



MID-VALLEY BICYCLE CLUB

Spokesman

March 2001

Meander-ings...

Up front

by John Morris, President

They warned me that the hardest part about this job (as president of MVBC) was writing the monthly newsletter article... I'm on my third one and already I think I understand. I'll throw out some random thoughts about club business and see where we end up.

Thanks to the Wilson family who stepped forward to assume leadership for Crater Lake. I heard some pretty outlandish responses from my statement in the last newsletter when I said, "no leader, no event." A few folks were asking me if I would really cancel CLRT... I guess you'll never know! My latest hair-brained idea, once we have a few pressing matters put to rest, is to develop an event calendar for 2002. I figure we should have the next year date when each of this year's events concludes. We can introduce some more flexibility into event planning and get on everybody's calendars early.

As for those more pressing items: by-laws, website, budgets and board policies on spending. Walt Prichard observed at the February board meeting, "the club swings back and forth between having general meetings that are purely business or purely entertainment." He also noted, when the general meetings become just business, the attendance tends to drop. Hmm... The board thinks we need to keep encouraging Nancy Meitle to schedule those really fun general meetings - we had record turnout in February Enrique's slide show of their ride across the US and in Portugal and Spain - and keep rotating the meetings to area restaurants. Food on a Monday night after work seems to fit a lot of folks plans. Meanwhile, we'll try to take care of

business issues at the board meetings. That should keep everybody happy.

There is one thing that will be coming in front of the membership around April or May. We have some updates to make on the by-laws to reflect our new status as an officially recognized not-for-profit organization. Those changes, and a few others, will require affirmation

"the club swings back and forth between having general meetings that are purely business or purely entertainment"

by the general membership. We'll consider the club approves of what the board is doing if general meeting attendance remains high and board business gets approved swiftly. If you think otherwise, let me know!

Mark Newsome has done some nice things out on the club website, www.mvbc.com. If you haven't visited for a while, check out the new NW Events link. We are

starting to connect with other area bike clubs in an effort to make biking events easier to find and plan for. You might also note, all of the club newsletters since August 1998 are posted. If you have ideas of things you'd like to see the club doing, please let any of the directors know. Enjoy the nice, dry weather!

Humbly yours, John

Also in this issue

- Gulf Islands, Part II
- Ride Calendar
- CBBT, Pig Out, Loop Tour Info
- Book Review

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To begin with, you can get a form from any bike shop and register your bike serial number with the Corvallis Police dept. They in turn can find you if they find your bike. They are putting these numbers in their database. So even if you can't remember the serial number for your bike after it has been stolen, the police can still find you the owner. All the shops are supposed to be giving them the serial numbers of all new bikes sold. Of course it still doesn't hurt to have your Oregon drivers license number inscribed on your bike and then any state can find you.

You can look forward to a new bike path from Witham Hill Dr to Harrison Blvd this summer. I understand the contract has been awarded for the work. This isn't much but it is another step in getting a bike path completed on Harrison to 53rd St.

The city is working on a grant to upgrade the bike lanes from Western View Middle School to Western Blvd. This is a much needed link that somehow has always been put off. If the city gets the \$200,000 grant they will still need to come up with another \$165,000 to complete the project. There is great hope for this project and it has kids written all over it!

The Corvallis Bike Pedestrian Committee would like your help. They would like to have your input on all the businesses that you frequent on your bike. What do you think of their facilities to park your bike? What could they do better? About how much do you spend there a week? Also, the same comments on stores that you don't use because of some reason? This is just a start so we can lobby the merchants for better bike parking. Please send your comments in any form to me at prichard@proaxis.com or call 752-6231. If you think we need a formal form to fill out maybe we can do that next month. We (or I) will be presenting this information to the merchants as we ask them to upgrade their bike parking. Remember, good comments go just as far as

Covered Bridge Tour Planning
Report
Joe Monteleone

The CBBT kick-off meeting on February 23 at the home of Joe Monteleone was a great success. Many interested MVBC volunteers attended, and the planning, preparation and day of event teams are forming up. The 23rd Annual CBBT, scheduled for Sunday, August 12, 2001, is off to a great beginning! Feel the excitement as the best supported century ride in Oregon gets started on its 2001 Odyssey. Stay tuned to this newsletter and the club web page for more details. If you are interested in getting involved and missed the meeting, don't fret - you are welcome to join the team and help with as much time as you have available. There are roles for ever yone. A regular meeting is being scheduled on a sort of monthly basis now, with closer planned meeting frequency as the day of the event draws near. The next meeting is planned for late March/early April. Please call Joe Monteleone for the date of the meeting or more information at 754-9677 or email at jmonteleone@proaxis.com.

