

MID-VALLEY BICYCLE CLUB SPOKESMAN

June 2004

Bicycle Safety Education.

Not all members may be aware that MVBC reorganized in June 2001 as a non-profit social welfare organization (501c4). To quote the Bylaws: 'As such, the club's primary purpose is to promote the general interest of cycling relative to bicycle education, safety, transportation and recreation. Yes, MVBC members are encouraged to participate in club rides, loop tours and other cycling outings but when an event is open to the general public, for a fee, any income beyond event expenses is supposed to be earmarked for a 501c3 (tax exempt) organization. (MVBC itself is not tax exempt). The club has chosen bicycle safety education as the recipient of our profits.'

For many years, bicycle safety education in Corvallis consisted of the occasional bicycle rodeo presented at selected public schools. I can remember my children, while in elementary school, participating in a bicycle rodeo organized by the police department. It was limited in scope and only lasted one afternoon with no on-street riding experience involved. Three years ago, Corvallis obtained a grant that allowed it to be part of a pilot program developed by the BTA (Bicycle Transportation Alliance). The grant purchased bicycles, helmets and classroom materials and paid for an instructor, Josh Storer. The class is taught to most fourth and fifth graders in the Corvallis Public schools. There is extensive time spent in the classroom (two hours per day for four days). The class culminates with an hour ride outside the school grounds to give the children some real on-street riding time. Many volunteers, including several from MVBC, aid Josh in the class, helping to fit helmets, maintain bicycles and to ride with the children on the last day. In addition to the volunteers, MVBC has made monetary contributions to help keep the program running for the last two years.

How do we manage to keep making substantial donations to the Bicycle Safety Education Program? The MVBC board works hard to keep the fees we charge for an event in line with the expenses for that event; thus there is little or no profit from our normal club events. Member dues barely cover the newsletter, insurance and

Up front

by Betsy Reid, President

other administrative costs. The loops tours, CBBT and Crater Lake Ride do cover their own expenses. However, events such as the Rolling Feast, Midge Cramer Ride, 4th of July Mary's Peak Ride and the annual Christmas party all incur expenses while not collecting fees. (Now, I know what you're thinking...*'Is MVBC going to raise our member dues?'* Rest assured, that is not the purpose of this article.)

The club, however, is not running at a deficit. If you look at the club's cash flow over a given year, operating income and expenses pretty much match each other. The club has used its savings account to make donations of close to \$3000 in both 2002 and 2003, primarily towards the bicycle education program. While the club has a comfortable savings account, that money is not being replenished. Much of the money in our savings account accumulated prior to the club becoming a non-profit organization. We do make some money from the CBBT but it is not enough to keep up our existing level of charity donations.

The primary source of that savings income came from hosting the Northwest Tandem Rally three times. The last time was in 1999. With our increased contributions to the bicycle safety education program, our savings are quickly being depleted. MVBC and the Santiam Slow Spokes held the first NWTR in 1986 and it has quickly caught on. It has been held every year since then, rotating between locations in Oregon, Washington and Idaho. Last year over 400 tandem pairs participated in the NWTR held in Eugene! It is always great fun to ride with other tandem riders, exploring new areas of the northwest.

I'm finally getting to the point of this article. The Board decided that MVBC should host the Northwest Tandem Rally again, either in 2006 or 2007. An event of this size means getting started on the organization right now. We will be communicating our desire to hold this event again at this year's event over the Memorial Day

(Continued on page 2)

Also in this issue

MVBC Annual Picnic, July 18

Cycling in Florida

Covered Bridge Registration

Introducing Our New Masthead

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)

weekend. We hope to get the year pinned down then. Holding the NWTR in Corvallis is crucial to our ability to continue contributions to the bicycle safety program. While we all enjoy the rides we do with the club, it is also crucial that we make sure the next generation of riders knows how to ride safely on the road. At this point in time, we are developing a list of volunteers that would be willing to help with this project, especially with chairing the event. There are many other tasks to do as well. If you have any desire to help host the NWTR, please contact me at 754-0707 or betsy_reid@comcast.net. When we are certain of the date, you will be contacted. I will get down off my soapbox now and back onto my bicycle!

