley Schoberg 541-979-1129, wildwoodbiker@hotmail.com.

In My Crystal Ball

Walt Prichard

It seems that my “in box” is still working fine and I have been getting a lot of information that you might be interested in. I have also been *attending* some meetings for the lack of excitement. When talking to old friends we still talk a little shop so I thought I should pass some of it along for your enjoyment.

I guess the multi-use path to Albany would be a good place to start. I understand that Corvallis is going to do their part of the path to Manchester in 2010. This seems to be pretty straight forward-NO. Some folks out there at the end seem to think all the scum from Albany will follow the path to Corvallis and destroy their neighborhood! Anyway, the county is working on right-of-way issues such as permission to survey the property lines. ODOT is working on environmental issues on their own. I heard that Albany is working on their end as well by submitting grant information to the state for their part. If you are interested you better drive a stake so you can see the progress, as it will be pretty slow for a few more years.

If that wasn't enough excitement for you, let's look at Reservoir Rd. To bring you up to date on this project, Benton County has acquired all the permits from at least a dozen state agencies to move the creek back into it's banks and mitigate any environmental damage that is predicted. In the last year or so, the county and Howard Martin, who owns the property, have worked together clearing out the log pond and getting the new road to rough grade. Benton County gathered up a lot of concrete from construction sites in the area (they delivered), then had it crushed for the rock fill for the road. Then the county graded the mitigated area and Martin prepared the soil and between them it was planted and is doing nicely right now. As you might expect, the economic downturn got to Martin as well as everyone else and he can't fulfill the rest of the agreement right now. The city is causing a lot of problems on Martin's business plans so we are at a standoff right now. The county needs about a million or so to hire a contractor to complete the work this summer. The commissioners want to get the work done but they don't have a million or so lying around. From here it gets pretty complicated so I am not sure it will happen in 2010 but should be close.

Let's go to the corner of West Hills and 53rd St. This is still a county road in the city so they both have an interest. It is agreed that a roundabout would make the most sense at this location. The MPO (Metropolitan Planning Org) has some money for the project and I think some system development funds are stashed away also. This could happen starting in 2010 and be done by 2011.

One last interesting development is working its way through the planning stages. The northwest corner of the intersection of 53rd St. and Hwy 20/34 has an 11 acre development planned. It is interesting in scope with bike problems at the 53rd St entrance. If you want to cut your

Max Headwind

Joy

There are times a bike ride
is just a bike ride
but seeing my granddaughter's
joy as she discovers
pedaling her trike
reminds me what
it's all about.

teeth on an easy one, go to the Corvallis Planning Office and talk to a planner about this. Until the crystal ball lights up again keep the rubber side down.

OSU Student Chapter of the American Veterinary Medical Association's 2nd Annual Ride the Heart of the Valley Bike Ride

A small group of students dedicated to the improvement of both human and veterinary medicine are launching OSU SCAVMA's second annual Ride the Heart of the Valley bike ride. This event is a bike ride that raises money for both a veterinary medicine charity and a human medicine charity. The charities that are receiving the donations this year are the Benton County Health Center, which helps provide health care for low income families, and the Olive K. Britt Endowment for Emergency Animal Care, which provides medical care for pets of low income families.

The event, which is open to everyone in the community, includes two bike routes, one that is 12 miles and another that is 30 miles, followed by a celebration, including food and music. Participants in the ride are asked to raise a minimum of \$30 to support the charities.

This festive event has been very successful in the past and is a great way for the community to come together to enjoy good company, good food and fun music and its all for a good cause in supporting the people and pets within our community.

People who are not interested in riding but are interested in supporting the cause can attend the party after the ride, which includes food and music, for a small \$15 donation.

The goal this year is to increase awareness of the event and gain more participants for the ride. The ride will take place on April 24th, 2010 from 8:00am to 2:00pm. For more information on the event, email SCAVMAEvents@oregonstate.edu or go to <http://oregonstate.edu/vetmed/students/current/scavma> for registration forms and bike routes.



MID-VALLEY BICYCLE CLUB BOARD MEETING NOTES

February 22, 2010

Present: Teddi Crotti, Ray Gilden, Bruce Martin, Matt Mathews, Tom Sauret, Lloyd Swanson, Patti Watkins

Reports

Vice President: Matt reported for Susan, the outgoing Vice President, that this position has not yet been filled; however Susan plans to ask Steve Stapleton to consider assuming the vice presidency. In the interim, the Members at Large have planned the next general meeting that will feature Dr. Ethan Wilson presenting the BikeU project that he described at the January Board Meeting.

