



## MID-VALLEY BICYCLE CLUB

# Spokesman

### May 2004

If I had to pick one reason why I enjoy bicycle riding so much, it is the

### Up front

*by Betsy Reid, President*

feeling of being close to nature and the enjoyment I get from sharing this experience with the people I'm riding with. I think that many of us share this enjoyment. There is no doubt that Allen Throop was one of those who loved being active in this great natural playground that Oregon provides. Close friendships are made with this shared experience. Allen made a lot of friends within the bicycling community of MVBC.

Many of you know that Allen passed away on April 12, succumbing much more quickly to ALS (Lou Gehrig's disease) than was at first hoped. A little over a year passed between the time he was first diagnosed, to the time the disease claimed him. After the difficulty of coming to grips with the ultimate outcome of such a disease, Allen decided to continue living his life to the fullest he was able (as he had always done) for as long as he was able. He remained active hiking, canoeing, and bicycling until last fall. Even then, he didn't sit around waiting for things to happen. He continue to enjoy swimming, bird watching, and excursions to wheelchair-accessible outdoor areas.

While his body failed, his mind was still sharp, and he wrote regular articles that appeared in the Venture section of the Corvallis Gazette-Times. His words painted vivid pictures of his outdoor adventures, both before and after he was diagnosed. Some of you may not know that many of his articles in the past year were written with voice-recognition software because he could no longer use his fingers. It is through these articles that I began to know more about Allen and his attitude towards life. The articles that he wrote, along with stories that his friends have been telling me, have left a lasting impression with me, even though I barely knew Allen. How was he able to remain so 'alive' and able to keep

going in the face of such a disease as ALS? In an article written by Jeff Welsch, his editor at the GT, Allen is quoted as saying, "Part of it is being out there, but part of it is being out there with people I love doing things I love. That keeps me going."

As I mentioned before, Allen had a myriad of interests in his life. Although bicycling was always something important in his life, his active participation in MVBC was before 1999, so many of the current club members may not be aware of his contributions to MVBC. His work as a mining geologist took him to all corners of the state, allowing him to gain knowledge of all the good back roads to bicycle on. Many, if not most of the club's loop tour routes were derived from Allen's vast reservoir of knowledge and experience. Four of his routes were published in *'Bicycling the Great Northwest'* by Jean Henderson. You can thank Allen for the *'Central Oregon Coast to Cascades'*, *'South Coast and Redwoods'*, *'Great Basin and Cascades'* (Lakeview), and *'Wallowa Mountains'* loop tours, as well as the *'High and Dry Tour'* through the Strawberry Mountains.

Those people who rode with Allen on tour were treated to a wealth of information on the birds and geology encountered along the route. He and *'his favorite wife'*, Janet, would often bring their recorders along on tour, with Janet playing on hers while they rode along on their tandem. The recorder seemed to help Allen establish a closer connection with nature and he enjoyed playing outdoors. One tourer mentioned to me that she heard this neat sounding bird while she was out riding, but it turned out to be Allen playing his recorder!

I believe it was Allen's honesty and willingness to share

*(Continued on page 2)*

### Also in this issue

- Tribute to Allen Throop
- Rolling Feast Update
- Meet Our Officers
- Loop Tour Info

**Mid-Valley Bicycle Club**  
**P.O. Box 1373**  
**Corvallis, OR 97339-1373**

**www.mvbc.com**

**President**

Betsy Reid  
 betsy\_reid@comcast.net 754 0707

**Vice President**

Shung Chieh  
 shungc@comcast.net 757 6352

**Treasurer**

Richard Burgess  
 rwbcustom@aol.com 758 5006

**Membership**

Susan Christie  
 matnsusn@peak.org 754 1378

**Recording Secretary**

Rick Ripper  
 gearheadosu@hotmail.com 367 8724

**Ride Captains**

Eric Ahlvin  
 ahlvin@comcast.net 753 1848  
 &  
 John Henry  
 jhenry@proaxis.com 926 1157

**Designated Ride Leaders**

10 am Sat—Jerry Rooney  
 jeroon@peak.org 752 6588  
  
 9:30 am Wed—Walt Prichard  
 prichard@proaxis.com 752 6231

**Directors At Large**

Larry Thurber  
 larry\_thurber@comcast.net 967 8199  
 &  
 Joe Monteleone  
 jmonteleone@proaxis.com 754 9677

