



MID-VALLEY BICYCLE CLUB

Spokesman

February 2001

*A Call for
Leaders*

Up front

by John Morris, President

Are you like me? Did you join a biking club so you would have friends to ride your bike with – Yes? Do you like going to social outings with other bikers so you can talk “bike” – Yes? Do you like going to meetings and arguing about what to do – No?! Unfortunately, to have organized events, it takes organization and leaders. The MVBC Board and I believe we should identify those leaders early in the year to limit the time we spend in our meetings – and no, we don’t really do a lot of arguing, but when you’re sitting on a chair instead of a saddle, it all feels a little excessive. Below is a list of events; if no leader is found by February 28th, the event will not be kept on the 2001 Event Calendar. Thanks to those folks who have already stepped forward to lead... and to those who will be doing so during the next few days.

- Pig Out Ride – May 5 – Becky and Charlie Steinmetz
- Loop Tour Preview Night – May – Dan Youngberg & Company
- Bike Saturday – no date – Nancy Meitle
- Loop Tour #1 – June – Dan Youngberg & Company
- Mary's Peak Hill Climb – July 4 – Sandy Kenny
- John & Sue's Wedding Reception – July 7 – Sue Farrens
- Loop Tour #2 – August – Dan Youngberg &

- Company
- Covered Bridge Tour – August 12 – Joe Monteleone
- Volunteer/Annual Banquet – November – John Morris
- Christmas Party – December – Richard Burgess

Leaders needed or will be dropped from the calendar!

- Greenway Tour – no date
- Swap Meet – no date
- Annual Picnic – July
- Crater Lake Rim Tour – August 25,26

On a less serious note, some of you may have noticed a young rider joining us on the Saturday rides. Fourteen-year-old Alex Johnson donned a jacket, insulated pants and gloves to join our ride to Buena Vista after experiencing the cold of Decker Hill with only arm and leg warmers the week before. On his bright red frame and 650c wheels, he has been hanging with the faster riders. Rumor has it, he has claimed the title of “Fastest Youth Rider in MVBC.” We haven’t seen any youth riders out there to challenge him, so it may be true. (Are you listening Michael?)
Humbly yours, John

Also in this issue

- Touring in France
- Loop Tour Update
- Ride Calendar
- Touring Opportunities

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Covered Bridge Bicycle Tour
Kick-off Meeting Feb 22nd

The 2001 CBBT will kick-off its planning at a meeting on Thursday, February 22nd at the home of Joe Monteleone. The 2001 CBBT Ride will be held on Sunday, August 12, 2001, from Timber Linn Park in Albany. PLEASE, SAVE this date to come out and help your club host its premier public event, which funds the MVBC yearly activities and charitable donations. February 22nd is when the planning committee will hold its first organization meeting. All interested members are invited. We need everyone who is interested. We will have tasks for all, big and little. Please RSVP by no later than Wednesday, February 21st if you will attend. You can leave a message at 754-9677 or an email at jmonteleone@proaxis.com. Joe will get back to you with directions. As an enticement, dessert will be served! Come out and make this year another great CBBT! Thanks and I hope to see you there. *Tailwinds, Joe*

Winter Concert

Here's a cultural opportunity for MVBC members and their families. The Corvallis Community Band is presenting its winter concert at 3 pm Sunday, Feb. 18 at LaSells Stewart Center on the OSU campus. The concert is free. Several MVBC members play in the band, including Dave Wallace, Anne Asbell and Matt Matthews. Matt will also narrate the band's version of "South Pacific," featuring vocalists Gale Hazel and Pete Butler. The concert program also includes movements from a new band work based on "Lord of the Rings" as well as a variety of other music. Pedal on over and enjoy an hour of fine band music.

Help on Pig Out Ride

Charlie and Becky Steinmetz have volunteered to organize the Pig Out Ride scheduled for May 5, 2001. We would

like to ask you to consider helping us make this a successful ride by offering your place as a stop along the ride. We would really like to make this year's Pig Out Ride even better than ever before, but we need your help. Our goal would be to offer a couple of different routes that can accommodate all levels of riders if we can get a range of homes/areas to pick from. Please consider helping the club out in making Pig Out a great club ride again this year. In the past it has been the same homes and it would really be fun to see some new streets to explore and ride on. We hope you will open your garage, barn, patio, deck or munching area to a bunch of very appreciative MVBC bike riders. You can contact us via e-mail at hcb@proaxis.com or call our home at 745-7612. Thank you for supporting The Club!