More Houses Needed for Pig Out

Becky and Charlie Steinmetz

We sure appreciate the people who have contacted us and offered their homes as a stop during Pig Out. However, we still would like to get another couple offers. It would be very nice to hear from club members that live in the Philomath and Albany areas. Remember, the more options of places to stop and eat at, the more options of routes to ride that day. All that is needed is a covered area to escape the weather if it is nasty, a place to spread food and munchies, a bathroom, and a smile to greet some very appreciative bicyclists! Give us a call at 745-7612 or e-mail us at hcbs@proaxis.com. Thanks again for helping the club out!

Bike Touring

Are you bike touring this summer? Or do you know someone who is? Whether it is a self-organized tour, CycleOregon, OregonBikeRide, or something else, please send the following data to me by March 30 for inclusion in the April Spokesman:

1. Location
 2. Name of organized tour or self-supported
 3. Dates of tour
- Editor



Book Review

For a good read on what it was like to bicycle on the West Coast in 1909, pick up the book, *Two Wheels North*, published by the OSU Press. It is a chronicle of two teenage boys who bicycled from San Francisco to the Alaska-Yukon-Pacific Exposition in Seattle - a thousand miles in 54 days. Learn what it was like to bicycle on roads of dirt, logs, planks, and even corn stalks, camping along the way, and their encounters with bears, Indians, hustlers, and other excitements. Sometimes they dragged small trees behind their bikes on steep descents. Their second-hand bikes were department store quality - no 10-speed, no panniers and no state parks to camp in. A good story of an unusual bicycle adventure.



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Thou shalt not muzzle an ox as it treadeth out the corn
or the cyclist as he treadeth out the words on the computer
and se-eth the sun streaming in the window
and the streets flowing with cars
going to the roads that go to the country

At the end of the day
after being harnessed to the millstone
a millstone which, truth be told, grinds out the money
to buy bikes and leisure time

I drive home on a road that I first
rode on a long day's bike ride
a road that still is imprinted on my mind
as a place for me to be close to the ground
feeling the texture of the pavement
smelling the fields nearby

but the sun fades away
into darkness, the time to bicycle
fading, like Tantalus' water and apple
and a night for me to look at maps
or work on my bike
and go to sleep
perchance to dream of bicycling

and wake to a day
finding myself on the road
in a car
to the office
when all I want is the car
to become a bike

Quote of the month

"I'll wait for global warming before I'll ride a wind trainer through an entire winter. It's like pedaling through a huge bowl of oatmeal while someone takes the Jaws of Life to your bicycle. Not to mention the added tortures of not going anywhere, not seeing anything, and annoying your family by simulation the real-life sounds of a tornado in your own home."

Guess this person doesn't like indoor trainers—Editor

Monday, February 25, 2001

Present: John Morris, Mark Newsome, Nancy Meitle, Richard Burgess, Lyle Dalton, Walt Prichard, Rob Gandara, Lloyd Swanson and Lindy Burgess sub secretary

Review Bylaws

John distributed copies of the proposed changes to the bylaws. The board went over all the proposals and decided to table the discussion until the next meeting. John will revise the proposed changes that were discussed and present them at the next board meeting. Nancy suggested they be presented to the club membership in April. The changes would then be posted on the website for review.

Financial Items

Mark presented a profit and loss statement. There was some question on the profit for Crater Lake. A discussion ensued in which Mark clarified the income. Further items were discussed and John suggested that standard expense columns be used for all the rides. Richard asked if the board would back the loop tour committee if a loss was incurred. Walt wanted to be sure that a good faith effort was being made to break even. John and the other board members agreed that they were willing to cover some losses.