**Advocacy Representative**

Walt Prichard  
 prichard@proaxis.com 752 6231

**Newsletter Editor**

Lloyd Swanson  
 Lloydvswanson@comcast.net 753 5878

**Webmaster**

Mark Newsome  
 newsome@acm.org 752 5378

*(Continued from page 1)*

his knowledge and his philosophy of life, and to invite others to share in his outdoor adventures that made him so many friends within MVBC. Any of you who have ridden on Loop 2 know who the Alward family is. How did a family from the far eastern border of Oregon find MVBC? Allen and Bob met through their mutual work, and because of Allen's encouragement, they joined their first tour 11 years ago and their family has been with us ever since. Unselfishly, Allen gave much to others, living his life fully. Bob Alward sums up well what Allen meant to many MVBC members with the following words: *'When riding the many Oregon back roads during the tours, Allen unfailingly comes to mind...You see, Allen is responsible for having given me and my family a gift beyond measuring, and in description difficult for me to adequately express: the meaning and love of FAMILY, as bonded through our cycling. What a wonderful gift, from truly a terrific person. Allen will always live within each of us.'*

So when you are out on the road this summer, either touring with MVBC or on your own, spare a moment to think of Allen and smile, for that is what he would want us to do.



**Tandem Riders**

*Shawn Barrett*

If you are interested in riding as a group this summer, we would love to have you join us. We have set aside 5 dates to ride on a monthly basis. They are on Sundays of May 23, June 6, July 18, Aug 1 and Sept 12. Most of the rides will be about 35-40 miles and fairly local. I would like to start an e-mail list to notify riders of times, locations, rides (w/maps), etc. To have your name added to the notification e-mails, please send an e-mail to ShawnDBarrett@msn.com. Thanks and I look forward to some fun rides! If question call Dan or Shawn @ 541-745-7335.



**Advocacy**

*Walt Prichard*

Things are looking better for a major multi-use path. The Corvallis Parks Department is proposing a multi-use path from the Crystal Lake soccer fields through Willamette Park to the Water Treatment plant. It will eventually tie in with the Willamette Landing Park in South Corvallis. They proposed a 10-ft wide path and several other things. The Bicycle and Pedestrian Advisory Committee and the River Front Commission want a 12-foot path because of expected use and conflicts between users. I supported this and some other issues with testimony at the Planning Commission hearing. The decision was put off until May 12<sup>th</sup>. At that time it is expected that the Planning Commission will give the plan and some other modifications an OK and the recommendation that the path be 12 ft instead of 10 ft. This will be a major link to South Corvallis for bicyclists. If you don't have anything to do that night you might drop by the Fire Station and give us some support.

On another front, Benton County is going to upgrade 53<sup>rd</sup> Street at the fair grounds this summer. They will be closing 2 entrances to the fair grounds and making a new one where Reservoir Road will be coming in next to the Midge Cramer path. The gravel entrance will be closed. There will be turn lanes on 53<sup>rd</sup> St as well as bike lanes. The bike path from the covered bridge will have a little S curve to match up with the Midge Cramer path. Also for August this year, a contract has been let for the reconstruction of the road surface on the South Fork road. That is the road to Alsea Falls. Finally it is on the horizon after 4 years.

I think this is all the good news you can stand for one newsletter. Keep the rubber side down!



## An Invitation to be an Armchair Traveler

### *Across the USA-Northern Tier*

*Becky and Charlie Steinmetz*

Over the years we have enjoyed reading travelogues of adventure cyclists. We would like to return this favor and invite you to read our notes from the road as we take the challenge and pedal across the USA this summer.

In mid-June we will depart from our home on a four-month cross country adventure of our own. We will each be pedaling a Cannondale T-2000 bicycle with a Burley Nomad trailer that will carry our camping and "worldly" possessions for 4500+ miles. Our schedule is meant to remain flexible with the objective to see sights, smell the flowers, take lots of pictures, meet the local folks along the way, take in detours that tempt us, and just experience what we find around the next bend in the road.