Insight Race Across America

We are pleased to announce that Insight, a leading global direct marketer of name-brand computers, hardware and software has become the title sponsor of RAAM. The race will officially be renamed the Insight Race Across America starting in 2001. Since 1982 the Race Across America has brought together the best endurance cyclists to compete in the world's toughest race. Racing in RAAM is more than a cycling event. The physical extremes will test the limits of any rider. The logistic and planning will challenge the sanity of any support team. The emotional highs and lows will be remembered by everyone involved with the race.

Lon Haldeman and Susan Notorangelo will return as race directors for the Insight RAAM in 2001. Haldeman said that "The relationship with Insight is good for the future of the race. Entry fees can't cover all the basic race expenses; Insight's financial support will help to insure the future of RAAM." The Insight RAAM will start in Portland, OR on Sunday, June 17 and fol-

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Tandem Touring in the Dordogne Region of SW France (*conclusion*)

Lloyd and Grace Swanson

We also had some humorous incidences. For example, ordering meals in small restaurants without benefit of English menus or English-speaking waiters often provided surprise meals. Thank goodness one can't go too wrong with French food. Second, our MSR stove burns Coleman fuel which isn't available in France, so we used unleaded gas. On one occasion we handed the lady at a gas station our red fuel bottle and thought we had asked her to fill it with unleaded gas. But she promptly went to the back room and filled it with water! We eventually deduced that it was a self-service station and filled it ourselves.

The French food was wonderful, whether we were enjoying a picnic of a baguette with jam or Nutella, cheese, pastries, fresh fruit, and a bottle of wine, eating at an outdoor café, or dining inside. And it was cheap, too. Most every village has at least one outdoor café. But we did have to get used to second-hand smoke. A much higher proportion of Europeans smoke, and they smoke everywhere, including restaurants. There are no 'non-smoking' sections in the restaurants.

The hotels weren't expensive, averaging less than \$40/night. Sometimes that included breakfast. Of course, we weren't staying in 3 or 4 star hotels either - they usually weren't available in the small villages anyway. Overall, our trip averaged about \$35/person/day rather than the \$235-285/person/day for an organized tour. That figure includes all expenses within country - foreign travel doesn't have to be expensive. As one of my favorite travel writers puts it, 'money just places a barrier between you and the people'. We didn't allow that to happen. Yes, I'm sure that we missed some local highlights that a guide would have



A perfect picnic in the countryside

a great time to travel in Europe since the dollar is so strong (about a third higher than 3 years ago).

We have fond memories of the people we met and the sights we saw. We met several Americans and Canadians,

MAX HEADWIND

The hunter-gatherer prowls the steppes
solitary, a Steppenwolf
needing no one
but in the rainy season, he huddles in a cave
with others, seeking warmth and companionship

I struggle as I lock my bike on the rack
at the grocery store
a sunny day in early February
barely noticing another cyclist who has just
locked his bike to the same rack

When we come out of the store
laden with groceries
the clouds have returned

and the rain
comes down in sheets
and we comment to each other that
it wasn't raining when we went in.

Sharing a moment of visiting,
we join the bicycle lane
and wave to each other
as we part.

most on organized tours, although a few were on their own like us. We met French cyclists on the weekends. We met many fellow travelers from all over the world at the campgrounds and at hotels during breakfast. We didn't find the French people to be haughty or distant at all. Although our knowledge of French didn't permit us to converse with them very well, we found them to be very hospitable. The Dordogne region of France is gorgeous. The rivers are lined with limestone cliffs. It also contains a lot of history of prehistoric man, dating back 20 to 40,000 years. The farmland in the river valleys was beautiful as were the vineyards in the Cahors and Bergerac regions. We saw many tobacco fields and drying sheds. Vegetable and flower gardens abounded.

French motorists were absolutely wonderful. On the smaller roads they would pull behind us and not pass until it was clear to do so. Never were we squeezed off the road. These small roads went up and over the hills, not around or through. Yes, the hills were steep. Thus, I would equate a km of those roads to a mile of ours here in the valley. We used all of the lower gears (our lowest is a 26-34) a lot, frequently wishing we had more.

