

MID-VALLEY BICYCLE CLUB

Spokesman

April 2003

DAFFODIL watching and dodging the rain showers. More commonly known

Up front

by Betsy Reid, President

as spring in the Willamette Valley. The crocuses are done blooming and the daffodils are outstanding. The sun is teasing us by making long enough appearances to entice us outside even though long time residents of the valley know better than to trust the weather this time of the year. The urge is rising to get out on those bikes and get some miles in. The diehard riders have been out there all winter and now the 'fair weather' riders are peeking out their windows in eager anticipation of a dry day. This is one of my most favorite times of the year to ride.

March is a difficult month to ride in the Willamette Valley. Big puffy clouds dot a bright blue sky, enticing riders out with a promise of a great ride only to dump their wet load on the formerly eager cyclists. To add to the difficulties, strong, gusty winds often accompany the rain, trying their hardest to blow directly in the faces of the riders, no matter what direction the ride is headed! During the course of writing this article today, blue skies and sun alternated with drenching downpours. It has now been clear long enough that I'm not sure I can stand to stay inside any longer. Later that day.... I was lucky this time. I took an hour ride up to the Lewisberg Saddle and managed to complete the ride in the sun, without getting wet. Maybe now I can finish this article.

There are other rewards for riding despite the damp weather conditions. There are fewer MVBC members out on the Wednesday and Saturday rides. The high speed riders have a tendency to be more relaxed and ride slower (relatively) as they haven't started their full training yet. The routes are shorter, giving more of a chance for everyone to socialize and get to know the people they are riding next to. The rain makes the colors more intense. The grass seems greener and the daffodils more yellow. You are likely to catch sight of migrating birds as they return to the valley. Rainbows are more common as the sun alter-

nates with the rain showers. There is, of course, the lure of a cup of your favorite hot, steaming beverage and a bakery goody to reward the intrepid rider after a damp ride.

Have I lured you out yet? If I have, then you might want to keep a few things in mind. Make sure you and your bike are prepared for the conditions. Lubricate that chain to protect it from prolonged exposure to the rain. Make sure your brake pads are in good shape as it takes longer to stop when the wheel rims are wet. Fenders and fender extensions are essential to protect the rider behind you from getting an additional dousing from your 'rooster tail'. As far as clothing goes, I recommend layers that are easily changed. You never know what weather you are going to find. Arm and leg warmers, a nylon vest and wind breaker (in addition to shorts and jersey) should do fine for most riders. A light helmet liner and full finger gloves also help when hail decides to mix in with the rain. Rain booties or socks and full set of Gortex-style rain gear are useful if you intend a longer ride and you don't mind dealing with the extra weight.

You might also keep in mind that a 50 mile ride is not a necessity (I know several people who would disagree with me here). Riders who haven't been out all winter or are just learning about bicycling would probably have a better experience with a short ride (and less chance of getting totally drenched).

So, don't let the threat of showers prevent you from getting out on your bicycle. The rewards outweigh the risks of getting wet. Riding back on Riverside Drive in a downpour, with the proper gear on, and the daffodils out by the hundreds, I felt an sense of well being that stayed with me for the rest of the day. You will definitely see me out there with my feet first and a smile on my face!

Also in this issue

Midge Cramer Ride April 12

Rolling Feast May 3

MVBC Gets Alice B. Toeclips Award

Loop Tour Update



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Advocacy
Walt Prichard

As we all know the legislature is in session and, like always, there are several bills introduced pertaining to bicycles. The first one has to do with letting people park their cars in bicycle lanes when they drop people off and pick them up. At first look this might not seem too bad. However the "Short Time" in the bill means different things to different people. In the Portland area that could mean up to a year. Also, it forces bikes into the street in congested areas like schools and churches and other public places. This bill was withdrawn after much lobbying by BTA and others. The other bill, 3135, wanted to register **ALL** bicycles. There would have been a \$10 fee every 2 years. This bill was under the guise of theft protection. It has since been withdrawn and is being rewritten to include just new bicycles. I feel this is unfair to everyone. A \$39 bike from Costco would pay the same as a full-blown racing bike. I think the average value of a bicycle for the whole state would be less than \$100 and that would be a 10% surcharge. If that is going to be fair, the \$40,000 SUV should pay \$4000 just to register their vehicle. Of course they could afford it better than a 10-year-old could afford the \$10 to register his bike. Probably the biggest thing involved here is more money to the government for no service. There is no way the police will have the time (money) to enforce any bicycle registration regulations when they don't even pick them up when found abandoned. It is just another way to discourage bicycles in general. The representative that introduced this bill was ZAUNER.