MVBC Annual Club

Picnic Potluck

Sunday, July 18th, 4p-8p (Corrected)
Home of Joe & Maria Monteleone
5775 SW West Hills Road; 2nd house down Ten Pas Lane on left. Ten Pas Lane is on West Hills Road just past West Hills Assisted Living Center. We encourage riding your bike to the event!

Just put your potluck item in a pannier or in that unused trailer!!! If you drive a car, park where indicated (will get cozy).

Hamburgers, hotdogs, veggie burgers (if anyone indicates a preference), condiments and sodas will be provided by the club. The rest will be potluck style. Potluck assignment: Last names beginning with N-Z bring desserts; last names beginning with A-M bring a salad or vegetable dish (swapped from last year). If you have a culinary delight that doesn't fit your last name, bring your specialty regardless. Grills will be open for those who want to grill other items.

Please RSVP to Joe Monteleone by Friday, July 17. Phone: 754-9677 or via e-mail: jmonteleone@proaxis.com. Please indicate how many will be at-

tending and if you have a meat/vegetarian preference.

We will need a handful of volunteers to help put on a successful event. We'll need folding tables and chairs (camp or yard chairs perfect too). An extra charcoal or gas grill is also needed. Hopefully we can avoid renting equipment if enough folks can bring them. Four volunteers are needed to arrive early to set up tables/chairs and start the BBQ coals and then for cooking plus a few for take-down/clean-up. If you are interested in doing any of this work, please contact Joe at the phone or e-mail above.

Mountain Lakes Challenge

Saturday, June 26, 2004

Ashland, OR

Formerly The Ashland Triple Challenge

27M Fun/Family Ride, 100K, 100M

100M goes around Lake of the Woods Beautiful place to ride and hilly. Pre-Reg by June 15 or additional fee for Day of Ride www.siskiyouvelo.org for more information & reg forms

New Masthead

The new masthead was designed by Jon Nicol, a MVBC member and graduating Senior at CVHS. Jon is very interested in graphic design and will pursue that interest at Arizona State University this fall. The design was guided by John Morris and approved by the Board of Directors.

MVBC Jerseys for Sale

Betsy Reid

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 jerseys we have one 2XL, 8 XL, 1 large, 9 medium and 1 small left. For women's jerseys we have 1 XL, 2 large and 3 medium left. If you are interested, please contact me at betsy_reid@comcast.net or 754-0707. The price is still \$65.



Tour de Fronds VII

Get out the bike, pull on the spandex, and leave the hustle and hassle of the city behind. It's time to relax and ride the Tour de Fronds through the majesty of the Rogue River-Siskiyou National Forest and BLM land. See old growth forest and waterfalls while peddling from 300' in Powers or 1400' in Glendale up to 3800' at the top of the Siskiyou Mountains, part of the Coast Range, and then revel in the descent that follows.

The Umpqua Velo Club with the support of the communities of Glendale and Powers host Tour de Fronds VII on Saturday, June 19, 2004, along the Glendale/Powers Bicycle Recreation Area created by the U.S. Forest Service and the Bureau of Land Management.

Six different road rides are being offered, ranging in length from 30 miles to 80 miles, and in difficulty from "moderate" to "difficult." The 70-mile signature ride between Glendale and Powers, the Tour de Fronds, can be done in either direction. Shuttles will be available to transport TdF riders and their bikes from either end of the course on Saturday morning. No shuttles at the conclusion of the event. Shorter "out-and-back" rides are also available from either end of the course.

All rides are fully supported with rest stops every 10-15 miles. Riders will also receive a delicious meal following their ride. Ride fees range from \$15 to \$20. The cost of using the shuttle is \$15. A late fee of \$5 will be added for those registering after June 12th. A souvenir T-shirt is available for \$12. Souvenir route map bandana guaranteed for all registrations postmarked by June 1.

For a registration brochure or more information, see the website, <http://www.umpquavelo.org/Tour%20De%20Fronds.htm>, or contact either Paul Tamm at (541) 459-1385 (ptamm@cmspan.net) or Larry Towns at (541) 672-4758 (ltowns@dcwisp.net).