We're busy planning our next tandem adventure—this time to Denmark and Sweden.



MID-VALLEY BICYCLE CLUB BOARD MEETING NOTES

Monday, January 8, 2001

Present: Richard Burgess, Susan Christie, Lyle Dalton, Sandy Kinney, Nancy Meitle, Joe Monteleone, John Morris, Mark Newsome, Walt Prichard

Event Schedule

John distributed copies of the proposed schedule of events for 2001. It includes no youth events, except for the bike clinic (last year, Bike Saturday, and in former years, Bike Night). John repeated his caution that if no one signs up to lead an event by the end of February, that event will not be scheduled for this year. Board members added some events and signed up to lead events they were interested in. Board members also suggested names of people who might be willing to lead events.

The Board spent some time discussing which events worked well last year and which did not. The Pigout ride was a success and will probably be scheduled for this year. We will not hold a swap meet this year unless someone volunteers who can do the preparation and planning it needs. The picnic at Bel-fountain Park was not a success. Several suggestions were made for a 2001 summer event, including a catered picnic, probably not in conjunction with a ride, a Saturday evening dinner, and a tailgate swap meet.

Ride Starts

The Circle Beanery staff is happy about the Saturday rides starting there. Tim Corbett will begin updating the ride sheets to show the Beanery as the start. We discussed formalizing our relationship with the Beanery. For example, they might like to advertise in the newsletter.

Oregon Community Cycling Calendar

The Board discussed Oregon clubs and organizations and their events. John contacted the Eugene, Salem, and Portland clubs about coordinating events. They have exchanged e-mails

about ride schedules. At present, there is no conflict with Portland for the date of our Covered Bridge ride. Susan will find out when the Providence Bridge Pedal is, contact John, and ask BTA to add his name to their e-mail list. John also hopes to coordinate with the Vancouver Bike Club.

Budget

In a general discussion about the budget for 2001, the Board considered budgeting for club events and other possible projects. For example, the Children's Farm Home would like us to supply tubes and patch kits for an event; in return perhaps they could stuff newsletters for us.

John asked for clarification about our options for supporting the BTA if we choose to pay more than the minimum of \$35.00 per year. One possibility is to contribute \$1.00 from each entry in the Covered Bridge Tour (up to \$350).

Nancy suggested that as part of our bicycle education mission, we could contribute to the BTA education program. ODOT funding for the 3-year pilot program ends this year.

We have paid our second obligation to the Boys and Girls Club. We still have \$500 for helmets. Lyle stated that we should budget \$150 to \$200 for mailings. For the next board meeting, John will compile a list of additional budget items for the Board's consideration.

Newsletter

Lloyd purchased a scanner for \$100.00. It's working well. Lloyd makes fewer trips to Kinko's and is now able to avoid the considerable expense of scanning photos there.

Membership

The Board discussed setting up the MVBC website to enable members to renew online and fill out the waiver form. The membership secretary then would not have to send out reminders. As webmaster, Mark will work with John on this addition to the website. Eventually the club will be able to use on-line registration for rides.

Tax Exempt Status

The IRS has approved MVBC's status as a tax exempt organization. A letter so stating should arrive soon. Mark will pass it on promptly to Dick Running. Mark has already received the I-90 form and submitted it to Dick. We need to meet with Dick Running soon to establish where we stand on back taxes. The Board wishes to formally express its gratitude to Dick Running for his assistance.

Bylaws

John asked that the bylaws be posted on the website. Joe suggested we post a PDF file (which cannot be altered). Next meeting, John will bring a list of changes to the bylaws for the Board's consideration. The Board approved some changes in fall 1998, but the old edition of the bylaws has not been edited to reflect the changes. John will enter the changes before he submits the file to Mark for posting. At the next meeting, John will bring a copy of the process for changing the bylaws, so the Board can proceed correctly. Joe cautioned that before we make changes, we should familiarize ourselves with our obligations as a tax exempt organization.

Financial Report

Mark reported that account balances are as follows: Savings, \$6,018.34; Checking, \$6,259.76; CD, approximately \$3,000. The Silver Spokes banquet and volunteer recognition evening (annual meeting) cost \$678.15. Mark gave Susan a check for \$35.00 for MVBC's affiliate membership in the BTA. Susan will forward the check to Karen Frost at the BTA. There will be no event expenses until May.