Now for local stuff. The City of Corvallis is looking into the idea of "Adopt a bike path" or maybe a "bike lane". This is to keep the path vegetation trimmed, the litter picked up, and other things that may be appropriate. I will keep you up to date on this. It could be another place we could pre-

sent our good image.

On the county scene it should be noted that all bridge rebuilding in the county is done with room for bike lanes on the bridge. ODOT and some salmon rehabilitation funds pay for the rebuilding of these bridges. Even the salmon are giving us a little more room!

MVBC Is An "Alice" Winner!

Susan Christie

MVBC, with Walt Prichard as our advocacy representative, brought home one of the BTA's 2003 Alice B. Toeclips awards from the annual awards banquet, held Saturday, March 29, in Portland. The awards are presented to individuals and organizations around the state for outstanding accomplishments in support of bicycle transportation.

Ten MVBCers were willing to pay the stiff price (\$60 a ticket!) to represent our great club at this major fund raiser for the BTA. Several of the speakers during the evening held Corvallis up as an example to aspire to, citing our excellent bicycle facilities and high percentage of regular bicycle commuters.

The BTA (Bicycle Transportation Alliance), with which MVBC is an affiliate, is our statewide bicycle transportation advocacy organization. The BTA began in Portland and originally advocated for improved bicycle facilities in the Portland metropolitan area. In the last few years, however, the BTA has been attempting to expand its activities to include the entire state. The organization has a strong presence in the state legislature, where, with the help of a retired professional lobbyist, they keep an eye on bills that affect bicycling.

Previous Corvallis area winners of the Alice B. Toeclips award include Michael Ronkin, Steve Rogers, and Susan Christie.



Loop Tour 2003—Views of the Lakes

Planning Update

Dan Youngberg

Although the July—August Loop Tour is full, there are still openings on the June Tour. By now, all registrants should have received confirmation e-mails or letters. If you believe that you have registered, but have not received confirmation, please contact the registrar, Betsy Reid.

The Loop Tour committee plans to have rider packets available for pick-up at the May 19 MVBC club meeting. There will also be a slide show and discussion of the plans for the Loop Tours. Committee members who have scouted parts of the route will be available to answer questions.

Also, since EVERYONE who is having gear sagged is expected to talk with a sag driver at least a week before his or her tour, the club meeting presents an opportunity to fulfill that obligation.

One thing that is new this year is the parking fee for leaving vehicles at the school in LaPine. The committee was not aware of this when the registration forms were sent out. This fee is in addition to the registration fee for Loop Tour. It is \$16 PER VEHICLE; so carpoolers will have a per person cost advantage. While the fee is to be paid to the Loop Tour committee, it will all be passed through to the LaPine school district. Given the terrible state of school funding, this seems like a very reasonable situation.

Anyone planning to leave a vehicle at the start/finish should submit the parking fee to the Loop Tour registrar either before or at the May club meeting. (Make the check payable to the Mid-Valley Bicycle Club—no cash, please.) A parking permit will be provided that must be placed in the front window of the vehicle while parked at the school. Other specific parking information will be provided in the rider packets.

A second atypical feature is that two significantly different alternative routes will be available for day 6, the day after the layover day, from Klamath Falls to Fort Klamath. One route will be less than 40 miles and stay on the east side of Klamath Lake. The alternative route is over 70 miles long and passes Lake of the Woods before heading up the west side of Klamath Lake. Neither alternative has been done on previous Loop Tours.

As a result of feedback from previous first-timers, this year the Loop Tour committee is pro-actively attempting to talk with all registrants who have not previously ridden on Loop Tour. While it is not certain that anything can truly prepare even an inveterate cycle tourist for the experience of Loop Tour, we're trying. The Loop Tour Primer can be accessed from the 'Newsletters' page of the MVBC.com web site. It is a 'must read' for first timers and may even provide a nice review for experienced Loop Tourists.