Treasurer: Bruce reported making several deposits which included incoming membership dues. He also reported writing checks to Benton County Parks for the Rolling Feast, Franklin Press for the newsletter, and the City of Corvallis for the Aquatic Center room for the general meetings. He reported that this month's savings balance is \$3,700.21 and the checking balance is \$1,318.45, showing total assets of \$5018.66

Secretary: No report.

Advocate: No report as this position has yet to be filled. Susan Christie was suggested as a potential person to assume this position.

Membership: Tom reported that Shirley transferred the membership files to him and that this month's memberships consist of 102 single memberships, 91 family memberships (x2) = 182 memberships, and 23 business memberships for a total of 307 memberships. The estimate of individuals falling under the family memberships is a conservative number as family memberships may cover approximately 50 additional individuals. Tom indicated that he would bring the list of business memberships to the next meeting---business members do not pay dues, but receive the newsletter which acts as advertising for the club.

Tom also expressed the concern that Shirley had voiced, i.e. many individuals send only a check to join or renew their memberships, failing to include the signed liability waiver. While Shirley printed the forms herself and mailed them to people who had not completed them (at the expense of MVBC), it was suggested that Tom send a standard email indicating that applications cannot be accepted until individuals send in the completed and signed forms. The suggestion was also made to include the following sentence on the website: "Please note that you must sign both pages before membership can be accepted." Lloyd agreed to talk to Brian to make this addition.

Newsletter: No report.

Mileage report: No report.

Members at Large: Ray reported experimenting with Poll Daddy that could be used to solicit opinions from club members on various issues. He encourages members to access Poll-daddy.com to examine this possibility.

Ride Captain: No report

Publicity: No report.

Webmaster: No report.

Old Business

BikeU Funding Request: Since the January meeting, Dr. Wilson forwarded a budget totaling \$2770 for the activities he described to the board at that time. Discussion of this request included the clarification that funds from the foundation (approximately \$18,000) can only be used for BTA bicycle education in the Corvallis and Albany schools. Specifically, the club is prohibited from using funds from the principle amount---only funds that represent the interest can be used. Although this agreement might be amended in the future, the account is currently unable to be accessed for the purpose in question. Instead, the board voted unanimously to give Dr. Wilson \$1,000 from the general account, with the possibility of additional funding later in the year, noting that the Cov-

ered Bridge Ride in August typically yields a profit. At present, this account still needs to be accessed to pay for the Loop Tour campgrounds; thus the board agreed on partial funding of Dr. Wilson's request at the present time.

New Membership Form in Newsletter: At present, the new membership form will not be included in the newsletter; however, this possibility may be reassessed pending the effectiveness of including more explicit instructions on the website (see Membership heading above).

Vice President Duties: The Members at Large are continuing to share the responsibility of planning the monthly general meetings. The March program is set with Dr. Ethan Wilson presenting the BikeU Program. It was noted that May usually involves a program dedicated to the Loop Tour. A program for April has yet to be planned. One suggestion was to invite the One-Wheeled Wonders (unicyclists) to present. See website: <http://www.97330.com/Angelasite/>

New Business

Rolling Feast- Saturday, May 22nd; Steve Stapleton will be organizing the lunch site and needs volunteers to work with him. People are also needed to volunteer sites for breakfast and dessert, and a person is needed to put together the routes to get to these places; Approximately 75 people are expected to attend this event. Members should contact Matt Mathews to volunteer.

Announcements

The application to put in a quarry in Marion County that would have impacted travel on Skyline Road was denied. See website for May 2009 article on the plan.

<http://Breakfastonbikes.Blogspot.com/2009/05/proposed-quarry-to-impact-skyline-road.html>

Regular Events

Midge Cramer Ride-Will be held April 10th, the same day of the pancake

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MVBC EVENT CALENDAR: April—May 2010

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 Osborn Aquatic Center at **9 AM** (beginning May 1). Late rides re-group 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

April 3, Saturday, 9:00 am: Look for rainbows.