Other Business

There will be a Northwest Regional Race Director's Conference in Portland in February. The charge is about \$75 a day for the 2-day event. Registrants can attend one day or two. John suggested that the club pay for someone to attend. The conference covers subjects relevant to conducting club events, such as how to find sponsors for a race

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MVBC EVENT CALENDAR: February-March, 2001

Saturday rides meet at Circle Blvd. **BEANERY**. Sign up roster is available until ten minutes past the hour. Rides begin at fifteen minutes past the hour. An ANSI/SNELL approved helmet is required. Recommended equipment: Frame pump, spare inner tube, patch kit, minor adjustment tools, full water bottle, and clothing to fit the climate because we ride rain, or shine. Because of the range of abilities, rides usually break into groups riding at different paces. Group sizes and abilities vary depending on who shows up. Tour Captains: Richard Burgess 758-5006 & Tim Corbett 757-6691.

Show and go rides start at 10:00

February 3, Saturday, 9 am: Think of Spring as you battle those headwinds.

- **Long Ride:** Shedd to **Lebanon** back via Tangent. **52 miles** (A-340)
- **Short Ride:** Harvest Drive to **Shedd** back via Tangent. **34 miles** (A-210)

February 10, Saturday, 9 am: Might be wet, will be cold.

- **Long Ride:** Bellfountain Road to **Bellfountain** back the same route. **40 miles** (B-240)
- **Short Ride:** Bellfountain Road to **Peterson Road** back via Philomath (bakery stop required). **29 miles** (B-090)

February 17, Saturday, 9 am: Might be cold, will be wet.

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

February 19, Monday, 6:15 pm dinner, 7:00 pm program

General Meeting, King Tin Restaurant, 1857 NW 9th Street

February 24, Saturday, 9 am: Big winds today, you guess from where.

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

March 3, Saturday, 9 am: Look for rainbows.

- **Long Ride:** BV Ferry to **Independence** back via Sulphur Springs. **55 miles** (B385)
- **Short Ride:** Independence Hwy to **Albany** back via Riverside. **33 miles** (B140)

March 10, Saturday, 9 am: Spring is getting close.

- **Long Ride:** Plainview to **Lebanon** back via Tangent. **59 miles** (A-420)
- **Short Ride:** Shedd to **Saddle Butte** back via Tangent. **37.4 miles** (A230)

March 17, Saturday, 9 am: Dress warm, unseasonably cool.

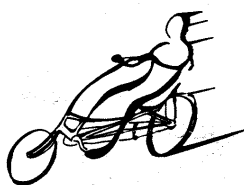
- **Long Ride:** Philomath to **Kings Valley** back Monmouth. **61.2 miles** (C510)
- **Short Ride:** Philomath to **Decker Road** back via Bellfountain Road. **33 miles** (B170)

March 24, Saturday, 9 am: Maybe a warming trend, we'll see.

- **Long Ride:** Independence Hwy to **Dallas** back via Airlie. **64.5 Miles** (B560)
- **Short Ride:** Independence Hwy to **Helmick Park** back via Hwy 99. **33.9 miles** (B200)

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

- *No host goodies and banter at Circle Blvd. Beanery half an hour before the Saturday rides. Please, only go inside if you plan to buy something.*
- *Every Wednesday at 9:30 AM: Meet near Camp Adair Road—first gravel parking lot east of Hwy. 99W. Ride to Dallas or Monmouth at an easy to moderate pace. Weekly except when nobody shows up. Dave Wallace 753-1778. Counts for Club Mileage if somebody remembers to record it.*