The MVBC has some front and rear panniers that may be rented for \$10 per pair per tour. They are old and well used, but the price is hard to beat. Contact Dan Youngberg for

MAX HEADWIND

Awakenings

Listening to some mysterious alarm clock
the first shoot pushes up from the bulb
deep within the earth
and, even though beaten down by the rain
somehow makes it up to find the day
when the sun breaks through

as the cocoon, waving in the wind
clinging to its branch
soaked by the rain
responds to the warmth
and the former caterpillar begins
to chew its way to its new existence

stiff in the joints
out of shape
feeling paunchy
I locate my helmet
my shoes, my shorts
and oil my bike's chain

information.

If anyone has a question about Loop Tour, contact Dan Youngberg or any of the other committee members.

Pendleton Century - 'Century Ride of the Centuries'
For those of you who enjoy the Northeastern corner of Oregon, there will be a Century ride offered in the Pendleton area during Memorial Day Weekend (May 25-26), sponsored by the Pendleton Convention Center. Short and long rides are offered each day. You can enjoy the beautiful scenery, great weather and paved, deserted farm roads. The ride will be mostly flat with some rollers. The Century on Sunday passes by century-old farms and towns. Monday's rides follows the Oregon Trail thru the Blue Mountains. For those who are interested, the century will be a timed event. The centuries will be fully supported with mechanics and an ambulance. Registration includes shirt, refreshment stops and nightly entertainment. The weekend is designed to allow riders time to enjoy the culture and history of Eastern Oregon and the Oregon Trail. For more information you can check the website: www.pendleton.or.us and click on Convention Center, then Century 2003. You can also contact Pat Kennedy (1-800-863-9358) if you have any questions.

MID-VALLEY BICYCLE CLUB BOARD MEETING NOTES

Monday, February 24, 2003

Present: Eric Ahlvin, Ann Asbell, Richard Burgess, Susan Christie, Bill Daley, Joe Monteleone, Walt Prichard, Betsy Reid, Rick Riper, Lloyd Swanson, Larry Thurber.

Absent: Mark Newsome, Becky Steinmetz.

Reports:

Treasurer: Richard reported total assets of \$13,464.73 with no liabilities. Recent income from Loop Tour fees, dues, and newsletter ads.

Membership: Susan passed along the sad news that long-time club member Alan Throop has been diagnosed with ALS. The membership database is coming along well. Susan and Lloyd are working out a minor bug on newsletter label printing. Members with expired memberships need to be contacted; the club's policy is to continue sending newsletters for a few months before dropping them. We may look at surveying the club at a later date to gather demographic and other information.

Webmaster: No report

Ride Captain: Joe reported that we have no coordinator for the Rolling Feast yet. He is willing to work out a route once the stops have been identified, but we need an overall event leader. The Midge Cramer ride will occur on April 12th, and will coincide with the Kiwanis pancake breakfast, which will be at Cheldelin Middle School this year. The breakfast begins at 7:00 AM, and the ride will still leave from the Beanery at 9:00 AM. March 29th will feature the Plymouth Road cleanup.

Advocacy: Walt reported little advocacy activity this month. He will be coordinating the road cleanup on March 29th.

Newsletter: Lloyd had nothing to report – no complaints! Deadline for the next newsletter will be April 1st.

Vice President: Larry reported on the packed house we had at Burton's for

ture was Lloyd and Grace Swanson's presentation on touring in Ireland. Next month will be at Burton's again, this time featuring a presentation by representatives of the NW Tandem Rally and by Becky Steinmetz (on tandem riding). Larry will try to get Barry Wicks at a future meeting. Barry has recently turned pro in his racing career. **Secretary:** Rick substituted for Becky; no report.

Old Business:

Insurance: Joe reported that we now have our League of American Bicyclists membership number. Once he has an updated member count he will send in our application for insurance. The cost is \$1.45 per person, with families double that. He reviewed the coverage, noting that it **does not** cover personal vehicles used for club events. Special events such as Covered Bridge require an additional premium. Joe will verify whether Loop Tours do also, as they are only open to club members. Once we have the insurance in place we will update our waiver forms. It appears that we are not required to use the exact LAB waiver wording.