- Long Ride: Philomath to Kings Valley back via Airlie. 46 Miles (B280)
- Short Ride: Philomath to Decker Road CCW back via Bellfountain Road. 33 miles (B170)

April 10, Saturday, 9:00 am: MIDGE CRAMER RIDE! Wear plaid, Kiwanis Pancake Party @ Linus Pauling MS before the ride, Coasting Contest, more fun than the law should allow!

- Long Ride: Alsea Falls, 69 miles (C590)
- Short Ride: Decker Road Plus Smith Loop, 46 miles (B265)
- Shorter Ride: Decker Road, 33 miles (B170)

April 17, Saturday, 9:00 am: Seen those April showers yet?

- Long Ride: Seven Mile to Crabtree. 61.3 miles (B490) ... *Use care crossing Hwy 34!*
- Short Ride: Saddle Butte. 37.4 miles (A230)

April 24, Saturday, 9:00 am: Warming trend.

- Long Ride: Independence Rd. to Pedee. 62 miles (C710)
- Short Ride: Independence Rd to Monmouth. 44.3 miles (B270)

TIME CHANGE: EARLY SATURDAY RIDES START AT 8:00 AM, ROLLERS START @ 9 A.M.

May 1, Saturday, 8:00 am: Buena Vista Ferry, Pick your destination!

- Long Ride: Buena Vista Ferry to Independence. 55.0 miles (B385)
- Short Ride: Buena Vista Ferry to Jefferson, 48.3 miles (B310)

May 8, Saturday, 8:00 am: A few clouds, tailwind on return. All roads lead to Tangent.

- 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 15, Saturday, 8:00 am: Sunny and unusually warm

- Long Ride: Marcola via Harrisburg/Coburg back via Brownsville 104 miles (B690)
- Short Ride: Harrisburg via Peoria Rd. 50 miles (A305)

May 19, Wednesday, 6:30 pm, Osborn Aquatic Center, RIDE OF SILENCE

- Announcements begin at 6:30, ride starts at 7:00 p.m.

NOTE: Not an official club ride. Information only for your calendars

May 22, Saturday, 9:00 am: MVBC ROLLING FEAST IS TODAY! NOTE: 9:00 am START!

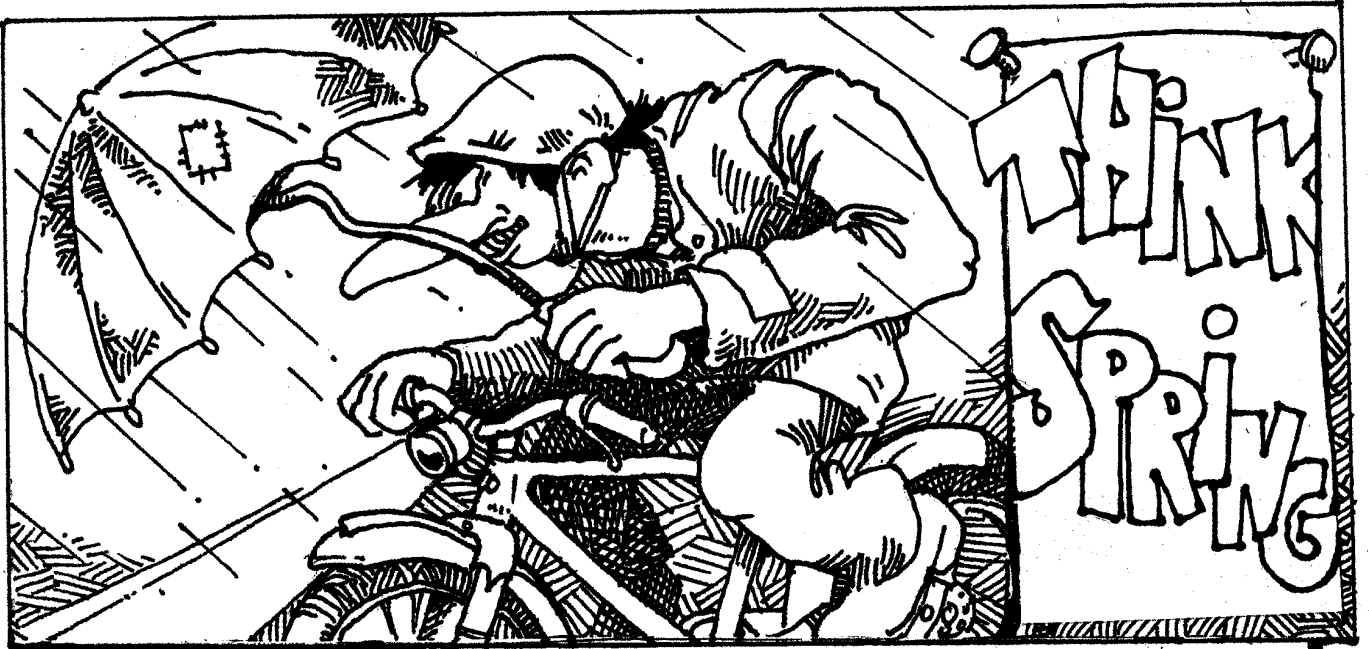
Skip breakfast, prepare to eat. Routes for everyone!