CORVALLIS CYCLERY

YOUR HEADQUARTERS

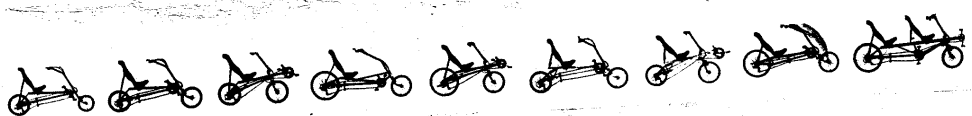
FOR

VISION, EASY RACER, SUN/EZ4 AND RANS

— RECUMBENTS —

AS WELL AS TREK AND KLEIN

— ROAD BIKES —



Handlebar Stem Recall

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Profile Design LLC, of Carson, Calif., is voluntarily recalling about 8,000 mountain bike handlebar stems. The recalled stems have "Profile" and "Stiffy" written on them. The rear portion of the steer tube clamp is sharply angled (45 degrees) at the top and the front handlebar clamp has two bolts. The recalled stems were sold in black, red, blue, yellow and cream. Independent bicycle dealers nationwide sold bicycles and parts kits with these stems and individual stems from March 1997 through April 2000. The stems sold for about \$50. Consumers should stop using bicycles with these stems immediately, and either call Profile Design to get a free replacement stem, or return the bicycle with the recalled stem to a Profile-Design retailer to have the stem replaced free of charge. For more information, call Profile Design toll-free at (888) 800-5999 between 8:30 a.m. and 5 p.m. PT Monday through Friday, or go to the firm's web site at www.profile-design.com.

If you party on Friday, you won't ride well 'till Sunday. The impairing effects of alcohol take 36 hours to wear off.

Disc Brake Recall

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), DiaTech USA, of Kenmore, Wash.; and Derby USA, of Kent, Wash., are recalling about 5,000 bicycles for repair. The disc brakes on these bicycles can stick and prevent the brake pads from returning to the proper position when the brake lever is released. These are 2000 model bicycles with the following brands and models:

<u>Brand</u>	<u>Model</u>
Raleigh:	M600, M800, M8000
Diamondback:	Zetec Comp, X-2
Univega:	DS950, Alpina 700

They have ballistic spiral stop disc brakes. "DIATECH" is written on the brake. Raleigh, Diamondback and Univega bicycle dealers nationwide sold these bicycles from November 1999 through June 2000 for between \$800 and \$1,200. Consumers should stop riding these bicycles immediately, and return them to their dealer for free replacement of the front and rear brake calipers. For more information or to locate the nearest dealer, contact Derby USA at (800) 222-5527 between 8 a.m. and 5 p.m. PT Monday through Friday.

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or ride, getting volunteers, and other aspects of running a bicycle event. Anyone interested should contact a board member.

Informal Discussion

Board members spent the remainder of the evening discussing their positions and their goals for this year. Several people had ideas for streamlining their tasks, taking advantage of technology, updating or improving ride routes, and generally improving club operation.



Across America 2001

Experienced cycle-tourist seeking companions for an Across America tour summer 2001.

I am a retired educator and am planning to bicycle Across America summer of 2001, i.e. AA01. I want to organize a group of 7-9 riders to do the tour with me. I did this ride in 1991 and am experienced with many other self-contained bicycle tours. If any members of your club are interested in joining me on AA01, they are invited to contact me for more details.

AA01 is a no-fee, self-contained tour along the mid-continent Trans-America route mapped by Adventure Cycling. We'll start in Yorktown, VA on Monday, May 28 (Memorial Day weekend) and finish in Florence, OR on Saturday, August 25. A detailed itinerary is available. We'll bicycle 4100 plus miles; see this nation coast-to-coast, meet interesting folks, and probably feel the best physically we have ever felt. Maximum daily mileage is 67 with a 48.23 mile average day. The tour is 85 bicycling and five layover days. There is plenty of challenge in the form of roller hills, giant coal trucks, mountains, rain, heat, wind, traffic, people, and dogs. I want moderate days with lots of time to look around, meet people, and make photographs ~ hence, the 48 mile/day average. Big climbs are planned for

shorter days and long downhills are on longer days.

Special sight-seeing is on short or layover days. The wind is an unpredictable but very real factor with which we'll just have to deal. Staying on schedule is important for many reasons so I will push for that while allowing for emergencies.

Daily destinations reflect availability of accommodations within a 30-70 mile daily range, the challenge of the terrain, local sights to be seen, and overall continuity of the tour. Campgrounds vary from primitive to full featured. Several camping days will not include showers. Almost all daily destinations are cities or settlements with services. I tried very hard to keep the tour cost low which means a lot of camping, but I also included a good mix of motels, cabins, hotels, B&B's, and hostels so that we are never very far from a shower, shelter, and a comfortable bed.