Annual Meeting Guidelines: John Morris has not had time to get this document together yet. Once he does, it will be added to a future board meeting agenda.

Blinky Lights (Random Acts Of Brightness): Eric moved to reimburse Susan for her purchase of lights, which was seconded by Larry. The motion passed unanimously, and the group discussed whether to include this as a regular budgeted expense. Right now the Corvallis police have a supply from Public Works, so they do not need our help at this time. Lights were passed out to members to give to cyclists they find riding at night without lights. The intent is to help them be safe, without a "lecture".

Loop Tour: Betsy reported that Loop 2 was full, with 40 people registered.

camp sites will probably be the limiter on group size. Loop 1 will be sagged by Betsy Reid and Will Crawford, with Loop 2 sagged by Richard Burgess and George Shaw. Campgrounds have been selected, and there should be showers available every night!

New Business:

Public Relations Consent: Joe reported on a class project from the business school at Willamette University to publish a book on recreation opportunities in the area. Betsy wrote a paragraph describing the goals of the club for inclusion in this book.

Alice B. Toeclips Award: Susan reported that the MVBC, along with Walt as advocacy lead, has been nominated for this award for bicycling advocacy. The awards celebration will be held in Portland March 29th, and the BTA is offering a table for 10 for \$600 (it's also a fund-raiser). Susan offered to help coordinate a group to attend this festive event.

Mentoring: Walt is mentoring several groups of people planning cross-country rides this year. Much of this has been passing along suggested packing lists, tire recommendations, etc.

Covered Bridge Tour: Larry reported that this year's event will not conflict with the Portland Bridge Pedal, so we may have a much larger turnout than usual. Our current plan is to not limit registrations, but we may need a lot of volunteer help! Susan has some suggestions to improve the registration form and will help design the one used this year. Tim Corbett is coordinating this year's CBBT.

The meeting adjourned, and everyone enjoyed refreshments.

Respectfully submitted,

Rick Riper

Monday, March 24, 2003

Present: Ann Asbell, Richard Burgess, Susan Christie, Bill Daley, Joe Monteleone, Mark Newsome, Walt Prichard, Betsy Reid, Rick Riper, Becky Steinmetz, Larry Thurber (*Continued on page 7*)

MVBC EVENT CALENDAR: April-May 2003

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. Ride Captains: Ann Asbell 757-7080 & Joe Monteleone 754-9677. 10 am Ride Leader: Jerry Rooney 752-6588

Show and go rides start at 10:00 am at Osborn Aquatic Center

Wear
Your
Plaid
Shirt!

April 12, Saturday, 9 am: Midge Cramer Tribute Ride & Kiwanis Pancake Breakfast

- **No-host pancakes @ Cheldelin Middle School 987 NE Conifer Blvd by 7:45AM**
- **Long Ride: Philomath to Decker/Bellfountain/Irish Bend/Smith Loop 66 miles (B-TBD)B**
- **Middle Ride: Philomath to Decker Rd/Greenberry Store/Smith Loop 46.0 (B-TBD)B**
- **Short Ride: Philomath to Decker Road back via Bellfountain Road. 33 miles (B170)B**

April 19, Saturday, 9 am:

- **Long Ride: I-Hwy/Helmick/Elkins/Maxfield Crk/KV Store/Hwy 20 59 miles (C-400)A**
- **Short Ride: Independence Hwy to Helmick Park back via Hwy 99 34 miles (B200)A**

April 21, Monday, 7pm: General Meeting – See elsewhere in newsletter for details

April 26, Saturday, 9 am:

- **Long Ride: Scio via Peoria Rd/Tangent/7 Mile Dr back via RS Drive 73 miles (A-600)D**
- **Short Ride: Albany via Peoria Rd/Tangent back via Riverside Drive 35 miles (A-160)D**

April 28, Monday, 7pm: Board Meeting, Burgess Residence, (3160 NW Arrowood Circle)

May 3, Saturday, 9 am: Annual Moveable Feast Ride – Menu & Routes are a mystery!!!

