

MID-VALLEY BICYCLE CLUB SPOKESMAN

May 2010

Many MVBC members have spouses, significant others, children, or friends whom they wish would ride with them more, or even at all. Many other riders have told me how great it is that I have a partner who enjoys riding as much as I do, and makes bike riding a shared experience. I thought it might be helpful to discuss some suggestions on how to encourage those other people in your life to come along and share in the endeavor so many of us love.

There is something very special about having a significant other along on your rides. It is a joy to relive the rides afterward and laugh about the hardships, pains and joys you went through together. My own experience includes missed plane connections, unplanned 93-mile days, no campground with darkness approaching, 25% grades, sudden cloudbursts, eagle feather blessings, multiple road angels, glorious scenery, fun stays at hostels, wonderful trips with our bikes on trains and ferries and much more. And out there on the road, with a supportive partner along, even the challenges will seem easier and will make good stories when you're back home.

All of this advice assumes that your special person wants to join you. We all have people in our lives who have no interest in cycling. We can be brimming and bright eyed with enthusiasm and support, but if they are not interested, there is not much we can do. They may have concerns about riding in traffic, health, fitness, body image, sweat, discomfort, hair, hygiene, or many other things that we just can't overcome. If that is the case, then encourage your loved one to do something else that fulfills them, and hope they will continue to be supportive of your obsession and willing to listen to your blather about your day's ride.

If the person is at all interested in cycling and is willing to try it, the first thing to do is think about the kind of riding you will be doing together. What are your goals? Fast day rides? Slower social rides with the later Saturday group? Organized tours like Cycle Oregon or Adventure Cycling? Loop Tour, or even a cross-country ride? What is their level of fitness? Do they have fitness from another sport that might transfer to the bike?

Up Front

by Matt Mathews, President

Next, it is important to help the person get the bike that is right for them. Once you have thought about the kinds of riding you will be doing together, you will be guided toward a bike that fits those requirements. It is very important to get a bike that enables the person to enjoy the ride. A bike that is too heavy, doesn't fit, is not efficient, has cheap components, is painful to ride, etc., will keep your partner from enjoying riding and they will quit. Also ask if your partner has used shifters before. What kind of gearing will be called for on the type of riding you have planned? There are many choices.

Then go with your prospective rider to the bike shop or shops of your choice. One of the first questions their personnel will ask is what kind of riding he or she plans to do. The new rider should look over and try out several kinds and types of bikes. The bike shop will help determine its proper size. All bikes are adjustable, with multiple choices of handlebars, shifters, gearing, pedals, seats, components, etc.

It is also important that your new rider has the other equipment that makes riding pleasant or at least tolerable here in the northwest. You know the stuff: helmet, water bottle, shorts, jerseys, gloves, shoes, rain gear, etc. Don't forget the security equipment: lights, reflectors, vest, lock, patch kit, and pump.

Once the person has a bike and basic equipment, you need a plan. This usually involves a series of rides that will slowly increase

your partner's confidence, skills and fitness. Before you head out together, try to clarify and understand the new rider's feelings and attitude toward cycling. How much riding experience do they have? Are they intimidated by traffic or by riding close together? I can't emphasize strongly enough the importance of communication. And as the more experienced rider, you will have to be accommodating.

Take it slow and easy at first. Make each bike trip

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8 Lakes Leg Aches Bike Ride

Willamette Valley Vineyards Ride

A Short Message From Joellen

Small Bike-Friendly Cities

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fun. Agree on a route and a destination. Ride at their level. Stop for treats half-way through. Be encouraging. Share your love of cycling in a supportive, positive way, and if all goes well, you can look forward to many miles of memories together.

Of course another way to ride bikes together is on a tandem. As a follow up, my next article will be about the experience of tandem riding using the thoughts and impressions of tandem riding members of the club.

Alpine Century Ride

The Alpine Century Ride, on August 14, 2010, takes you through rural and wild Oregon, with challenges and variety that differ from other Willamette Valley rides.