We'll buy food along the way and sometimes transport enough food and water for dinner, breakfast and lunch the next day. Along several stretches there simply are NO services. Cooking will mostly be individual, but we can share stoves, pots, etc. to cut down on pack weight. We'll also be eating a lot in cafes, restaurants, and grocery stores. I plan to send myself some care packages c/o post offices along the way. These will include energy bars, other food, film, supplies and gear changes. I'll send home stuff I don't need any more ~ all to keep weight on the bike to a minimum.

The cost of the tour is minimal and pay-as-we-go. I don't expect any fee for organizing and leading AA01, just good company. We'll need to make reservations for some B&Bs and motels at crucial stops, but mostly each of us can make individual choices in accommodations on-the-fly. My sample budget is based on modules of four sharing facilities to keep costs down. The total typical cost will be about \$2,000 - \$2,500

plus transportation to Yorktown and home from Florence. If riders decide to stay more in motels or B&Bs, that's their choice and their money. Even with careful planning this will be a very challenging and dangerous tour. As the organizer and leader I will require every rider to release me from any and all liability. Everyone rides entirely at his/her own risk. That said, the tour is very doable for the fit bicyclist and riding as a group will make it much more enjoyable, less expensive, less dangerous, and help in emergencies. Every rider should have a physical exam, lose those extra pounds and train systematically before we start. Having done this tour once before I know there's a wonderful experience ahead. If interested, contact Roger Gaither. 503-394-3696. gaither@wvi.com



(Continued from page 2)

low Haldeman's 2000 route, finishing in Gulf Breeze, FL the week of June 24 - 29. RAAM will again have three major fields: solo and tandem riders, two-person and four-person relay teams. The two-person format was a big success in last year. Dwight Bishop said "Doing RAAM as a two person team is the most fun I have had in a long time." Team riders race much faster than the solo riders and don't suffer from the same sleep deprivation. The week of hard racing helps team riders peak for other events in the season. Haldeman won the inaugural race in 1982 and again in 1983. Notorangelo won in 1985 and 1989. Between them, they have competed in cross-country races 15 times. Haldeman and Notorangelo hold the mixed tandem transcontinental record and Haldeman, with Pete Penneyres, holds the men's tandem transcontinental record. Details on the race and sponsorship are available at <http://www.raceacrossamerica.org>.



OUR RIDE CAPTAIN REPORTS

Saturday Rides

Making a few changes this month. I'm adding a third ride that will not be on the schedule. There are a number of us that are training for events early in the Spring and need to get additional miles in. The ride sheets for these extended rides will be in the ride book with the respective day's sheets.

We're getting some very unrecognizable signatures on the Saturday sign in sheets. If I can't read it Ms. Unknown gets the credit. Also, I'm being pretty militant about closing up the ride book by 9:10 - 9:15. With the cool and wet weather, I need some extra time to get ready myself. So, if you're running a bit late simply e-mail me with the date and mileage and I will get in entered into the database. Please don't go into the Beanery and ask for the bike book so that you can sign in.

We've ridden over 500 more miles this year than last!

I didn't get my pair of electric socks this year.)-:

Tim

Show and Go Rides

The Saturday 10AM group is riding through the winter in fine shape. We're always happy to have anyone join us who's looking for a relaxed 25 - 35 mile ride with a snack stop. We do catch-up stops, too! Meet at the Beanery on Circle at 10AM! For more info: *Jerry 752-6588*

Aufderheide Loop Tour Update

Availability of campgrounds has necessitated some changes to the Loop route. The route as it now stands:

- Day 1: Corvallis to Detroit Lake - a longer first day
- Day 2: Detroit Lake to USFS campground on Clackamas River
- Day 3: Clackamas River to Timothy Lake - shorter day with swimming
- Day 4: Timothy Lake to Cove Palisades
- Day 5: Cove Palisades to Sisters
- Day 6: **Loop 1** - Sisters to Horse Creek USFS group camp
Loop 2 - Sisters to McKenzie Bridge campground
- Day 7: Horse Creek to Westfir or Shady Dell USFS camp
- Day 8: Westfir or Shady Dell to Coburg
- Day 9: Coburg to Corvallis

The dates for the tours remain the same. Loop 1 is June 23 -July 1. Loop 2 is July 28-August 5th.