Our route will take us north around the Olympic Peninsula where we will make that "Big Right Turn" and continue on across the northern part of the United States to Bar Harbor, Maine. We will mostly be using Adventure Cycling maps, but are looking forward to taking detours along the way to ride some Rail-to-Trails that are off the AC route and to explore other roads that beckon us.

If you are interested in reading our notes from the road, drop us a note at [hcbs@proaxis.com](mailto:hcbs@proaxis.com) and we will add you to our distribution list. Our travelogue email notes will be sent as we come across libraries or friends we visit with internet access. No, we will not be doing a web page...just email notes.

Have a great summer cycling and .....**Pedal On!**

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## News from America Bikes

### *April 7th, 2004 Update from America Bikes*

On Friday, April 2, the House passed their transportation reauthorization bill H.R. 3550, called TEA-LU. The bill includes \$1 billion for a new Safe Routes to School program, and continues important programs for bicycling such as Transportation Enhancements and Recreational Trails. In general, we are pleased with how bicycling priorities fared.

Next step is conference committee, where differences between TEA-LU and its counterpart Senate bill, SAFETEA, which was passed in February, will be reconciled. The House and the Senate will name their conferees in the next few weeks, and they could start work as soon as late April.

The America Bikes team will work to insure that the bicycling elements survive the conference process. Congress's recent track record in conference committees is not encouraging: Last year, the conferees on the energy bill essentially threw out both versions and rewrote the legislation. So it could be challenging to preserve the progress we've made. We'll let you know how to help as soon as conferees are named.

The House bill includes over \$20 billion in earmarks for

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## Max Headwind

### Unsettled

The weatherman calls it Unsettled  
and I realize he must be a cyclist

on my coffee table, maps and  
tour guides and drafts of itineraries

my rain clothes hang  
on the edge of a hanger  
not sure  
if they're coming with me or not

does my fairing stay on  
or do I need the cooling breeze?

do I take my dark sunglasses  
or my yellow overcast lenses?

shorts or tights?  
t-shirt or sweatshirt?  
layer or tough it out,  
sweating or shivering?

paper or plastic?  
is the next quandary  
as I check out at the store

dripping rain from my helmet  
onto the groceries

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special projects in Congressional districts. A number of those earmarks are for bicycle and pedestrian facilities. One of the America Bikes partners, Rails-to-Trails Conservancy, is working with local advocates to identify and support those projects.

None of America Bikes' top priorities were affected by amendments during the House floor debate, though two related positive items were accepted: One by Rep Earl Blumenauer (D-OR) encourages innovative planning techniques, and one by Rep Eddie Bernice Johnson (D-TX) requires more transparency in how states spend federal transportation dollars.

Additional information can be found in the latest issue of "Transfer," a publication from the Surface Transportation Policy Project, <http://www.transact.org/transfer>. America Bikes is part of the STPP coalition. They provide a good

*(Continued on page 4)*

## MID-VALLEY BICYCLE CLUB BOARD MEETING NOTES

**Monday, March 29, 2004**

**Present:** Betsy Reid, Richard Burgess, Susan Christie, Eric Ahlvin, Walt Prichard, John Henry, Rick Riper, Larry Thurber, Joe Monteleone, Shung Chieh.

**Absent:** Lloyd Swanson

### Reports:

**Treasurer:** Richard reports that recent income is from dues and loop tour fees; expenses for the upcoming loop tours and the covered bridge tour. The total for both checking and savings accounts is \$13,785. He also reports that Citizen's Bank recently charged the club a fee for an account falling below a set minimum. The bank reversed the charges, but Richard also checked into other options. Based on his recommendation, the board voted unanimously to move our account to the OSU Credit Union at Richard's convenience.

**Membership:** Susan reports that we have 206 total memberships (addresses) which are evenly split between single members and couple/family memberships. The total number of individuals isn't known, but is estimated at 350. About one-half of the members are also on the email list (MVBC-Announce). She would like to see more – it's a convenient way for members to get late breaking updates on ride changes, etc.

**Ride Captains:** John has updated the rider database, removing people who hadn't ridden more than once since the beginning of 2003 (more than 100). The database now has approx. 225 individuals. Of this number, about 53 are not club members, of which 17 are new this year. Very few (4-5) "regular" riders are non-members. Eric reports that members of the EWEB racing team (from Eugene) will be joining the club ride this Saturday. The following Saturday rides are scheduled to use the Buena Vista ferry, but it is not clear if it will be open by then.