Camping is available in both Glendale and Powers. More information is available from glendale@tymewyse.com or powersactionteam@yahoo.com.

Note: Darrel Cummings is planning to ride the Powers Short Loop option with his daughter in the trailer. If anyone would like to accompany them, please call Darrel at 757-7426

Meet Our Officers

Name: **Susan Christie**

My primary responsibilities as Membership Secretary are to maintain the membership database, updating records regularly to show membership renewals and dues payments, new members, and obsolete memberships. I also provide a monthly mailing label file to the newsletter editor. Sometimes there are special projects, such as compiling the data from the questionnaire we sent out in November.

Years in MVBC: About 13

Bikes I ride: Klein Quantum road bike, Tour Easy LWB

Max Headwind

New York

We visited New York
for nearly two weeks
two weeks without me on a bicycle

Manhattan was a desert
the only bicyclists there
the sort of people I wouldn't loan a bike to
no helmet
anyone riding there wouldn't even bother

except one person, Central Park West
who could have afforded to have
his butler bike for him

Long Island
a community with trees,
separated houses

like the Maya, or was it the Incas
bicycles had been invented
they were in driveways, for toddlers
but not on the street

All of it goes through my mind
as I ride down a tree-shaded street
back home, enthralled
I'd almost forgotten what it felt like
to glide through the air
a cloud

recumbent, Univega hybrid commuter bike, and a Bike Saturday folding recumbent for multi-modal travel.

I ride with MVBC sporadically on Saturdays, almost always Crater Lake, sometimes Loop Tour.

Other Riding: Regular bike commuting for work and errands, organized tours such as Cycle Oregon and Adventure Cycling's rides, day rides on weekends with husband Matt.

Other MVBC Activities: General meetings, volunteering for bike rodeo, CBBT, and other special events, adopt-a-highway (road cleanup) project.

My goals for MVBC: (1) To do all I can to see that people feel welcome in MVBC, whatever kind of riding they do, at whatever level. We are doing well at providing activities and rides for all types of riders, and I think this is very important and (2) to increase our support of bicycle advocacy.



MID-VALLEY BICYCLE CLUB BOARD MEETING NOTES

Monday, April 26, 2004

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

Absent: Lloyd Swanson, Joe Monteleone

Reports:

Treasurer: Richard reports that recent income is from dues, loop tour fees, and jersey sales; expense categories include the same plus newsletter expenses. Cash assets total \$11,187.

Membership: Susan has started sending out renewal reminder notices to members that are near the point of being dropped (more than three months overdue). She has also started making up mailing labels for last year's covered bridge tour day-of-ride registrants. She noticed that many registrations were not fully filled out – we need to be sure that we get each rider's emergency contact information.

Ride Captains: John and Eric report that several riders recently decided to do an "extended long ride" starting at 8:00 instead of the scheduled 9:00 AM. This alternate ride was not announced widely within the club, however. From now on, rides such as this must be announced to the entire club or rider's miles will not count as club miles.

The ride calendar in the last newsletter only goes through May 1st, and does not include the Rolling Feast May 8th. Eric will ask Mark Newsome to update the online ride calendar to include the Rolling Feast as well. Also, the next ride will not go to Alpine as published (due to a scheduled race event). A recent newspaper article noted that the Alpine market will be closing soon, too.

John also reports that the club set new records in both March and April, with over 10,000 miles in April!

Newsletter: (Lloyd sent in the newsletter report) The next newsletter deadline is May 24th. Lloyd plans to use the new masthead on the June newsletter. He will also bring more MVBC

"business cards" to the next Saturday ride.

Vice-President: Sung reports that the May general meeting will be a Loop Tour preview. There will not be a meeting in June, and the July "meeting" will be the annual barbeque.

Secretary: Rick had nothing new to report.

Advocacy: Walt suggests that someone from the club help advise the Parks board on cycling issues. They plan to discuss bike racks at their May meeting. Contact is Julee Conway at Parks and Rec. He also reports that the county will be paving the remaining gravel section of the Alsea Falls road this summer.