May 29, Saturday, 8 am: Bonus 5th Saturday... get those miles up!

- Long Ride: Buena Vista Ferry to Independence via Soap Creek. 55.0 miles (B385)
- Short Ride: Independence to Buena Vista Park back via Albany. 42.0 miles (B250)

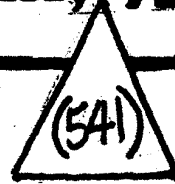
Announcements: (Note that the rides below are "Show & Go" style.)

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



Corvallis Cyclery

344 SW 2nd, Corvallis, 752-5952



BikeU and MVBC

Jerry Rooney

At the March meeting of the MVBC, President Matt Mathews presented Dr. Ethan Wilson and OSU student Sean Hunter a check for \$1,000 to help establish a new bike safety program at OSU called BikeU.

Dr. Wilson, Emergency Room physician at Good Samaritan Hospital, told club members of the scenes he has witnessed over the years when people are brought into the ER with injuries suffered in bike accidents.

In one recent case, he described a young woman with head and facial injuries so severe he did not recognize her as a family friend.

Many of the injuries he and other ER doctors treat could have been avoided had the victim been wearing a helmet, using lights at night and observing safe riding practices Wilson said.

After many years of seeing these accidents repeatedly, Dr. Wilson has recruited students to initiate a program on campus called BikeU. This group hopes to offer incentives to student riders to wear helmets, use lights, and practice safe riding.

Student Sean Hunter, OSU's Drum Major and senior in Engineering, said that in an informal survey of students arriving to campus by bike, fewer than 5% of them wear helmets. The same students often wear helmets on longer, recreational rides, he noted, but not when they ride the shorter distances to classes.

Our goal, Hunter said, is to raise the percentage of helmet wearers and safe riders significantly.

Some incentives he mentioned are offering lottery tickets to students wearing helmets. The tickets would be drawn periodically with winners being awarded coupons for food, bike equipment, tickets to special events, coffee and more.

Along with helmet usage, students would be encouraged to learn more about safe cycling through reminders and leaflets offered at booths on campus and informal classes.

BikeU will also work toward more covered bike locking facilities on the campus.

Presently there are about ten students involved in the new program, with more to be recruited.

BIKEU web site: www.Bike.us

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feed at Linus Pauling Middle School; Ann Asbell organizing.

Ride of Silence- Wednesday, May 19th at Osborn Aquatic Center, starting at 6:30 pm with announcements and the ride itself beginning at 7pm <http://www.rideofsilence.org/main.php>

Loop Tour-Dates for 2010 are: **Loop Tour I:** June 19th – 27th; **Loop Tour II:** July 24th - Aug 1st

Registration form will appear in the March newsletter, with applications beginning to be accepted March 15th.

Annual Barbeque-Date TBA in July.

Covered Bridge Ride-August 8th; Tim Corbett organizing.

Crater Lake Ride- August 28th -29th; Nancy Meitle organizing.

Fall Festival Bicycle Booth-September 25th-26th; <http://corvallisfallfestival.org/>

Matt Mathews & Susan Christie organizing and soliciting ideas for items to sell or give away.

Banquet-Date/Location yet to be determined.

Christmas Party- Date/Location yet to be determined.

March Meetings

Next General Meeting-Monday, March 15, 2010 (Presentation by Dr. Ethan Wilson).

Next Board Meeting-Monday, March 29, 2010 (changed to 5th Monday of the month due to OSU and Corvallis School District Spring break).