May 4, Sunday – Salem Bike Club's Season Opener "Monster Cookie Metric Century"

Ride Start Time Change – 9am rides now 8am – 10 am Rides Stay at 10 am

May 10, Saturday, 8 am: First Saturday at 8 am!!!

- **Long Ride: Philomath to Alsea Falls back via Bellfountain Road 69 miles (C-590)B**
- **Short Ride: Philomath to Decker Road back via Bellfountain Road. 33 miles (B170)B**
- **Begin Beginner's Ride Series – See elsewhere in newsletter for details – leave at 9 am**

May 17, Saturday, 8 am:

- **Long Ride: Marcola via Harrisburg/Coburg back via Brownsville 104 miles (B-690)D**
- **Medium Ride: Harrisburg/Armitage Park down/back via Peoria Rd 79 miles (A-640)D**
- **Short Ride: Peoria via Peoria Rd, back via Abraham Drive 27 miles (A-070)D**
- **Second Beginner's Ride Series – See elsewhere in newsletter for details – leave at 9 am**

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 Independence or Mommouth at an easy to moderate pace. Weekly except when nobody shows up. Walt Prichard 752-6231. Counts for Club Mileage if somebody remembers to record it.*



SPRING INTO SUMMER

Sale

APRIL 11 - APRIL 14

ALL BICYCLES ON SALE!

ALL PARTS AND ACCESSORIES AT LEAST 10% OFF

60% OFF REMAINING WINTER CLOTHING

TRAIL RUNNING SHOES 20% OFF

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KAYAK SWAP & SALE SATURDAY & SUNDAY

LOOK FOR STOREWIDE SAVINGS! LIMITED TO STOCK ON HAND ALL SALES FINAL

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Tandem Ride Update

Willamette Mission State Park-Eola Hills Cruise

Becky Steinmetz

Sunday, April 6 is our first club tandem ride. We will meet at Willamette Mission State Park at 9:30 a.m. and will plan to leave the parking lot for the ride by no later than 10:00 a.m. Allow 45 minutes to one-hour driving time to get to the park from Corvallis.

The tandem ride will start on a multi-use path that will lead us from the "Filbert Grove Picnic Area" of the park to the Wheatland Ferry. After crossing the ferry (no charge for bicycles) we will begin the 35+ miles of mostly flat to roll-

ing hill ride through farmland and the nearby Eola Hills. This ride will involve a picnic lunch in Amity at the local park, which is about the halfway point of our ride. There is a deli and store nearby the park if you care to purchase sandwiches there. We should get back to the Willamette Mission State Park by 3:00 p.m. for the drive home.

We look forward to meeting you on this leisure and scenic ride. If you want more information on this and future tandem rides, please e-mail us at hcbs@proaxis.com or phone at 745-7612 and I will add you to the tandem ride e-mail list. There is also information on this and upcoming rides on the MVBC web site under "Routes".

Don't forget your camera and remember to just *Keep on Tandeming!*

Cycling and the Shakespeare Festival? Bring your bicycle to Ashland, Oregon: Take in a play and ride the Ashland Triple Challenge

June 29, 2003

Challenge yourself with one of Ashland's three great rides! Choose from the Century (100 miles), Metric Century (63 miles) or the 30-mile Rogue Valley Challenge. All rides start and end at Lithia Park, Ashland, and include rest stops with cold drinks and great snacks, lunch in the mountains for the Century Riders, and after all the rides, a plentiful and wholesome meal. PLUS, a souvenir bandana printed with the route map! *Helmets required.*

The Century Challenge. From Lithia Park (elev. 2,000 ft.) Century riders wind their way up the historic Greensprings Highway through oak grasslands and open Ponderosa pine and madrone woodlands over the Greensprings Summit at 4,551 feet. After stopping at the Greens Springs Inn for refreshments, head north out of the Cascade-Siskiyou National Monument and ride through mountain lake country surrounded by Douglas-fir and Shasta red fir forests. Stop for refreshments at Lily Glen, then climb over the summit at 5,120 feet before lunch at Great Meadows Rest Stop near Lake of the Woods. One more climb awaits you (to 5,158 feet) before a long breathtaking descent down the Dead Indian Memorial Highway to the valley floor. Cruise into Ashland's Lithia Park before 4 p.m. and help yourself to a second meal. You've earned it with 7,000 total feet of climbing!