Skirting the edge of the valley you will climb and descend 4000 feet into the foothills of the central Oregon Coast Range, up over Lobster Mountain if you choose the Century route, and up over the Alsea Scenic Byway for both the Century and Half-century options. Farms and wineries are part of the



scenery, but also majestic forests and remote tree-shaded stream-side roads. This is a challenging and well supported ride with SAG drivers, rest stops, and a fresh, delicious lunch at the end.

To capture your feedback, each year we ask riders to complete a survey as you have lunch and socialize on the shady breezeway at Alpine Community Center after you complete the ride. The 2009 survey is posted on line so you can see the results at www.alpinecommunity.net/pg26.cfm

We care what you think - the good and the bad - so we can share your delight and so we can continue to improve and give you the best experience possible. We always learn from the surveys and 2009 was no exception: Scenery? Awesome! The best! Can't be beat!

Volunteers? Friendly, helpful! Registration? Fast, easy, no delays!

Rest stop snacks? Here there is room for improvement and you let us know

with a t

works better for you.

Riders asked for more food and more

diverse food at rest stops.

Gu Energy Gel and Just Fruit Bars from

Gorge Delights will be waiting for you at rest stops this year, thanks to these generous new sponsors!

Riders asked for more salty snacks. Hazelnut Hill is generously contributing their own dry roasted and lightly salted hazelnuts for you. Hazelnut Hill is a local farm that includes a hazelnut tree nursery, orchard and processing facility where they roast hazelnuts and make candy on-site, complete with a gift shop and mail order distribution.

Challenging, beautiful, and great support!

Come join Alpine Century Ride. Pre-register on-line at www.ORBike.com or visit our website at www.alpinecommunity.net/pg23.cfm

Evelyn Lee
Alpine Community Center,
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Phone: 541-847-6028
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To follow the remainder of Joellen's travels (page 9), ask to be put on her mailing list: baicher_jarvi@comcast.net



Midge Cramer Ride 2010

Ann Asbell

The weather was not an excuse for participating in the Midge Cramer Ride this year. That's what over 50 people decided as the sun came out in all of its glory. Midge would have thought it to be a perfect day to ride. About a dozen folks loaded up on pancakes before the ride, and MVBC maintained its tradition of winning a door prize. Susan Christie was the recipient this year. Lindy Burgess worked very hard to find all cyclists, no matter which route was chosen, and treat each person to a Fig Newton. The plaid shirts could be seen displayed in various ways – over, under, around.

The photos on the MVBC Website show some of the action of the day. Midge loved Oregon! The photos show things that would have caught his interest on the ride. Mary's Peak held a special place in his heart. Each year he rode to the top, just to show that he could still do it. The photos show Mary's Peak from various angles during the ride. The



pictures that featured Fig Newtons would have brought forth a big laugh from Midge. (Who is that black

-gloved mystery person stealing another Newton?) One photo would have been Midge's favorite. It shows a father and his two young bicycling children, stopping for a rest at the Midge Cramer Corner. Check out the helmets and cute bikes! Thanks to Nancy Meitle for her care of the Cramer Corner and to Melissa Meitle for instigating the landscaping.

The coasting contest is always the highlight of the day. There were no records broken on this beautiful (but windy) day, but there were surprises. The overall record set by Charlie and Becky Steinmetz at 0.85 miles will remain in the books for another year. This year nobody made it to the Scenic Loop sign which is 0.7 miles from the start. Sandy Earl, riding a recumbent, was the overall winner this year. This is the first time that a female recumbent rider has won the contest. Sandy coasted 0.697 miles. (Ann was foiled, again!) The next farthest coast was by Dan Youngberg on his upright bike. This was Dan's first victory in the contest. He ended at 0.692 miles, just 9 steps short of Sandy's coast. Lloyd and Grace Swanson were glad that Charlie and Becky were away on their cross country trip. This allowed them to reclaim the tandem crown with a coast of 0.669 miles. Lyle

Dalton edged out George Shaw for the men's recumbent victory, his third victory. His coast was a measly 0.659 miles. Linda Koberstein was our first female upright winner in 2002. This year she reclaimed her crown and improved her coast from that year to 0.576 miles. Dave Wallace does not get much competition for the tricycle victory. He did not

beat his initial coast from last year, but he is the winner at 0.550 miles. The change in wind in the afternoon and some fairly high tech mechanics



aided the Alsea Falls riders, Sandy and Dan, but it was a fair contest. Thank you to all that participated. The day allows the Cramer fans to relive the Good 'ole Days. Remember to check out the photo gallery on MVBC.com.