Joellen's Southern Tier Bicycle Adventure

Dear Friends and Family,

The time has come for us to *hit the road* again and do some traveling on our bicycles across the USA! *As many of you might remember, Charlie and I pedaled our bicycles across the northern tier states for four months in 2004 celebrating Charlie turning 50-years-old.* This trip is looking to be another unique one for us and we want to invite you to join us as an armchair traveler and read of the adventures, the sights seen, and the

Road Angels met during "Joellen's Southern Tier Bicycle Adventure" (to be more frequently called JOBA). Below is a synopsis of the upcoming trip. If you are interested in receiving our weekly "JOBA Notes From The Road," just hit your computer *Reply* key and we will add you to the distribution email list.

Last year our friends, Joellen Jarvi and her husband Vladimir Baicher, designed and planned a 2010 southern cross country tandem bicycle trip leaving from Huntington Beach, CA and ending in Raleigh, North Carolina. The thought of pedaling this trip was to not only incorporate visiting many points of interest including National Parks, wildlife preserves, museums of natural history, archaeological and historical sites in the southern states, but to also visit family and friends along the route. Vladimir spent hours and hours creating a scenic route to pedal. Unfortunately he unexpectedly died of a heart attack in the fall of 2009 while riding his bicycle. Joellen's passion and determination for long distance bicycle touring and the desire to ride the southern tier states remained undeterred. She, therefore, decided to invite a few of her friends to join her on this three month, 3600+ mile bicycle odyssey. At this time three *seasoned* bicycle touring folks will join Jo on her bicycle adventure, George Shaw, Charlie and I.

This cross country bicycle trip will be a bit unique for Charlie and I in that we will have a sag vehicle accompanying the riders. Our Sportsmobile camper van will be *JOBA's mother ship* transporting all the camping gear and food for the four of us. We will rotate drivers throughout the trip, but Becky has raised her hand to do most of the driving so as to give the others the most number of miles pedaled on their bikes.

Now the logistical details for you data geeks. We will leave from Huntington Beach, CA on March 7th and end the tour in Raleigh, North Carolina the end of May. We will pedal through:

California, Arizona, New Mexico, Texas, Louisiana, Mississippi, Alabama, Florida, Georgia, South and North Carolina. You can access details of the trip that Joellen plotted on *Ride With GPS*, a bike route website that uses Google Maps. Go to the site www.ridewithgps.com, click on 'Search', then 'Users', type in 'Joellen Jarvi' in the Search Users box, hit 'Return,' click on 'Joellen Jarvi' again, and see the map details by day. (The days may not all be in numerical order). Of course one can expect some changes along the trip regarding route, but this is very good idea of where we are during our three month adventure. We hope to send/attach a few pictures of our adventure on the JOBA Notes from the Road from time to time.

George is planning to ride with us as far as Texas where he will end his bicycling part of the trip. Charlie and I will continue on with Jo for the remainder of the trip....*picking up any other friends who want to jump in and join us along the way!* At the end of the bicycle trip in Raleigh, NC, Charlie and I will wave good-bye to Jo and continue our adventure for another month in the Sportsmobile driving home through the middle of the country.

As you can see, this is truly going to be a unique trip and quite an adventure for us. I hope you will consider coming along as the armchair traveler and occasionally send us some words of encouragement along with lots of tailwinds. Until next time.....

Pedal On! Becky Steinmetz
P.S. Yes, Retirement is FUN!

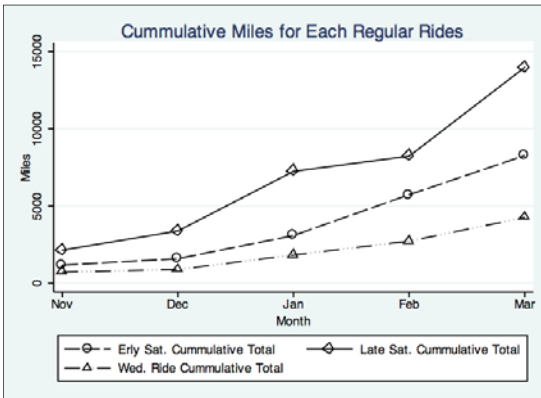


OUR RIDE CAPTAIN REPORTS

LEON UNGIER & ALAN ACOCK

Leon is gone again, this time to Chicago. Alan is hibernating with weather that is too cold and too wet. The rest of the club is putting on the miles at a record setting rate. Why is this important for more than our individual health and well-being? The mileage we put on as a club is an important talking point when explaining to city and county politicians and staff how many miles people are riding bicycle on our highways and byways. We've already had 262 riders on our regular club rides this year. One December Saturday we had 50 riders between the early and late rides. A number of other people are club members and ride on their own or in small groups, but are not included in the official regularly scheduled club rides. The MVBC can be a powerful force for bicycling in the mid valley because we are so active.