Old Business:

Midge Cramer ride: (Ann Asbell sent in this report) This event was a success again this year, with over 30 people entering the coasting contest. There was a problem with too many people congregating at the bottom, making it difficult for later riders. Thanks to Lindy Burgess for the Fig Newtons at the top of Decker hill!

Rolling Feast: (Ann again) We only have two food stops right now. Ann asked for board approval to pursue using a county park for one of the stops (unanimously approved).

Crater Lake Tour: The date of this event was confirmed (August 27-29). The confusion over another group having reserved the Diamond Lake campground for the desired weekend is solved – it was us!

New Business:

Tandem rides: Shawn Barrett is organizing several tandem rides. She has written a newsletter article explaining the details and is getting together an email list.

Next board meeting: The board typically does not meet in late June (due to Loop Tour), and we have some scheduling issues with late May. So the next board meeting will be June 14th. Betsy will ask the Covered Bridge Tour team for a report for that meeting.

The meeting was adjourned and everyone enjoyed refreshments.

Respectfully submitted by Rick Riper

Rolling Feast Review

Ann Asbell

On May 8, the day of the Rolling Feast, the skies opened up at 7:30, and it rained as hard as it ever does in Corvallis. It looked to be a sparse turnout for the annual Rolling Feast ride, but 40 tough MVBC riders guessed correctly that the 50% chance of rain had already happened. Once on the road, we never got wet, and we rode in sunshine much of the time. Both the 8:00 and 10:00 riders participated. The group found new roads, houses, and bike paths. We also rode by a fabulous display of old bicycles hanging on a fence on Airport Road. Check it out! A huge thank you goes to **Jill and Bob Leichti, Grace and Lloyd Swanson, Nancy and Chuck Meitle, and Jan Prahl**. These folks thought of everything and provided a really classy event with scrumptious food. And thanks to President Betsy for providing the signs for the event. We had four young MVBC riders: **Jordy and Tyler Wilson, Cullen Ross, and Anna Trevisiol**. The enthusiasm of the riders, the appreciation they showed to the hosts, and their kind words about the event and routes reinforced my feeling that this tradition must continue. Don't miss it next year!



(Continued from page 7)

the help of Fed Ex transporting our luggage, this trip opened our sights for future open-end tours that are out there to try. I hope that this will encourage you to *custom design* your own bicycle adventure. One does not need a tour operator and the high cost that goes with them to make such a unique vacation a reality. The travel possibilities/opportunities and many friendships are out there...and boy, there sure is something about that Southern hospitality that you just gotta experience!

Note: Becky & Charlie depart on June 16 for a 4-month bike trip across the U.S., following the northern tier route.

MVBC EVENT CALENDAR: June/July 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 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!

- Very long ride: Race Across Oregon, Portland to Timberline Lodge via Long Creek, 538 miles
- 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 14, Monday, 7 pm: MVBC Board Meeting, the Burgess residence: 3160 NW Arrowood Circle

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

July 3, Saturday, 8 am: Warm up for Mary's Peak...

- Long Ride: Albany, Lebanon, Sweet Home, Brownsville, 103 miles (B700)E
- Medium ride: Albany and Monmouth, 58 miles (B410)E
- Short Ride: Albany, 33 miles (B150)E

July 4, Sunday, 8 am: Mary's Peak Ride

- Only ride: Beanery to Mary's Peak, and return. It's not the miles; it's the feet (~4000)

July 10, Saturday, 8 am: Prepare for strong headwinds today...