Max Headwind

On the morning before a big ride

I feel fear, excitement, anticipation
soldier before combat
runner in starting blocks
kid going to zoo today

And as I start the ride
I know I'll experience the ride
the farms, the birds, the trees

On the ride, the greetings
the views, the wind
alternate with fatigue
elation, adventure

It all seems to last so long
both the fun and the work
and suddenly seems over
to remember forever.



MID-VALLEY BICYCLE CLUB BOARD MEETING NOTES

March 29, 2010

Members Present: Alan Acock, Brian Cripe, Teddi Crotti, Alan Haight, Bruce Martin, Matt Mathews, Patti Watkins

Guests Present: Richard Burgess, Susan Christie, Jim Lawrence, Tricia Martin

Reports

Vice President: No report as this position remains vacant.

Treasurer: Bruce reported a savings balance of \$2,705.93 and a checking balance of \$2,610.55 for a total balance of \$5311.48. However, he indicated that there were two outstanding checks of \$40 and \$1000 respectively which would bring the total balance for the month to \$4271.48. Deposits this month totaled \$950 with \$800 from memberships and \$150 from Rann and Doreen for Loop Tour.

Secretary: No report.

Advocacy: Susan Christie reported as the Acting Advocacy Representative on the Sustainability Fair which was held March 11th. The fair included a sustainable transportation table, and Susan was invited by the city to represent MVBC as an expert on bicycle transportation. Susan indicated that bike boulevards (long streets that usually parallel heavily trafficked streets on which bikes may travel continuously while motorized vehicles would have to enter only as needed) were a hot topic of conversation. To view a short video on bike boulevards in Portland, OR, visit this website: <http://www.streetfilms.org/portland-or-bicycle-boulevards/>

Membership: Tom emailed membership numbers for the month, reporting a total of 107 single memberships, 96 family memberships, and 20 business memberships for a total of 319 members (using the standard method of counting two for each family membership). This is an increase of 12 members over the previous month, with Loop Tour sign-up requirements

probably driving the increases. At the meeting, the board identified three business memberships that were to be eliminated, thus the March figures actually represent 15 new paying members (5 single and 5 family memberships). March was a busy membership month with over 30 membership/renewal applications processed.

Newsletter: No report.

Mileage: No report.

Members at Large: No report.

Ride Captain: No report

Publicity: No report.

Webmaster: Brian indicated that there were a number of rides around the Pacific Northwest posted on the website calendar and encourages members to check these out.

Old Business

Rolling Feast: Matt provided an update indicating that all three stops have now been arranged for this year's Rolling Feast on May 22nd. The board discussed how many routes should be designed for riders to reach these destinations. It was suggested that some direct routes be provided, with additional routes of 40 and 70 miles and a starting time of 9am.

Members as Large Sharing Vice

President Duties: The Members at Large continue to arrange presentations for the monthly General Meetings in the absence of a Vice President. For April 19th, this meeting will feature a presentation on bicycle racing by club members Melissa Boyd, Flo Liebowitz, and Tom Sauret. The May meeting will involve an orientation to Loop Tour by the Loop Tour Committee.

New Business

Request for Funds: Jim Lawrence, the organizer for Albany's bike safety program described the bicycle training program in area schools in which children are trained in bicycle skills after which they participate in a community ride to demonstrate these skills. While 35 mountain bikes and helmets are

available for the training, Jim expressed concern that some of the children do not have bikes at home to continue to ride beyond the training sessions. Thus, his goal is to acquire bicycles to disseminate to these children. Jim has found a program, *Free on the Inside*, established by the associate pastor at the Assembly of God church that furnishes bikes collected by the police department to people who have been released from prison, which will donate the smaller bikes to the children in Jim's program. Jim requested financial assistance in order to get these bikes into working condition and to purchase pumps, lubricants, tubes, and patch kits that would be provided along with the bikes. He requested \$500 from MVBC to assist in this effort. A motion to provide this funding was unanimously passed by the board members who also suggested putting an article about this program in the newsletter (and the *Corvallis Gazette Times*), requesting additional donations of bicycles, primarily 24-inch models.