The first graph shows the cumulative mileage for each of our three regular rides. The Wednesday ride has already put on over 4,000 miles. This is impressive given this is the result for our winter riding



season and a lot of MVBC members cannot get away for a ride on Wednesday mornings. This group meets at 9:30. If you get a chance, ride north on Highway 99 West and when you get to the dump make a right turn off 99 instead of a left. There is a parking lot about 200 yards in on this road and this is where they assemble. Some riders drive there and others ride their bikes there. A typical ride is up to Independence with a stop at the Airport Café. If you haven't been there, the café is right on the edge of the landing strip. Some riders will choose to head to Albany. It is a show and go ride and everybody is welcomed. There is a big range in riding speed—something for everybody.

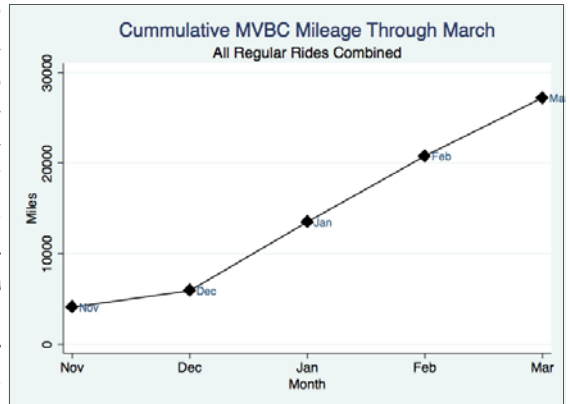
The Saturday group for the early rides has accumulated over 8,000 miles. This figure does not include the last week of March. They meet at the Beanery by Ritchey's Grocery. Right now they meet at 9:00, but before long this will change to 8:00. This group includes a number of our strongest riders who have an 18-20 mph average speed (some faster but Leon and Alan only recognize them by their rear ends). There is also a small group of riders who go a good bit slower and not

quite as far. The Beanery is a great host for this group. Some riders show up early and buy coffee, but the Beanery is friendly to everybody.

The Saturday group for the late rides is getting huge on a fairly regular basis. They've accumulated 14,000 miles this winter season. They are meeting at the Aquatic Center at 10:00 and soon at 9:00 for a show and go ride. The group is getting so large that they need to divide up where they stop or else they would overwhelm any local places to stop for a snack. This group has some strong riders who put on lots of miles at a good pace, but this ride is also a great place for newcomers because they do not drop new riders and they make everybody feel welcomed. They even have a Sunday email (thanks to Jerry Rooney) that reviews what happened. If part of why you ride is for a great social experience, this is the ultimate ride!

The second graph shows what happens when you put the three regular rides together. This winter season we, as the MVBC, have accumulated over 27,000 miles. With nicer weather on its way the MVBC will go well over 100,000 miles this year.

There is a new web feature that all members will want to check out, if they haven't done so already. Google maps has a way to show directions from point A to point B. Now, they've added an option to do this when you are on a bicycle. This capability is in its infancy, so don't get mad at Google if their directions are less than perfect. A monthly bicycle program on a



Portland radio station had somebody describe a trip, as Google recommended it, going from his home to his child's school. The directions had him take a couple alleys, go on busy streets without lanes when there was an adjacent bicycle friendly street, and took him through some less than desirable areas. We've tried it for rides to Shedd and Brownsville. As this web capability improves, this will be a great way to plan trips. Right now it can give us some new twists on old routes. Google has photos at a lot of intersections, even on our very rural routes. On the Brownsville route some of the photos looked like you would be turning from one grass field to another with no road in sight, but you will find a photo of downtown Shedd. We think it is a great thing that Google is developing this capacity for bicyclists. It shows that people listen.

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> and click on the Join link on the left side of the page. Or you may contact the membership secretary (Tom Sauret, 758-2244) to obtain a signup form.