Annual Calendar Schedule

John would like to see us schedule events a year ahead. Walt asked about a summit meeting with other clubs. John is working on that part. John stated again if no one volunteers that some things would be dropped from the calendar. Walt suggested we combine the potluck and swap meet. Nancy said she would like to see a catered picnic on

July 16th. It was decided to pursue a combination of the two events this summer. The Greenway ride was another event with no leader. Rob made a motion that we make the Greenway a Saturday club ride; it was seconded by Mark and all agreed. Richard is going to talk with Tim and see if we can make it a fun ride with a no-host stop at the Buena Vista B&B. It would be scheduled either the 2nd or 3rd Saturday in May. John will take care of organizing the volunteer banquet on November 4th. The Christmas party will be December 17th at Richard & Lindy's. That filled out the event calendar for 2001. As each event is concluded John would like to see the dates put into the 2002 calendar.

Board member reports

A general discussion was held about the success of having the club meeting at restaurants. It was agreed this seem to be a great format, Nancy is going to continue this trend. There was some discussion on putting inserts into our newsletter to advertise rides from other sources. It was agreed that it would have to be nonprofit and would need further review before accepting such requests.

A new reformatted heading for the newsletter was discussed. The present bicycle graphics would then be put under the new heading. Distribution of newsletter via email verses postal was presented. Nancy suggested pursuing it at a club meeting.

Walt has applied for a position on the Benton County Road Advisory Committee as a bike advocate.

John adjourned the meeting to a pie cake (made by Sue) and juice.

Where the Forest Meets the Water and the Sky Recumbent Wanderings through Canada's Gulf Islands *Susan Christie*

Part 2: Island Adventures

Day 3, Thursday, Salt Spring Island

Our plan for the first stage of our summer Y2K bike touring adventure—always subject to change, of course—was to spend two nights on each of three of Canada's Gulf Islands, north of the San Juans. We arrived first on Salt Spring Island, described in Part 1 of this series.

We slept late the morning after our first night at Ruckle Provincial Park on Salt Spring Island. After our usual bike touring breakfast of oatmeal, bagels, bananas, and coffee, we took off for Ganges, Salt Spring Island's main town and the focus of most tourism, with thoughts in mind of doing laundry and having a shower. A 35-mile bike ride to take a shower and wash clothes? Well, this was a bike tour and you live differently on bike tours!

It was a pleasure to leave the trailer in camp, but we soon discovered that Stewart Road, our selected route, was very hilly, and so bumpy that we were soon losing things off our bikes—reflectors and lights and such. We had to do some minor repairs later. There was a considerable stretch of hard-packed dirt and gravel, which actually wasn't much rougher than the pavement, but after that, it was a downhill sail into Ganges.

It didn't take us long to recognize that the bustling little community's main industry was tourism from the mainland. Strolling around town, we happened upon a curious-looking little café, called the Tree House. Suddenly lunch seemed like a good idea.

MVBC EVENT CALENDAR: March—April, 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 am

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 via 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)

April 7, Saturday, 9 am: It will be warm today, partly cloudy.

- **Long Ride:** Seven Mile to **Crabtree**. **61.3 miles** (B490)
- **Short Ride:** Peoria to **Albany** via Tangent. **34 miles** (A160)

April 14, Saturday, 9 am: Some showers, but warming.

- **Long Ride:** Bellefountain Rd. to **Harrisburg**. **61.2 miles** (B480)
- **Short Ride:** Bellefountain Rd. to **Bellefountain** out and back. **40.2 miles** (B240)

April 21, Saturday, 9 am: Dress warm, unseasonably cool.

- **Long Ride:** Independence Rd. to **Pedee**. **62 miles** (C710)
- **Short Ride:** Independence Rd. to **Helmick Park**. **33.9 miles** (B200)

April 28, Saturday, 9 am: Spring winds out of the South.

- **Long Ride:** Riverside to **Lebanon**. **54.4 Miles** (A380)
- **Short Ride:** Riverside to **Albany**. **32 miles** (B110)

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

General Meeting, Burton's Sunny Brook Restaurant, 119 SW 3rd Street. Richard and Lindy Burgess will share adventures from their trip to southern England and the Bens on Vintage Bike Rally.