First Aid Kits: Tricia Martin sought advice regarding disposal of the old first aid kits from which she had removed items to include with the new kits. The old kits contain a lot of dressings and items that were deemed superfluous given the content of the new kits. Tricia asked if the kits might be donated to organizations such as the Boy Scouts. Board members suggested keeping two old kits for use during the Loop Tour in order to have extra first aid equipment. Old kits could also be donated to the Albany bike training program. Tricia additionally communicated that we have CPR barriers contained in key ring pouches, extras of which could be sold at the Fall Festival MVBC booth.

Road Cleanup: The board selected the date of April 17th for the Spring Plymouth Road clean-up. Walt will provide the equipment for the clean-up.

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MVBC EVENT CALENDAR: May—June 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 AM**. 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, 541-231-1267, baicher_jarvi@comcast.net

Late Saturday (aka Rollers) 'Show and Go' rides start at Osborn Aquatic Center **9 AM**. Late rides re-group to keep people from getting dropped. Leader: Jerry Rooney 541-752-6588

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

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

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, 8:00 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)

June 5, Saturday Ride, 8:00 am: Stop by the Waterloo Mall!

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

June 12, Saturday, 8:00 am: Cooler than expected.

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

June 19, Saturday, 8:00 am: It's almost summer!

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

June 26, Saturday, 8:00 am: One more time on the ferry. Ride it while it lasts!

- Long Ride: Stayton, via Jefferson. 82.2 Miles (B670)
- Medium Ride: Jefferson, return via Riverside. Last chance to ride the ferry? 48.3 Miles (B310)

~~ Double Ride Weekend Coming Up ~~

Don't forget the Annual Mary's Peak Ashley Molk Memorial Ride!

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.



The Top 5 Small Bike-Friendly Cities in America

These cities have a population of less than 100,000 and are the leaders in cycling innovation.

Christine Mattheis

1. Davis, CA (pop. 64,300)

People here like to brag that this northern California town has more bikes than cars. There are bike lanes on 95 percent of arterial roadways, and 14 percent of residents commute by bike (35 times the national average). Davis has two full-time bike coordinators, budgets about \$100,000 per year for bike-facility maintenance and

hosts a month-long bike celebration every May. The sport is so ingrained in the culture that the city symbol is a bicycle.

2. Corvallis, OR (pop. 53,165)

Home of Oregon State University, Corvallis residents, by percentage, take more trips by bike than in any other Oregon city. That's because the city made it easy to get around by bike: 97 percent of arterial streets have bike lanes. Mandatory bike-education programs and covered bike parking at elementary schools encourage kids to start riding.

3. Bellingham, WA (pop. 73,460)

Located an hour's drive from Vancouver, Bellingham is surrounded by forests filled with mountain bike trails. On the roads, there are 21 miles of bike lanes and 27 miles of shared-use pathways. A recent city initiative managed to decrease single-person car trips by 8 percent.

4. Missoula, MT (pop. 57,053)

Missoula averages almost 50 inches of snow in winter, but cyclists there need not worry—the city, which began building bike facilities more than 25 years ago, runs a plow specifically for bike lanes and paths. Recently, Missoula opened a bi-

cycle and pedestrian bridge that links the city center, the University of Montana and two major paths.

5. Burlington, VT (pop. 38,889)

Burlington's picturesque country roads and trails have fostered a bustling cycling community—in fact, the Centers for Disease Control and Prevention named it the nation's healthiest city in 2008. Burlington's Way to Go! campaign encourages transportation alternatives. A city ordinance requires certain development projects to include long-term bike parking and commuter facilities such as showers and lockers.

From Bicycling magazine



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Additions

Richard Burgess shared draft route sheets for Loop Tour and reported that Loop Tour 1 is full with 27 participants and Loop Tour 2 is full with 46 participants, with 11 on the waiting list. The group expressed a need to discuss the registration policies for future Loop Tours. In particular, concern was expressed about families who live outside of the area and who do not regularly participate in MVBC events signing up only to do the Loop Tour—to the exclusion of regularly participating members. The question was posed as to whether a third Loop Tour might be added in the future to accommodate all people who would like to participate. Richard indicated that the Loop Tour committee will put together a proposal for selection of participants for next year.