The Metric Century challenges you to the same climb into and descent from the Cascades, lacking only the loop to Lake of the Woods. By the time you eat lunch at Lithia Park, you can brag about climbing a total of 5,150 vertical feet.

The Valley Challenge lets you enjoy views of Mt. McLoughlin and other peaks of the Cascade and Siskiyou ranges without actually climbing the mountains. Ride the rolling

(Continued on page 9)

(Continued from page 4)

Absent: Eric Ahlvin, Lloyd Swanson

Reports

Treasurer: Richard reports total assets of \$12,596.73; no liabilities.

Membership: Susan has membership database updated. She will contact members with overdue memberships personally before canceling their membership.

Webmaster: Mark reports all northwest ride events and the CBBT page have been updated on the website.

Ride Captain: Joe would like to remind club riders to follow all city and public laws when cycling. Ann is organizing the Midge Cramer Ride on April 12. It will begin with the Kiwanis Pancake Breakfast at 7:45 a.m. at Cheldelin Middle School. The ride will officially begin at 9:00 a.m. at The Beanery on Circle. The three routes for the day are still in the planning stage. All riders are encouraged to wear red plaid shirts the day of the ride in memory of Midge Cramer.

Bicycle Advocacy: Susan states the bike commission is interested in helping local businesses throughout the community with promoting bike parking opportunities (purchasing racks and installing them). The Bell-fountain Road Group continues collecting more information on high traffic flow on Greenberry and Chapel Roads.

Newsletter Editor:

No report.

Vice-President:

Larry mentioned his disappointment with Burton's Restaurant charging people who came to the March meeting with a \$3.00/person room charge if they did not buy any food that night. Larry did cover these costs that night

the club should reimburse him, Ann seconded it, and a unanimous vote was taken. Barry Wicks will do a presentation for the April meeting. Meeting place has yet to be confirmed. Becky also brought up other meeting suggestions and ideas to increase meeting attendance that could lead to possible increased volunteer help in the club and its events. Larry will sleuth out other community meeting room options.

Old Business

Club Insurance: Joe and Richard have received bids from State Farm and American Specialty Insurance for club liability insurance. After discussion of both policies, it was decided that State Farm offered the best policy for the cost. Ann made a motion to pass this request, Susan seconded the motion, a unanimous vote was taken by the board and passed. Richard will follow-up with State Farm Insurance and have the contract written up.

Loop Tour Update: Betsy reports the loop tour committee will be purchasing a large cooler for one of the sag vehicles. This cooler will also be available for other club use. Loop Tour will be the topic of the May general meeting.

Rolling Feast: Betsy reports that no club members have shown interest in volunteering to run the Roll-

to organize the ride and Joe will make the route. Susan will send out an email request for three volunteer homes to be food stops. The date of the Rolling Feast will be May 3.

Beginner Rides: Richard will again organize the Beginner Rides for the club this year. He will give information on these rides to Betsy and she will write an article for the Spokesman.

New Business

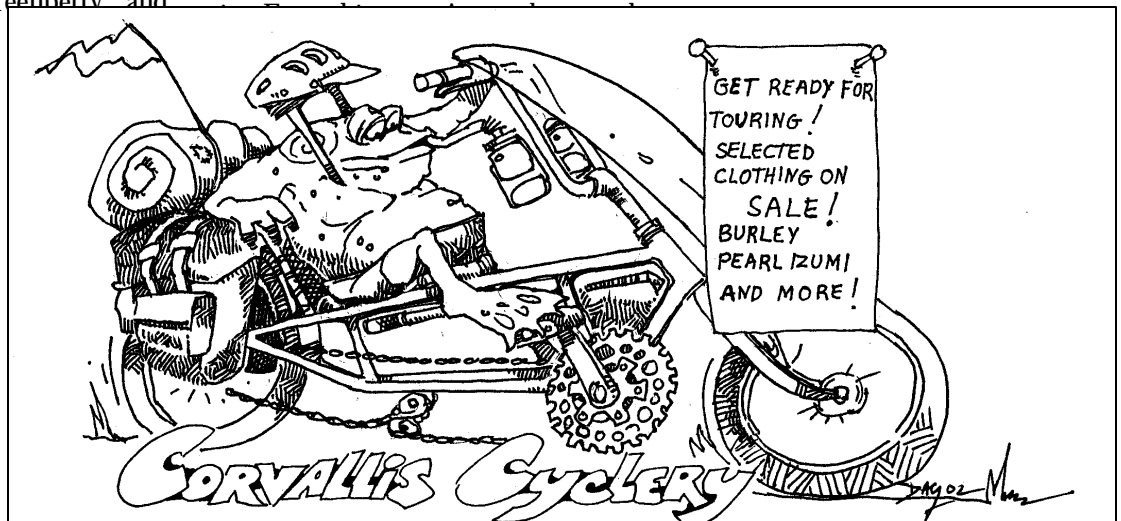
CBBT: Betsy received information from Tim Corbett, organizer, that most of the key chair volunteer positions for the event have been filled. Registration forms should be ready by May 15.