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

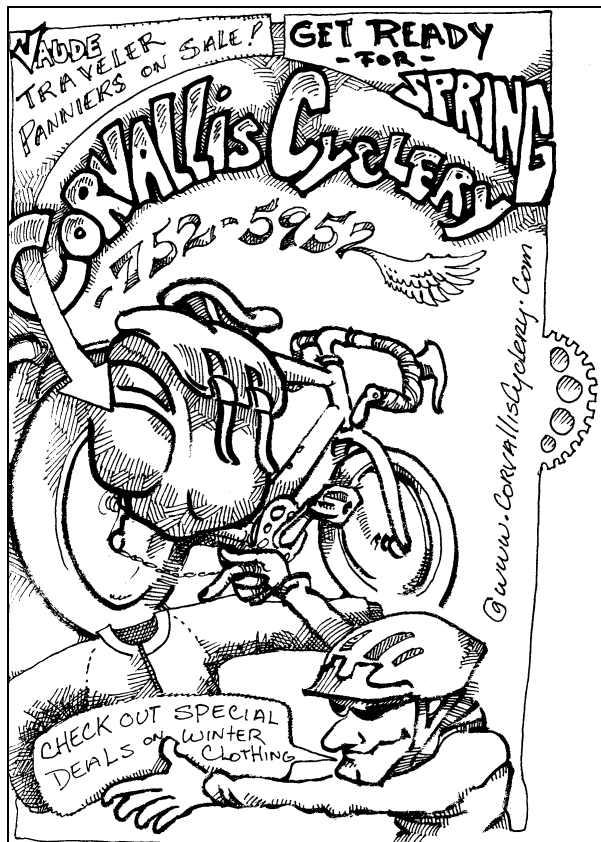
- *No host goodies and banter at Circle Blvd. Beanery half an hour before the Saturday rides. Please, only go inside if you plan to buy something.*
- *Every Wednesday at 9:30 AM: Meet near Camp Adair Road—first gravel parking lot east of Hwy. 99W. Ride to Dallas or Monmouth at an easy to moderate pace.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

Island Adventures *continued from page 4)*
 In a previous incarnation, this charming café had been Aunt Maggie's house. In 1954, Aunt Maggie, then in her 90s, moved away to live with a niece, but someone else had lived in the little cottage for a while after that. Dining is outside under a big tree. There is no indoor seating. We wondered what happens in winter!

Tasks duly accomplished, we headed out of Ganges via a different route, to see a little more of the island on our way back to Ruckle Park. The Fulford-Ganges Highway, a smoother but busier road, was a little less hilly, except for the big hill out of Ganges. Struggling up that one soon negated the effects of the showers we'd just enjoyed. Besides our clean clothes, our rack packs were stuffed with groceries for the evening and next morning. When we arrived back at Fulford Harbour, we discovered a little grocery store right there, which probably had all the things we had just lugged all the way from Ganges.

We stopped at the bike shop on the pier. The proprietor, Bruce, had greeted us upon our arrival the day before. He adjusted Matt's derailleur and did a quick fix on the tail light bracket that had broken off on the way to Ganges. We could see that he was accustomed to doing a lot with a little; there are not a lot of resources and parts on the island. He didn't charge much, either. We took advantage of his repair time to have coffee and pie next door at the little café. After the 10-km ride back to Ruckle Park, we were ready to laze under a tree for the rest of the afternoon.

Matt saw the first bald eagle! I missed it, being pre-occupied with searching for my sunglasses, which I eventually discovered in the pit toilet. Later, we both saw



the eagle, floating in the gentle updrafts over the bay.

Even after an early evening hike, we weren't very hungry that night, after the large pieces of pie we had devoured down in Fulford Harbour, so we had adequate supplies for the next day. Tomorrow we would leave this exquisite paradise beside the bay. We spent the rest of the evening trying to absorb as much as our eyes, ears, and souls could take in. Don't you sometimes wish you just stop time for a while?

Day 4, Friday, North Pender Island

Next morning, it was my turn to pull the trailer up and down hill back to the ferry landing at Fulford Harbour. We were headed for the Pender Islands, and we had the ferry schedule all worked out. Concerned about the first long, draggy hill, I wanted to allow plenty of time to catch the ferry back to Schwarz Bay, where we would get another one over to Pender. As I started up the hill, Matt said, "Well, it's

(Continued on page 7)

(Island Adventures, continued from page 6)
 10 km and we have 4 hours, so I think we'll make it!" Actually, we did so well, we caught a ferry earlier than the one we had planned. But then, back at Schwarz Bay, we had a 3-hour wait before the 2:25 pm ferry to Pender. We took advantage of the hot water in the clean restrooms to wash out some shorts and jerseys, then hung them



bly delicious gourmet meals!
 At Memories, the friendly owner told us about a good place to have breakfast the next morning—the café at the marina only a few km away. With food for the next few hours assured, back in camp we turned to thoughts of a bath. We heated water in our pot and sat on a log near our tent to bathe, first top, then bottom, first Matt, then me. This technique worked great! It was a very warm night, so being half clothed posed no hardship. Whoever wasn't bathing ran back and forth to the spigot to fetch more water. We

made good use of our benign Camp Suds, and I was very careful that it didn't get spilled in my backpack, like it did that night in North Dakota in 1994!

made good use of our benign Camp Suds, and I was very careful that it didn't get spilled in my backpack, like it did that night in North Dakota in 1994!