Regular Events

Midge Cramer Ride-Saturday, April 10th, the same day of the pancake feed at Linus Pauling Middle School; Ann Asbell organizing.

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

Rolling Feast- Saturday, May 22nd; All three stops have now been arranged; Volunteers may be needed for each of the three stops; Members should contact Matt Mathews to volunteer.

Loop Tour- Dates for 2010 are: **Loop Tour I**: June 19th -27th; **Loop Tour II**: July 24th -Aug 1st ; Registration forms have been processed and list of names provided.

Annual Barbeque- Date TBA in July.

Covered Bridge Ride-August 8th; Tim Corbett organizing; Permits in process of being acquired.

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

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

Banquet- Date/Location yet to be determined.

Christmas Party-Date/Location yet to be determined.

April Meetings

Next General Meeting-Monday, April 19, 2010 (Presentation on Bicycle Racing).

Next Board Meeting-Monday, April 26, 2010

**Saturday, August 7th : 12th
Annual 8 Lakes Leg Aches
Bike Ride**

4 routes ~ 8 Lakes. Join over 600 riders for one of the best cycling events in Eastern Washington, touring scenic landscapes between Spokane, Medical Lake and Cheney. Riders of all abilities have three routes to choose from - a leisurely 15 or 30-mile ride or challenging 45 or 75-mile treks!

Start/Finish Location

The Group Health Corporate Office, at the top of Sunset Hill, is our start/finish location. Snacks and beverages will be provided at rest stops along the route. Enjoy food and entertainment at the end of the trail with Davids Pizza serving fresh pizza, Trezzi's Farm serving pasta, salad and homemade bread, and Ben & Jerry's Ice Cream.

Raise Pledges & Earn Prizes

There are great prizes for individuals raising pledges, every rider who raises \$175 or more in pledges receives a limited edition 8-Lake Jersey! All proceeds from this event directly benefit ACT for Kids, a program of the Sexual Assault & Family Trauma (SAFeT) Response Center of Lutheran Community Services NW.

Ride Only ~ \$35.00 ----- Ride & T-shirt ~ \$45.00

Click here to view and print an online brochure and registration form www.lcsnw.org/events/8Lakes2010.pdf For more information go to: <http://www.lcsnw.org/events.html> (Scroll down) or please contact Christie McKee at 509-343-5020 or email cmckee@lcsnw.org



**Willamette Valley
Vineyards Ride**

Enjoy a scenic 50 mile, 25 mile, or 10 mile bike ride through the beautiful central Willamette Valley on Sunday, May 23, 2010. Ride times start at 8:00 a.m. (50 mile), 9:00 a.m. (25 mile) and 10:00 a.m. (10 mile) at Cloverdale Elementary School located at 9666 Parrish Gap SE Turner, OR. Finish the day at the winery enjoying Willamette Valley Vineyards' delicious and sustainable wines accompanied with an incredible fajita buffet (vegetarian options available).

Registration is \$30 and includes ride, souvenir t-shirt, wine tasting, Riedel wine glass, lunch, coupons and discounts, support vehicle and staff, prizes and bragging rights. An extra prize will be awarded to riders who ride their bike up our infamous hill for the Hill Climb Challenge. Guests are welcome for wine tasting lunch at an additional charge that can be purchased online or at the door the day of the event. Space is limited to first 200 registrants. Please register online at www.wvv.com.

Event Sponsors: Travel Salem and Bike Peddler

Feel free to contact me with any questions. Thanks!

Sarah Kammerer

Travel Salem Tasting Room Associate
Events Assistant

Willamette Valley Vineyards
sarah.kammerer@wvv.com

503.428.0288



Classified

For sale: Burley Touring Bike, size 54, British green. Newly tuned up and brand new rear tire. Ready to pack and take off on tour! \$1,000 (originally \$1,800).