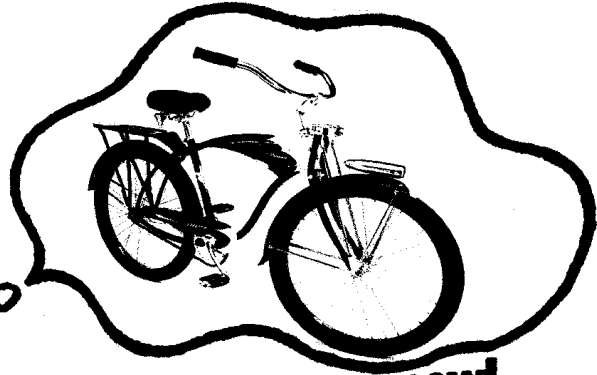
- Long Ride: Salem, 76.3 miles (B620)A
- Medium ride: Independence, 55 miles (B285)A
- Short Ride: Albany via Palestine, 30 miles (B100)A

July 18, Sunday, 4 pm: MVBC Annual Picnic at home of Joe & Maria Monteleone, 5775 SW West Hills Road

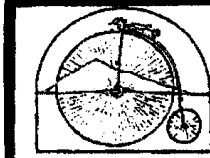
Announcements: (Note that the rides below are "Show & Go" style.)

- 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



A Florida Bicycle Adventure

Becky Steinmetz

If you hear anyone tell you that Florida is flat, don't believe 'em. We found that the Florida Panhandle can surprise the touring cyclist with its rolling hills and even has some San Francisco-style climbs too.

Charlie and I were soon to find out what it was like to cycle the Florida Panhandle when in October 2003 the Southern Tandem Rally (STR) held their annual rally in Tallahassee. The STR organizers offered three days of riding scenic and *mostly* rural roads around Florida's capitol city. Once we decided that we were going to STR, we decided to extend our stay in Florida. After the rally we would tour for five extra days west across the Florida Panhandle to Pensacola where we would visit with family for a couple of days before flying home.

Since this tandem vacation would not start and leave from the same city, we explored what was involved with shipping luggage to our final destination once we arrived in Tallahassee. I quickly found out just how easy Fed Ex makes it for the traveler. Simply call them the morning of pickup, leave the luggage at the hotel desk, and voila, three days later our luggage arrived at our final destination in Pensacola for a total credit card cost of only \$50. No boxing, no delivering to a Fed Ex office, NO WORRIES! Whew, now with the luggage taken care of we were ready...*and committed*.... to begin the fun part of the vacation, meeting new friends and cycling.

The first morning of the rally began with breakfast at the tandem rally base of operations and our hotel, Tallahassee Courtyard Marriott. We were surprised by the number of people who kept coming up asking, "Are you the tandem from *Or-E-Gone?*" We were constantly surprised at the southern hospitality of so many people coming up to introduce themselves and just wanting to chit chat. Of the 135 tandems at the STR, many were from Florida and there were lots of Midwestern state folks, a couple from Ontario, Canada, but we were the only ones from the West Coast and the furthest traveling tandem; we were obviously a novelty I guess.

All three days the rides began and ended at the Courtyard Marriott. We had a police escort for the start of the rides for two of the three days. This was especially nice considering the riding conditions through the city were mostly on two to three lane roads with very narrow shoulders. However, we would find that during our stay in Florida we were never honked or yelled at, and found only very courteous drivers.

The first day of STR introduced us to Florida's rural road riding with signs saying "Canopy Road". Canopy roads are lined with live oak trees covered heavily with Spanish moss. Some of the moss heavily draped the trees and almost touched the ground. It was quite beautiful riding on these roads; however, we were warned by the locals to not touch the moss since it usually is invested with mites which can really ruin your day(s). The 53-mile total that day would find

(Continued on page 7)

(Continued from page 6)

us pedaling lots of rolling hills, with an occasional climb that made us consider using our granny gears. The morning rest stop was at Maclay Gardens. This is a delightful park that makes the master gardener ooh and ahh with all the beauty and perfection that only a much manicured garden park can have. It was at the gardens that we met the only other tandem with fenders on it. Pat and Mike are from Middlebury, Vermont and the four of us became riding friends for the next couple days....maybe it was the fenders or maybe the kindred love of bicycle touring that we had in common, but regardless, rallies are such great opportunities to meet new friends.

After dinner the STR organizers arranged for the Tallahassee trolley to pick guests up from the hotel and transport them to the Florida Natural History Museum for the ice cream social. The organizers were able to reserve the museum for just the STR couples and it was a special treat to spend the evening exploring the exhibits while we were eating ice cream and cake.