On North Pender, it was another hilly 10 km to the campground from the little ferry landing. We were beginning to suspect there were no truly flat places on any of the Gulf Islands. Matt did a great job with the trailer and we soon arrived at Prior Centennial Park, our home for the next couple of days. Very different from Ruckle, this park was forested, and some distance from the water. After selecting a spot and setting up camp, we treated ourselves to a lovely dinner at Memories, a very nice restaurant practically right next door to the campground. It was already clear to us that, remote and rural as they are, the restaurants on the Gulf Islands serve up incredi-

We crawled into our tent under the big trees and snuggled down for a peaceful rest. Little did we suspect the surprises that awaited us the next day!

(To be continued)



(Loop Tour 2001, continued from page 8)
 In addition to the usual challenges of Loop Tours, overall this is a new route for us. Although several segments have been used on past tours, there are also several new segments. Everyone will need to be watchful for errors on the route sheets.

The wise Loop Tourists will put a little more effort into conditioning themselves and their bicycles this

year. A thorough mechanical check of one's bicycle is definitely in order. Be sure that tires, brakes, chain, and headset adjustments are all ready for the trip. There is only one bicycle shop on the route (in Sisters).

The registration form for this year's Loop Tours is in this Spokesman. Last year both tours filled quickly. This year, we expect greater utilization of our limited sag capacity (12 people's gear). If you hope to have your gear sagged, be sure to get your registration in early! Registrations are taken in the order of receipt. Be sure to fill out one form for each participant. Make as many photocopies of the form as are needed.

There is a good chance that either registration or sag fees will need to be increased next year. Later this year we will review the financial results of the 2001 Loop Tours and look at differences in the plans for the 2002 Loop Tours before making a final decision.

This is the latest route for 2001:

Day	To	Miles
	Corvallis	
1	Detroit Lake SP	70
2	Along Clackamas R	38
3	Timothy Lake	18
4	Cove Palisades SP	77
5	Sisters	39
6	McKenzie Bridge	42
7	Westfir	63
8	Coburg	49
9	Corvallis	37
Total		433

If you have any questions about the route, contact Dan Youngberg or Richard Burgess. Betsy Reid is handling registration.



OUR RIDE CAPTAIN REPORTS

Miles

Hi gang. Way to go! We rode 1000 miles more in Feb 01 than we did in Feb 00. Must be this dry weather we've had. I just hope that there's enough water to fill our water bottles this Summer. The third, longer ride seems to be very popular. About the same number of riders are choosing each.

Sorry about the BV Ferry snafu on 3/3, I'm learning. Also, I'm still having a difficult time recognizing some of the signatures on the sign-in sheets, so Ms. Unknown is becoming a mileage mule. Please write clearly.

10:00 AM Ride Business

The 10:00 ride is bringing in a lot of folks. I understand that there may be some confusion about the safest way to exit the parking lot at Richeys. The updated ride sheets will read something like:

-Exit right out of parking lot on South side, adjacent to Pizza parlor onto Spruce

-Turn either right or left on Highland, depending on route.

Hope this helps. If you folks do something longer than the posted short ride and if you'd like to get credit for that extra distance, one of you could e-mail me or call me with the mileage of the day and I'd be happy to adjust accordingly.



Loop Tour 2001—A Bicycle Odyssey

Less precipitation than usual may bode ill for salmon and for power to send to California. However, it could be good news for everyone planning to ride the June Loop Tour as we traverse three roads that are normally closed in winter by snow. The forecast as of now is for roads free of snow in plenty of time for the June tour. (Does anyone remember the 1996 June Loop Tour? At least we won't be going through Government Camp this year!)