Susan Christie (541-908-4597; matnsusn@comcast.net)

OUR RIDE CAPTAIN REPORTS

LEON UNGIER & ALAN ACOCK

April is gone and long, sunny days are here--so it is time for some serious riding. Beginning in May, both Saturday rides start an hour earlier. If you wondered why nobody showed up for the ride before you read this, now you know. Starting in May the early ride leaves from the Circle Beanery at 8:00 AM and the late ride leaves from the Aquatics Center at 9:00 AM. With the earlier start, we can add miles to each of our Saturday rides. Otherwise, we would get home earlier and have more time for house and yard work. You decide—more miles or more work!

The ferry is running! They may have to shut it down in July to start the work on the new ramps. Their goal is to have everything complete by November. Next year we will have a brand new ferry and ramps, but we may not have access to the ferry the later part of this summer (unless the work is postponed). This means that you should take a ferry ride every chance you get. This makes a beautiful 55 mile ride to Independence-Monmouth as well as a fairly flat ride to Jefferson. The Osprey nest that was on the pole just the other side of the river is gone, but there is another one less than a quarter mile up the road.

The early Saturday ride is catching up with the late Saturday ride on miles. In April the early group rode a collective 4,000 plus miles and the late group rode under 2,500 miles. The early group is riding more miles and more of the riders are picking the longest ride or extending the shorter ride. Still, the late ride is far ahead on the average number of riders and especially in terms of bringing new riders to our club. If any of you know of somebody who wants to ride but is nervous about being able to keep up or go the distance, do encourage them to give the late Saturday ride a try.

The Wednesday ride has been without its leader, Joellen Jarvi, who is on a cross-country ride with Becky and Charlie Steinmetz—they are already in Louisiana as this is written. Jim Gau has taken on the leadership responsibility and sends the ride captains a list of the mileage of each rider. Collectively, they rode about 1,500 miles in April and it looks like the majority of them are doing 50 to 60 mile rides, although they have it set up with options so some riders are doing

just 20 to 30 miles. If you are retired or have some flexitime, this is a great ride.

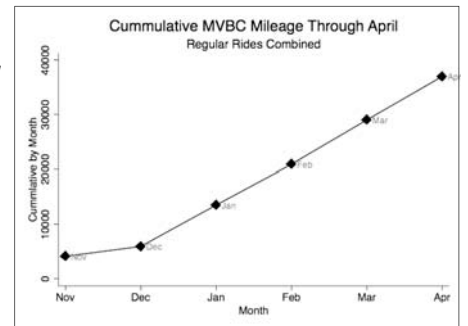
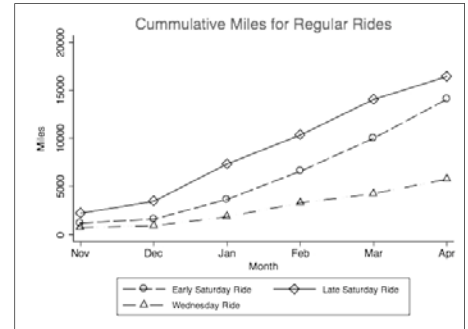
There is a way you can help MVBC and it is very easy! Whenever you see a new rider, encourage them to join the club. The price is great and the discount we get from the local shops that give us a 10% discount on bicycle gear will pay for membership pretty quickly.

Different rides had different adventures, but those who got to the April 24th early Saturday ride a few minutes before 9:00 saw a car drive through the front window

of Richey's Grocery store. Well it got at least halfway into the store. Nobody was seriously injured.

The first graph shows the cumulative mileage for each of our three regular rides. It doesn't show that we have had 275 riders go on at least one ride so far this year. The Wednesday ride has already put on over 5,700 miles. This is impressive given that 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. The café is right on the edge of the landing strip and there is outside eating. Some riders will choose to head to Albany. Wednesday rides are show-and-go rides 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 14,000 miles. They meet at the Beanery by Richey's Grocery at 8:00AM. This group includes a number of our



(Continued on page 9)

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 sign-up form.

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strongest riders who have an 18-20 mph average speed (some faster). 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 staff is friendly to everybody.

The Saturday group for the late rides has accumulated over 16,000 miles so far. They are meeting at the Aquatic Center at 9:00AM for a show-and-go ride. This is a large and friendly group that makes new and old riders all feel welcomed. 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.