**Newsletter:** The deadline for the next

newsletter is April 23<sup>rd</sup> and May 24<sup>th</sup> the following month.

**Vice-President:** Sung reports that the next general meeting (April 19th) will feature "The Science of Cycling" presented by Dan Youngberg, Eric Ahlvin, and Ashley Childs. This will be held at Papa's Pizza. The May meeting will include a Loop Tour presentation.

**Secretary:** Rick had nothing new to report.

**Advocacy:** Walt has been working with the Parks Department on plans for the multi-use path from the soccer fields at Crystal Lake Drive southward. Current plans include no bike parking, and the path should be wider if possible. He also reports that plans are in the works to add an "S" curve to the bike path through OSU so that it matches up with the Midge Cramer bike path at 53<sup>rd</sup> Street. This work is planned for this summer.

### Old Business:

**Newsletter masthead:** Postponed again while Lloyd is traveling. The ride captains also requested that the MVBC "business cards" be available at the start of the Saturday rides for new riders.

**Jerseys:** Betsy reported that nearly all of the ordered jerseys have been picked up. We have also sold several more and have nearly covered our costs on this project.

**Crater Lake Tour:** Nancy Meitle has made reservations at Diamond Lake for the weekend of August 21/22, but this places the event the weekend following the CBBT. Larry will check into possibly moving it to the following weekend.

### New Business:

**Member notification:** Walt brought up the concern that we recently held a club meeting (the jersey distribution party) without properly notifying all the club members. The plans for this event came together after the last newsletter deadline, and only a portion of the club

subscribes to the email list. The board sincerely apologizes to anyone who missed hearing of this, or other, events. To prevent this from happening again, we will develop a backup notification system, possibly using postcards.

**NW Rides:** The club receives a number of brochures for other clubs' events every year, but we don't have a good way to distribute them. The consensus of the board was to take them to local bike shops.

The meeting was adjourned and everyone enjoyed refreshments.

Respectfully submitted by Rick Riper

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*(Continued from page 3)*

overview of the broader political process surrounding the bill.

So, the bill is moving forward, though it could still bog down at any point. Most of the mainstream media coverage is focusing on the political battles, the threat of a presidential veto, and the many earmarks (a.k.a.-pork) in the bill. Few are looking at the policy implications of "what does this mean for transportation in America." In general, it's more of the same: federal funding for transit continues, the Bike & Pedestrian elements have gained a bit of ground, and building roads is still the overwhelming priority.

For even more information about this bill and its contents, see our [Transportation Bill Resources](#) page.

More soon as this fascinating process continues...

-m

*Martha Roskowskei*

*America Bikes*

[martha@americabikes.org](mailto:martha@americabikes.org)

[www.americabikes.org](http://www.americabikes.org)

202-833-8080

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"A nation that continues year after year to spend more money on military defense than on programs of social uplift is approaching spiritual death."—Martin Luther King

## MVBC EVENT CALENDAR: May—June 2004

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: Eric Ahlvin 753-1848 & John Henry 926-1157. 10 am Ride Leader: Jerry Rooney 752-6588

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

**May 1, Saturday, 8 am: Rise and Shine**

- Long Ride: Independence, Turner, 76 miles (B630)A
- Short Ride: Monmouth, 44 miles (B270)A

**May 8, Saturday, 8 am: Admire our adopted highway!**

- Long Ride: Brownsville, 76 miles (B610)C
- Short Ride: Decker, 35 miles (B220)C

**May 15, Saturday, 8 am: First (official) century of the year!**

- Long Ride: Peoria, Armitage, Marcola, Brownsville, 104 miles (B690)D
- Short Ride: Brownsville, 52.5 (A350)D

**May 22, Saturday, 8 am: Another way to Brownsville.**

- Long Ride: Albany, Lebanon, Brownsville, 103 miles (B700)E
- Short Ride: Lebanon, 54 (B380)E

**May 29, Saturday, 8 am: Heading north.**

- Long Ride: Salem via ferry, 76 miles (B660)A
- Short Ride: Jefferson, 48 miles (B310)A