Benton County Bike Commission: Ann was contacted by club member Les Boudreaux that the Benton County Bike Commission will be hosting a bicycle-riding event. The commission would like to work with the Bike Rodeo organizers to either combine events and/or coordinate efforts to support each event. More information will be forthcoming.

The meeting was adjourned and everyone enjoyed refreshments.

Respectfully submitted,

Becky Steinmetz



OUR RIDE CAPTAIN REPORTS

NOTE: Saturday rides remain at 9:00 through May 3. As miserable as March was, several brave riders kept up the record of more mileage than last year. 139 riders tallied 5944 miles in March, surpassing last year by over 500 miles. In total mileage for the year, MVBC riders have accumulated 15751 miles which is 1800 more than last year and 2800 more than 2001. Maybe the rain gear is just getting better, or maybe riding in the rain has dulled some people's senses. Consider **Eric Ahlvin**, for example. With a wrist and forearm in a cast, he has been out riding in the rain as a stoker for **Tim Corbett**. We hope he heals quickly from that slide he took on the Starker Arts Park bike path. His teammates are not letting him rest.

Henry McCarthy's string of unbroken Saturday rides is now at 24. He claims the string will end when fishing season gets here. **Shung Chieh** had his string end at 14 when he missed a rainy 3/22. Now our focus will shift to **Jerry Rooney** who has 11 consecutive Saturday rides. Our 200+ mile riders for March were: **Henry** (267), **Tim Corbett** (239), **John Morley**, (239), **Shung** (233), **Elise Ross** (233), **Glenn Peltier** (207), and **Dan Youngberg** (206).

New riders since the last report include: **Jim Cantey**, **Colby Van Vsuren**, **Josh Lope**, **Jerrie Andeas**, **Todd Dye**, **Grant Pease**, **Peter Ogle**, **Eric Yelsin**, **Jack Schubert**, **Bill Ferry**, the famous, Mmmmmmm. (Apologies for incorrect spellings!) Jack liked it so much he bought a new bike, and he and Jerrie have been to club meetings already.

Thanks to the 26 riders who cleaned our section of Plymouth Road on March 29. Our next cleanup will be late September or October. You are also encouraged to do your own pick up when riding this section of the road. Thanks to **Jan Prahl** and friends who have been seen doing this.

Special events in April and May include the **Midge Cramer Ride**, April 12, (see following article) and the **Rolling Feast**, May 3. This is a day that heavy-duty eating takes precedence over heavy-duty riding. Taking time to get to know some of riders is also important this day. The route is always a secret until that morning. There will be at least three food stops and a choice of at least two routes. This is a good event for families and new riders. The **Rolling Feast** will be the

first of the **Beginner Ride** series. **Richard Burgess** will continue to lead and teach beginners to ride each Saturday in May. The start time for the beginner rides will be 9:00 am at the Beanery. For information on any of these events contact **Ann Asbell**, ann.asbell@oregonstate.edu or 757-7080.