Loop Tour 2010 Update

Dan Youngberg

The Loop Tour Committee has been able to increase the capacity of Loop 2 enough to include everyone who sent their registration forms in before the lottery cut-off date. By now, everyone should have received an e-mail confirmation from the registrar, Betsy Reid. Loop 1 still has room for more riders.

This route is unique in that there are fewer constraints than on our other Loop Tours. However, Loop 2 riders will have to be even friendlier than usual at a couple of the camp sites. They will also be hoping for good weather for the hosted dinner at the Country Lane Resort so that they may make use of the patio. No more riders will be registered for Loop 2. In fact, any currently registered riders who drop out will not be replaced.

Rider packets will be available at the May club meeting. If you would like the route sheets and rider pamphlet in electronic form rather than printed copies, please contact Dan Youngberg (LoopTourDan@gmail.com). The packet will be sent as Microsoft Word documents unless pdf is requested.

Loop 1 riders who plan on staying in the area Saturday night after their tour is completed should be aware that the Coeur d'Alene Ironman is on Sunday. This could be fun to watch, but it also means that hotels and restaurants will be even busier than usual.

This year the Loop Tours have eight riding days and no layover days. They begin on a Saturday and end on the following Saturday. No provision has been made for the night of the ending Saturday.

2010 Mountain Lakes Challenge

From: Siskiyou Velo, Medford Oregon

Re: 2010 Mountain Lakes Challenge

After a year off, the Siskiyou Velo Club of Southern Oregon wants you to know that the 2010 Mountain Lakes Challenge is on and it's awesome!

Mark your calendar: Saturday, June 19, 2010

This year there will be two great routes: the Century

and Metric Challenges, and four rest stops with amazing food.

Start at The Grove, 1175 East Main Street in Ashland at 7 a.m.

Check out the ride details online at: <http://www.mountainlakeschallenge.com>

and register through <http://www.active.com/cycling/ashland-or/mountain-lakes-challenge-2010>

If you have any questions, contact us at

MLC@siskivouvelo.org

See you in June!

Bike Group Pushing For Safety, Support

Ethan Wilson, [MD]

BikeU, the new Oregon State University bike safety student group, sends resounding thanks to the Mid-Valley Bicycle Club for its members' generosity in supporting our group's activities. With help from MVBC, we will start working to increase bike helmet and light use by OSU students, both on and off campus. We plan to enlist the participation of local businesses as we work toward safer bicycle use. Thanks to MVBC, BikeU.us is off to a great start!

From Corvallis Gazette-Times, "Good Words", March 27, 2010



Dr. Wilson, r. and Sean Hunter, l. explain the BikeU program to MVBC members at the General Meeting. Monday March 13.

(Photo by Ray Gilden)

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

Address Service Requested

Meetings & Announcements

Future Events

April 10 - MVBC Midge Cramer Ride
April 10-11 - The Bicycle Show, Portland
April 24 - OSU AVMA Heart of the Valley Bike Ride
April 25 - Monster Cookie Ride, Salem
May 1 - Ride Around Clark County, Vancouver, WA
May 19 - Ride of Silence, 6:30 pm @ Osborn
May 22 - MVBC Rolling Feast
June 12 - Strawberry Century, Lebanon
June 19 - Mountain Lakes Challenge, Ashland
June 19-27 - MVBC Loop Tour I
June 26 - Cycle Challenge 2010, Salem
July 2-4 - NWTR, Medford
July 16-18 - Cycle Oregon Weekend
July 17-18 - STP, Seattle to Portland
July 24-Aug 1 - MVBC Loop Tour II
August 8 - MVBC Covered Bridge Bicycle Ride
August 28-29 - MVBC Crater Lake Rim Ride
Sept 11-18 - Cycle Oregon
Sept 25-26 - Corvallis Fall Festival
September 26 - Peach of a Century, Salem

General Meeting

Time: Monday April 19, 7 pm
Place: Osborn Aquatic Center, Corvallis
Topic: Bike Racing: Melissa Boyd and Flo Leibowitz
will describe some of their racing experiences and
awards

IMPORTANT SUBMISSION INFORMATION

Submit articles, stories and photos for the May
MVBC Spokesman no later than Monday, April
26.
Please send this material to the editor in Word
format:

Lloydvswanson@comcast.net