**June 5, Saturday, 8 am: Buttes any way you go!**

- Long Ride: Stayton (return via Knox Butte), 82 miles (B670)A
- Medium ride: Knox Butte, 47 miles (B300)A
- Short Ride: Coffin Butte, 25 miles (B050)A

**June 12, Saturday, 8 am: Hills or pastry? Which is better for you?**

- Long Ride: King's Valley, 61 Miles (C510)B
- Medium ride: King's Valley (short cut), 46 miles (B280)B
- Short Ride: Philomath Bakery, 15.5 miles (A010)B

**June 19, Saturday, 8 am: Settling into summer...**

- Long Ride: Brownsville, 76 miles (B610)C
- Medium ride: Alpine, 44 miles (B245)C
- Short Ride: Airport Road, 22 miles (B030)C

**June 26, Saturday, 8 am: Bring your sunscreen...**

- Long Ride: Armitage Park, 79 miles (A640)D
- Medium ride: Harrisburg, 50 miles (A305)D
- Short Ride: Peoria Park, 23 miles (A040)D

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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 Monmouth 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.

**THINK  
SPRING** ...

**summer is just around the corner now!**

**CORVALLIS CYCLERY**  
 344 SW 2nd St. • Downtown  
 752-5952

### MIDGE CRAMER RIDE REVIEW

*Ann Asbell*

A large turnout for the Midge Cramer Ride, Saturday, April 17, contributed to its success. Thirty riders covered four different routes and all had a chance to challenge rolling resistance, wind resistance, gravity, and inertia in order to coast the farthest down the O'Shea hill on Bellfountain Rd. With the aid of a tailwind, all records that were challenged were shattered. The weather changed in the afternoon as the long riders coasted through. The last two riders from the 9:00 medium ride were Becky and Charlie Steinmetz. Although they had never participated in this event before, they had mastered the technique that Larry Thurber described as "wing flapping." (It was Larry's record that got shattered by Charlie.) Around 11:30 the 10:00 riders and the 9:00 medium riders converged on the hill. The party atmosphere overcame common sense as riders that had coasted to a stop congregated to cheer for others, therefore forcing many into the lane of traffic. Then there were others that started the coast too close to another biker and nearly ran them over – at one mile an hour with front wheel wobbling. Shirley Schoberg demonstrated a rare act of sportsmanship when she cheered for Susan Christie to keep going in order to tie the new record Shirley had just set. Susan was able to coast to exactly the same place, and both women rejoiced in their shared record. Walt Prichard was the only repeat record holder as he extended his record well beyond last year's effort. There were no all-women tandem riders; so Jan Prah and Nancy Meitle's record remains. We have never had two male tandem riders; that record is yet to be set. Here are the winners and their official results:

<u>Name</u>	<u>Gender/Bike</u>	<u>Approximate Distance</u>	<u>Stopping Point</u>
Charlie Steinmetz	male upright	.85 miles	past 53 <sup>rd</sup> St 15 yd
Becky Steinmetz	female upright	.8 miles	5 yd before 53 <sup>rd</sup> St
Walt Prichard	male recumbent	.77 miles	100 yd north Scenic sign
Bob and Jill Leichti	mixed tandem	.75 miles	41 yd north Scenic sign
Shirley Schobert & Susan Christie	female recumbent	approx 65 miles	13 yd south Scenic sign

Others that held the longest coast for the day at some point were: Tamy Canard (sp), Helen Alomran, Jerry Rooney, Matt Matthews, Betsy Reid, Mark Newsom, Tom Hayden, and Vic Russell. There were others who never got a chance to plant the sign before they were beaten. Thanks to Lindy Burgess for providing a Fig Newton along the way, and thanks to all who participated with such enthusiasm. Midge would have especially enjoyed his day! We will all practice our wing flapping for next year.

### Allen H. Throop

April 13, 2004. Allen died yesterday morning. He asked that we send the following text (written by him several weeks ago) to all of you. Thanks for all the support that you have given Dad, and us, over the past months and years. We look forward to sharing stories, recollections, and new adventures with you in the future.

-Heather, Henry, and Janet  
htbroop@ag.arizona.edu  
throop@boulder.swri.edu  
throopj@peak.org

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Longtime Corvallis resident Allen H. Throop died on April 12 at the age of 59 from ALS (Lou Gehrig's disease).