MIDGE CRAMER RIDE

On April 12 the club will dedicate our ride to the memory of Midge Cramer. Midge passed away in 1997, and we began this special ride last year. For those that were not fortunate to know Midge, he was an outstanding bicycle advocate. He taught bicycle touring at OSU, served on the local bike commissions and was a standout for many years on the Oregon State Bicycle Commission. MVBC owes much of our bicycle friendly amenities to Midge. He was well known throughout Corvallis. What he is most remembered for is being one of the most unique individuals many of us have known. He could always bring a smile to a weary biker's face, and he had a joke or story for anyone who would listen. He was the reason many of us are biking today. Taking a day of biking to remember Midge is only fitting. If you ride on this day, be patient with those who come to relive Midge stories.

The day will begin with one of Midge's great loves - eating. Please consider rising a bit earlier this day and meeting at the Kiwanis Pancake Feast at Cheldelin Middle School. You should arrive around 7:45 am in order to eat and bike to the Beanery by 9:00. Tickets can be purchased at the door or from any Kiwanian. The cost is \$4.25 and an additional \$2.00 for an omelet. There will be three choices of bike routes, all going along the Midge Cramer Bike Path and heading towards Philomath. Each route will lead to a Fig Newton, another Midge trademark, served by one of Midge's sweethearts, Lindy Burgess. All rides will converge at Bell-fountain Road for the rematch of the coasting contest down the "O'Shea" hill. (Pat O'Shea was a colleague of Midge's and lives close to this hill.)

The final trademark to commemorate the day will be the wearing of a plaid shirt. Not only did some members carry on this tradition last year, but other plaid shirts mysteriously appeared along the route. Just as we all expected of Midge, always expect the unexpected. Please encourage others who do not normally ride with MVBC to come to this fun day, particularly if they knew Midge.

- 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

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hills past pear orchards and vineyards of the Rogue Valley, a scenic loop of 30 miles.

Cost: Century, \$30; Metric Century, \$25; Valley Challenge, \$20. After June 15, add a \$5 late charge. Siskiyou Velo donates proceeds from this ride to the Bear Creek Greenway and Bicycle Transportation Alliance safety education for school children.

Shakespeare Festival Plays and finding a place to stay in Ashland: The websites: <http://www.orshakes.org/> and <http://www.oregoncitylink.com/ashland/stay.htm> connects you to three categories for lodging: bed/breakfast, motels/hotels, and camping/RV parks. Plays this weekend are Richard II, Present Laughter, Daughters of the Revolution, Wild Oats, Mothers Against, A Midsummers Night's Dream and Romeo and Juliet.

Registration: Request a form by mail (Siskiyou Velo, P.O. Box 974 Ashland, OR 97520), or download one from the Siskiyou Velo website <http://www.siskiyouvelo.org>. For more information, visit our website or call 541-488-2305.

MID-VALLEY BICYCLE CLUB
P.O. Box 1373
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Meetings & Announcements

Future Events

May 4 - Monster Cookie Ride, Salem Bicycle Club,
www.salembicycleclub.org

May 31 - Race Across Oregon, (541) 753-7009

June 14 - PWTR Spring Century,
kevinm@westcoastmet.com

June 21-29 - Loop Tour I, MVBC

June 29 - Watermelon Ride, Salem Bicycle Club,
www.salembicycleclub.org

June 29 - Ashland Triple Challenge, Siskiyou Velo
www.siskiyouvelo.org

July 4-6 - NWTR, Eugene, www.nwtr.org

July 12 - STP, www.cascade.org/stp/

July 26-August 3 - Loop Tour II, MVBC

August 3-16 - SuperTour, Quebec, <http://super-tour.home.att.net/>

Sept 7-13 - Cycle Oregon XVI,
www.cycleoregon.com

Sept 28 - Peach of a Century, Salem Bicycle Club,
www.salembicycleclub.org

General Meeting

Monday, April 21, 2003 at the King Tin Restaurant,
1857 NW 9th St., Corvallis, OR

Time: 6:00 Social & Dinner; 7:00 General Club An-
nouncements, Upcoming Rides.

Program: Barry Wicks and World Championship Cy-
cle Cross Racing

Come and hear how a "local boy done good" as
Barry gives a presentation on his cycle cross racing
in Europe.

IMPORTANT SUBMISSION INFORMATION

Submit articles, stories and photos for the May
MVBC Spokesman no later than April 29.

Please send this material to the editor in Word
format:

Lloydvswanson@attbi.com