Prices will be the same as last year (adults: \$45 & children: \$22.50). Gear transport is \$20 for adults and \$10 for children. If requested on registration form, seniors, 65 years old or over, can have their gear sagged for free! Registration forms will appear in the March newsletter.

The Loop Tour committee would like everyone to know that there are some substantial hills on this route. Proper conditioning will allow the tour participant to enjoy this tour a lot more. Long up-hills means corresponding long downhill runs. Make sure your brakes are in good condition as well! We would also request that you carry any medical information with you that might be needed in case of an emergency. Since the tour will begin and end in Corvallis, there will be no organized location to leave your car. If you need to leave your car, please contact by email either Dan Youngberg (dan_youngberg@hp.com) or Betsy Reid (betsy@reid.corvallis.or.us).

- Club Information -

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

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

Membership: \$15.00 Individual or \$20.00 Family

Name: _____ Phone: _____

Address: _____ Email: _____

Family member names: _____

Please check here if you do NOT want to be included in the club roster published in the newsletter

In consideration of my application, I hereby, for myself, my executors and administrators, waive and release any and all rights and claims for damages I may have against the Mid-Valley Bicycle Club, its officers, and members, prior to, during, and after my membership or association with the club or any event. I agree to accept all rules and regulations of the club.

Signature(s): _____

Date: _____ Signature of parent or guardian if under 18: _____

Send to: MID-VALLEY BICYCLE CLUB, P.O. Box 1373, Corvallis, OR 97339-1373



Conversing with French cyclists

For Sale

Trek T200 Road Tandem, 1992 model, 700C wheel size, 58cm Captain, 53cm Stoker, Candy Apple Red, Great Condition. 7 spd Shimano Deore XT/R SX STI shifting, Deore XT/Richey Cranks, Wheelsmith hand-built 48 spoke Mavic Mod 4 rims with Sansin sealed bearing hubs, Deore XT V-Brakes w/Travel Agent adapters for STI, Stoker adjustable stem, Stoker Shock Seat Post, Avocet Tires, Arai drum brake on fingertip lever, full fenders and cyclocomputers. Does not include pedals. \$1400 Joe Monteleone 541-754-9677 jmonteleone@proaxis.com

Many hands make light work

The Editor needs help each month collating, folding and attaching stamps, address labels, and mailing seals to about 200 newsletters. Advance notice is difficult since return from the printer is unpredictable so conflicts are unavoidable. Thus, if about 6 people would be willing to work with me, I could E-mail a request for help about 12-24 hours in advance and, if one-half responded each time, it would only take an hour (in the early evening) to complete the task.

Work can be fun and you get to be the first to read the Newsletter! E-mail me (Lloydvswanson@home.com) if you can participate in this joint venture. We have fantastic coffee!

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

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Meetings & Announcements

Old Spokesman never die ...

Back issues of Spokesman issues to Jan. 1991. Contact Jim Munford 753-6170

Future Events

March 3-4 - Oregon Bike Festival, Doubletree Hotel - Lloyd Center, Portland

March 25 - Wet-N-Windy 50, Hutch's Bicycles, Bend, www.hutchsbicycles.com

March 30-April 1 - Seattle International Bicycle Expo, www.cascade.org

April 12-16 - New Zealand International Tandem Rally, Hawkes Bay, philipshambrook@xtra.co.nz

May 6 - Monster Cookie Ride, www.salembicycleclub.org

May 25-28 - Northwest Tandem Rally, Pendleton, www.pendleton.or.us/pccguest/nwtr2k1.htm

June 23-July 1 - Loop Tour I

July 7-8 - STP, www.cascade.org/stp/

July 28-August 5 - Loop Tour II

General Meeting — February 19

The February 19th General Meeting will feature Enrique and Kay Semadeni. They will share their adventures from this past summer when they traveled cross-country, across the Atlantic, and along the coast of Portugal and Spain. The meeting will be held at King Tin, 1857 NW 9th Street. We have reserved the banquet room for a no-host dinner beginning at 6:15. The program will follow at 7:00 pm.

IMPORTANT SUBMISSION INFORMATION

Submit articles, stories and photos for the March MVBC Spokesman no later than March 1.

Please send this material to the editor in Word 95 format:

Lloydvswanson@home.com