Some other changes are catching up with us. Campground fees have been rising; plus this route uses some campgrounds that charge by the person or tent—typically more expensive than group fees. These facts have combined to raise the cost of camp-

ing on this tour to a new record.

Despite the higher campsite charges, the Loop Tour Planning Team has decided not to raise registration fees this year. Instead, the registration fee will not include the usual group meal. Because of the popularity of the group meal, we are hoping that everyone will be willing to get together for a no-host group meal at some time during each of the tours. We definitely plan to continue the tradition of holding a dessert meeting on the first evening to do introductions and provide route notes.

This is a route that is both quite challenging and beautiful. There are several substantial climbs and a few long mileage days. The longest days alternate with a couple shorter mileage days, but there are some worthy climbs on many of the low mileage days. The very short mileage from the Clackamas River to Timothy Lake should be a real treat in spite of the climb. Be sure to be prepared for swimming at the lake.

The first day is longer than we hoped because our first choice campground was already booked! Since most of us will be starting from home, we will get an earlier start than if we had to drive a long distance just to get to the start. While the official start will be from the Circle Blvd Beanery along with the regular Saturday rides, several people have already indicated that they intend to either start earlier or from locations closer to Detroit. (If you do this, please let the sag driver of your tour know of your plans ahead of time.)

From Sunday morning in Detroit through Tuesday noon in Warm Springs, there are no markets or cafes; riders will eat what they carry.

Several campsites do not have showers. While the July/August tourists should enjoy warm swims in nearby rivers and lakes, the June riders may need to be 'Vikings' in order to bathe after riding on a few of the days.

Traffic is always a concern while bicycle touring. On this route there are a few segments on major, high-speed highways, the worst of which is probably from Westfir to Lowell on Hwy 58. There are some parts of this segment where the shoulder is measured in inches. The good news is that we will be going downhill first thing in the morning when traffic is likely to be light; we are also going opposite the direction of most traffic at that time.

(Continued on page 7)

- 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

Sunday, April 29th, 2001

3rd Annual Blueberry Pancake Ride 30 Miles, flat as a pancake! Pancakes served from 9:30 to 11:00 AM. Ride begins after tummies are full from Champoeg St. Park, Oak Grove Picnic Area. Kick off the new riding season with delicious all you can eat blueberry pancakes served up by Blueberry Rides. Bike path at Champoeg Park is great for kids and the ride route is perfect for beginners as well as seasoned riders. Participants will enjoy an all new "road quiz" from the route, prizes awarded. Once again this will be a multi-club extravaganza and we're hoping to top last years attendance of 100 riders. This ride is fully supported and several route options will be provided. The pancakes are FREE, but parking at Champoeg is \$3.00. Come on out and join the fun! Non-group ride. Level B. Ride Leaders: Louie Martin and Rebecca Anderson. 503-252-6680, www.blueberryrides.com, mail@blueberryrides.com
Louie Martin
Blueberry Rides

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/RSX 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

Next time you hit a big hill, continue pedaling after cresting the top. The key is to pedal at an easy level to help dissipate the lactic acid from your legs. Call it active recovery. Try it and the next hill will be easier.

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

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time for
you to
renew?



Mailing Address
Goes Here

Meetings & Announcements

Future Events

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/nw_tr2k1.htm

June 2 - Apple Century Bike Ride, Wenatchee, www.wenatcheesunrise.org/century

June 16-17 - National 24 Hour Challenge, Michigan, www.active.com

June 17-22 - Ride Around Wyoming, (307) 672-6323

June 23-July 1 - Loop Tour I

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

July 14 - Oregon Bicycle Winery Tour, Epilepsy Foundation benefit, (866) 222-5868

July 28-August 5 - Loop Tour II

Sept 30 - Peach of a Century, www.salembicycleclub.org

Sept 30-Oct 6 - Archaeological mountain bike tour, Crow Canyon, Colorado, 1-800-422-8975

General Meeting — March 19, 7 pm

The March Meeting will be held at Burton's Sunny Brook Restaurant, 119 SW 3rd Street. Order dinner (at 6:15 pm) from their regular menu or come for dessert. Richard and Lindy Burgess will share adventures from their trip to southern England and the Benson Vintage Bike Rally.

Important Submission Information

Submit articles, stories and photos for the April MVBC Spokesman no later than March 26. Please send this material to the editor in Word 95 format:

Lloydvswanson@home.com