He was born on April 25, 1944 to Charles and Lucille Throop and raised in Monessen, PA. He received a Bachelor of Arts Degree from Colby College, Waterville, ME., a Master of Science degree from Arizona State University, and a teaching degree from the State College of Victoria at Hawthorne (Australia).

On December 27, 1966, he married his favorite wife, Janet A. Meyer.

He was employed as a mining and exploration geologist in Canada, Arizona and Australia. He also worked in the coal processing industry in Pennsylvania.

The family moved to Oregon in 1979. He was employed by the Oregon Department of Geology And Mineral Industries in Albany for over 19 years. In recent years, he taught geology courses at Linfield College and Linn Benton Community College and was a geological consultant. He was a frequent contributor of articles to the Venture section of the Corvallis Gazette-Times.

Over the years he was active in and president of the Greenbelt Land Trust, Unitarian Universalist Fellowship of Corvallis, Yawners Toastmasters, The Mid-Valley Bicycle Club, Crossroads International and the Oregon Section of the Society of Mining Engineers. For many years, he played in the Corvallis Recorder Circle.

He was an avid backpacker, bicyclist,

cross-country skier and canoeist. He contributed to guidebooks on canoeing and bicycle touring in Oregon.

He is survived by his wife Janet, his son Henry in Boulder Colorado, his daughter Heather in Tucson Arizona, his sister Carol Pollak of Mill Valley California, and his brother Terry of Sacramento.

Memorials can be made to the Greenbelt Land Trust endowment fund, the Unitarian Universalist Fellowship of Corvallis, or the Benton Hospice Service.

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*The following was written by longtime friend, Lindy Burgess:*

We lost a great friend when Allen Troup passed away. He touched our lives in many ways. Wherever we go, the memory of our "favorite" Allen will continue to remain with all of us who knew him. Whenever we are canoeing on a river, touring on a bicycle, skiing, climbing a mountain, viewing a geological wonder or a rainbow in the sky, Allen's love and spirit will live in the hearts of all of us. At his memorial service, the legacy of his life, his wish for his family and friends were spoken by the many that were there and through the song we joined in singing at the end of the service, Climb Every Mountain, from the Sound of Music.

Climb every mountain  
Search high and low  
Follow every byway  
Every path you know  
Climb every mountain  
Ford every stream  
Follow every rainbow  
Till you find your dream  
A dream that will need  
All the love you can give  
Everyday of your life  
For as long as you live



### Thank you

November 18, 2003

Dear Mid-Valley Bicycle Club,

I am writing to you on behalf of the Hawthorne Transition Center biking group to first of all thank you for your generosity and support of community bicycling and our program. Since you have donated bicycles, helmets, and other bicycle gear to Hawthorne, it has been my pleasure to utilize these items to help our clients learn bicycle safety and skills. With supplies you have provided over the past couple 4ths of July, our clients have the ability to ride bicycles both recreationally and as transportation such as riding to school. Each of our young clients is very appreciative of your willful support.

With winter months upon us, our cottage would be grateful to be considered for any upcoming donations of bikes, helmets, or parts. With school travel, items such as helmets, locks and fenders are a great bonus to our group. They also ensure the safety of our clients. Again, thank you very much for your continued support.

Sincerely,  
Joe Alonzo

### Meet Our Officers

#### Ride Captain: John Henry

My primary responsibility as Ride Captain is to summarize the ride statistics and write a monthly article for the newsletter.

Years in MVBC: Starting 3rd year  
Bikes I Ride: LeMond Buenos Aires (blue) and for a rain bike, Tim Corbett's old "Banana Bike" (yellow).

I ride with MVBC on Saturdays mainly and CBBT; I'm not much of a tourist  
Other Riding: Retired Cat 4 racer, previously with Team Oregon of Portland.

Other MVBC Activities: Litter pick-up and led the CBBT volunteers "Pre-Ride" last summer for Tim Corbett.

My Goals for MVBC: To address the input of members as to how the Saturday rides can be more fun or interesting. Please feel free to e-mail me with suggestions.