The second graph shows what happens when you put the three regular rides together. This winter season we, as the MVBC, have accumulated over 37,000 miles. With nicer weather on its way the MVBC will go well over 100,000 miles this year.

Our club web page, mvbc.com, is a great resource. The Photos section has pictures of just about everybody on one ride or another. Take a look at a video slide show and see if you spot yourself! I don't think it is possible to watch one of these without wanting to go jump on your bike and go for a ride through our spectacular countryside!



Rolling Feast—May 22

Put this special event on your ride calendar! This is an annual bike ride for people at all ability levels. Singles, couples, families; all are welcome. Saturday, May 22 at 9:00 am, meet at the Aquatic Center to start the moveable feast. You will receive at least two and possibly three routes to the first meal, breakfast. At the breakfast stop you will receive route sheets for the next meal, lunch! There you will be guided to dessert, also with multiple choices of routes. This will be a great chance to meet and visit with club members you may not know well. See you there!



Joellen's Bike Adventure

This is the latest message from Joellen & the Steinmetz'
April 22, 2010

Hi Everyone,

As you can guess from Becky & Charlie's beautifully descriptive letter, we've been on the move. Sunday it rained and I made it only 10 miles before I was soaked, and called Becky. While I was waiting in an Anderson Shell Station, I got to talking to 2 black Texans, Chester, a dog trainer, and Arthur, a truck driver. Not too much is said about the blacks here, but they are a significant part of east Texas. They had a great Texas 'accent' and were pleased to know they would become part of our trip. Monday it was the Lake Tombigbee Campground on the Alabama-Coushatta Indian Reservation (1 of only 3 in the state). We're starting to see logging trucks with pine logs - reminds me of home. Tuesday we spent at one of the prettiest parks we'd been at - I'd go back there in a minute. Wed. - Thursday we crossed into Louisiana on a 77-miler (good weather) to spend them at the deRidder Pleasant Hill RV Park, a delightful rural place which caters to bicyclists. Tomorrow we're headed out again on another long ride. Plans have changed frequently in the past week as we re-plan where we go and stay. The small towns have festivals which fill up the camping sites. Once, an RV park was closed. We're trying to keep to our set schedule, and for those we visit, we try to give them a heads up. I haven't had phone service in several days - that also adds to the confusion.

I'm feeling fine and up for the rides, and the bike is behaving beautifully. I've sent home for my panniers which will be delivered to my cousin's in Gautier, MS—thank you Allan and Eric—and am trying to spend a little more time in the saddle in preparation for setting out on my own after we reach Florida (see notes below). Again many thanks for all your encouragement and help. This is really an adventure! Special thanks go to Becky and Charlie for their superb planning to keep us on track. Keep the pedal side down!



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

Address Service Requested

Meetings & Announcements

Future Events

May 1 - Ride Around Clark County, Vancouver, WA
May 19 - Ride of Silence, 6:30 pm @ Osborn
May 22 - MVBC Rolling Feast
May 23 - Willamette Valley Vineyards Ride
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, Monmouth
July 17-18 - STP, Seattle to Portland
July 24-Aug 1 - MVBC Loop Tour II
August 7 - 8 Lakes Leg Aches Bike Ride, Spokane
August 8 - MVBC Covered Bridge Bicycle Ride
August 14 - Alpine Century Ride
August 28-29 -MVBC Crater Lake Rim Ride
Sept 11-18 - Cycle Oregon
Sept 25-26 - Corvallis Fall Festival
Sept 26 - Peach of a Century, Salem

General Meeting

Time: Monday, May 17, 7 PM
Place: Osborn Aquatic Center
Topic: Loop Tour 2010. We will distribute rider packets to people who have not requested electronic copies. We will have photos from the Loop Tour 2004 when we last rode this route. Experienced Loop Tourists will be available to answer general questions; and our scouts will discuss specifics of the route.

IMPORTANT SUBMISSION INFORMATION

Submit articles, stories and photos for the June MVBC Spokesman no later than May 24.

Please send this material to the editor in Word format:

Lloydvswanson@comcast.net