## OUR RIDE CAPTAIN REPORTS

March was a welcome surprise for those of us who were getting tired of the rain. As far as I can remember, we didn't have any rain on the Saturday rides throughout the month. So, what do you get? A new mileage record for Saturday rides in the month of March. The previous Saturday record of 5,952 miles in March 2001 was smashed by the 9,098 miles we rode this month. Adding the Wednesday ride total of 1,610 miles gives us a grand total of 10,708 miles ridden by 215 riders for the month of March. The total mileage for the year so far is 20,396 miles.

**Milt Cardwell's** consecutive ride streak ended with a total of 9. The new consecutive ride leader is **Leon Ungier** with 11 consecutive rides. Following closely behind is **Jerry Rooney** with 10.

Mileage leaders for the month of March (Includes Wednesday rides) were **Becky Steinmetz**, 426; **Jan Konzack**, 383; **Henry McCarthy**, 383; **Tim Corbett**, 366; **Betsy Reid**, 357; **Walt Prichard**, 356; **Dan Youngberg**, 280; **George Shaw**, 264; **John Morris**, 205; **Gary Watts**, 196; **Lloyd Swanson**, 189; **Les Boudreaux**, 187; **Larry Thurber**, 186; **Jerry Rooney**, 186; **Glen Peltier**, 178; **Elise Ross**, 178; **Shung Chieh**, 178; **Robert White**, 153; **Milt Cardwell**, 151; **Alan Acock**, 149; **Leon Ungier**, 141; **Jill Liechti**, 135; **Bob Liechti**, 135; **Jack Schubert**, 133; **Jim Gau**, 133; **Linda Koberstein**, 127; **Eric Ahlvin**, 125; **Susan Christie**, 122; **Matt Matthews**, 122; **Jeff Clifton**, 119; **Emma Ybarra**, 119; **Maria Monteleone**, 113; **Joe Monteleone**, 113; **Grace Swanson**, 109; **Ray Miller**, 109; **Ann Asbell**, 107; and **John Henry**, 102.

We had 10 new riders this month. Welcome to **Sue Sands**, **David Miller**, **Hillary White**, **Larry Mull**, **Larrie Easterly**, **Dave Hartsfield**, **Henry Alaman**, **Jody Brewer**, **Jessica Corbell** and **Tasha Wulff**.

On behalf of Eric Ahlvin and myself, I would like to remind everyone to please not start club rides earlier than posted. If there is a compelling reason to do so, then please contact the ride captains so we can e-mail the club membership to announce this new or modified time. Any future unannounced rides will not count towards club mileage. The reason for this is to give everyone in the club the chance to participate in any ride they choose.

## Loop Tour Preview at May Club Meeting

*Dan Youngberg*

Loop Tour rider packets will be available for pickup at the MVBC club meeting on May 17 at Papa's Pizza. In addition, Route Scouts will discuss their forays into northern Idaho. This will also be a great opportunity for new Loop Tourists to meet and talk with people who have experienced previous Loop Tours.

The committee hopes to be able to report resolution of the loose ends in the planning process. Right now, we are still working to finalize a couple of route details, the group meal venue, reservations at Priest Lake for the optional extended ride, and a few other details.

While registration for the second tour is closed, there are still spaces available on the June Loop Tour. Contact Betsy Reid for registration information or to be placed on a wait list for Loop 2.

If anyone is unable to pickup their rider packet at the club meeting we will deliver or mail it. If you have received confirmation of registration and do not receive a rider packet by three weeks before the start of their tour, you should contact Dan Youngberg (541-928-7028).

If you are having your gear sagged, you must contact one of your sag drivers at least one week before the start of your tour. Contact information will be in the rider packets. You may also fulfill this requirement at the May club meeting.

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## Rolling Feast Update

*Ann Asbell*

Assuming that two more members step forward and volunteer to host a food stop, the annual Rolling Feast (Pig-Out Ride) will be held Saturday May 8, 8:00 from The Beanery parking lot. This annual event features at least three food stops woven into unique routes of varying difficulties and distances. To add to the fun the routes and stops are not disclosed in advance. The plan is that the 10:00 riders will join the event at the second stop. This is the first day of the Beginning Rides led by Richard Burgess. All in all, this is an event that welcomes all levels of riders and provides a wonderful opportunity to get to know members of MVBC. It is hoped that families will come enjoy this special MVBC event. For information or to volunteer to host, contact Ann Asbell, [scarletflash600@yahoo.com](mailto:scarletflash600@yahoo.com) or 757-7080. For information on the Beginner Rides, contact Richard Burgess, [rwbcustom@aol.com](mailto:rwbcustom@aol.com).

- 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

**Bicycle Safety Education--Spring 2004**

*Josh Storer*

Spread the word about biking to the next generation: ride with fifth graders in Corvallis and Albany this spring. Community bike rides occur on the last day of the program at each school, volunteers needed every day:

Corvallis

May 3-6 Inavale

May 10-14 Jefferson

Albany

May 17-21 Central

May 24-28 Oak Grove (N. Albany)

June 1-9 Oak

Contact Josh Storer to sign up or for more information: 541-757-5702

josh\_storer@corvallis.k12.or.us

**MVBC Jerseys for Sale**

What a great response there has been to the new club jerseys! It is not too late to purchase one and join the crowd of yellow, orange and red flashing by on the road. We still have both men's and women's jerseys in limited sizes. For men's jersey's we have one 2XL, 8 XL, 2 large, 5 medium and 1 small left. For women's

jersey's we have 1 XL, 2 large and 5 medium left. If you are interested, please contact me at betsy\_reid@comcast.net or 754-0707. The price is still \$65.

**Meet Our Officers: Rick Riper, Secretary**

My primary responsibilities as Secretary are to keep minutes of the board meetings and other record keeping duties as they come up.

Years in MVBC: Almost 3. On my first club ride, I wore tennis shoes and blue jeans - and it snowed on us as we headed out of town!

Bikes I ride: LeMond Buenos Aires (fair weather) and a Peugeot (rain bike)

I ride with MVBC on Saturdays when I can! Did CBBT my first year, now work it :)

Other Riding: Now that I live in Sweet Home, you'll often find me circling Foster Reservoir or riding along Pleasant Valley.

Other MVBC Activities: CBBT

My goals for 2004: In 2003 I sold a house, moved twice, and got married - cycling fell far down on the list! So for 2004 I plan to get back in the saddle and get more miles in. Maybe do Cycle Oregon again (did CO XV in 2002 and had a blast!)

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

**Address Service Requested**

Is it  
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renew?



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## ***Meetings & Announcements***

### **Future Events**

**May 28-31** - NW Tandem Rally, [www.nwtr.org/](http://www.nwtr.org/)  
**May 29-31** - Century Ride of the Centuries,  
[www.pendleton-oregon.org](http://www.pendleton-oregon.org)  
**June 5-6** - Race Across Oregon, (541) 753-7009  
**June 12** - Strawberry Century,  
[www.santiamslowpokes.org](http://www.santiamslowpokes.org)  
**June 19** - Tour de Blast, [www.tourdeblast.com](http://www.tourdeblast.com)  
**June 19-27** - Loop Tour I, MVBC  
**June 20** - RAAM, (262) 736-2453  
**June 26** - Mountain Lake Challenge,  
[www.siskiyouvelo.org](http://www.siskiyouvelo.org)  
**June 27** - Watermelon Ride, [salembicycleclub.org](http://salembicycleclub.org)  
**July 17-18** - STP, [www.cascade.org/stp/](http://www.cascade.org/stp/)  
**July 31-August 8** - Loop Tour II, MVBC  
**August 1** - Blackberry bRamble, [www.eugenegears.org](http://www.eugenegears.org)  
**August 6-7** - Seattle to Vancouver, Cascade Bicycle  
Club, (206) 522-3222  
**August 14** - Covered Bridge Bicycle Tour, MVBC  
**Sept 11-18** - Cycle Oregon XVI, [cycleoregon.com](http://cycleoregon.com)  
**Sept 26** - Peach of a Century, [salembicycleclub.org](http://salembicycleclub.org)

### **General Meeting**

When: Monday, May 19th from 7–9 pm  
Where: Papa's Pizza, 1030 SW 3rd St  
Time: 6:30 pm dinner  
Program: 7 pm, Loop Tour 2004 Preview, presented  
by the Loop Tour Committee

### **IMPORTANT SUBMISSION INFORMATION**

Submit articles, stories and photos for the  
June MVBC Spokesman no later than May 24.  
Please send this material to the editor in Word  
format:

[Lloydvswanson@comcast.net](mailto:Lloydvswanson@comcast.net)