The second day of the rally had the four of us, along with 130+ other tandems, heading south of Tallahassee on the St Marks Trail. This is a Rails-to-Trails multiuse path that runs for 15 miles from the outskirts of Tallahassee to the St Marks Lighthouse located on the Gulf of Mexico. It was quite unique to ride out to the lighthouse with seawater on either side of the road and seeing an occasional alligator popping its head out of the water to check out the tandems riding by. However, the highlight for me was seeing the Monarch butterfly migration that was occurring at the lighthouse. They were just everywhere! The lighthouse was a turnaround point for some tandems, but for many others it was onto Walluka Springs Park. This is where the old Johnny Weissmuller Tarzan movies

were filmed, along with the "Creature from the Black Lagoon". Throw in a swamp boat ride of the springs, the ride back to the hotel on the St Marks Trail, a total of 73-miles pedaled throughout the day, and we were all tired but very happy cyclists when we got to the hotel. However, with not much more time than taking in a quick swim in the pool to refresh and recharge our tired bodies, we were off to enjoy the evening banquet at the Florida State University Officers Club. The entertainment of the evening was the Florida State's University circus performers. This is a group of college students that performed numerous circus stunts in the center of the banquet hall. The performance had all tandem eyes popping out in excitement and anticipation with all the balancing and gymnastic acts performed as we sat at our dinner tables. The finale had a young man balancing five women on a bicycle performing stunts while he pedaled in circles next to our tables! We were told that Barnum Bailey Circus recruits some of these students for their traveling shows around the USA.

The third and last day of the rally offered a short ride of 30-miles that once again found us riding more of the Florida canopy roads. By early afternoon, most of the hotel was empty. It was time for Charlie and me to rest and pack the trailer. The next morning we were to leave for five days of touring by ourselves to Pensacola. We both felt sad when we said our good-byes to the new friends we met at the rally, but we also looked forward to the quiet and peacefulness of touring the Florida roads with just each other.

Our next five days would find us following the Adventure Cycling southern tier route. The AC maps are accurate, easy to use and full of helpful information. We found the route to be mostly on rural roads, but many times we were also on

highways with 55-60 mph speed limits. However, the drivers were always courteous to us and we found many locals coming up to us over the next several days wanting to know where we were going, where we were from, and also offering recommendations of places "you just have to see". We stayed in hotels along the way with no reservations, which made us feel much more relaxed and not so rushed. Most hotels ranged in price from \$35-50/night.

Our memorable highlights of the five day tour include seeing the most unusual road kills (*alligators, turtles, and armadillos*), seeing "forests" of long needle pines (*Florida has a lumber industry too*), exploring DeFuniak Springs (*and taking the time for the walking tour of the many perfectly restored houses built in the 1800's*), taking a dip in the "Fountain of Youth" (*Ponce de Leon Springs*), walking in fields of cotton ready to be picked, swimming in the Blackwater River (*it is the only white sandy bottom river in the world....the water is truly black*), pedaling Santa Rosa Island and stopping to take in a barefoot walk on its "powdery" sandy beach with no one else around, and lastly swimming in the warm waters of the Gulf of Mexico (*a fitting end to our adventure*). Yes, we did spend a few days with family, but the cycling was the adventure!

In summary, we pedaled 433 miles in seven days. We rode some very scenic roads and had to relent a few times to drop the tandem into its granny gears to get over some of the climbs. The friendships made, scenery seen and stops explored during this adventure will remain as special memories to relive time and again in the future for us. With

(Continued on page 4)

OUR RIDE CAPTAIN REPORTS

We had another mileage record broken this month. The Saturday total of 10,332 miles was an all-time record for any month of any year so far. Adding the Wednesday ride total of 965 miles gives us a grand total of 11,297 miles ridden by 209 riders for the month of April. The total mileage for the year thus far is 31,693 miles.

Leon Ungier's consecutive ride streak ended with a total of 13. The new consecutive ride leader is **Jerry Rooney** with 14 consecutive rides. Following closely behind are **Tim Corbett** and **Gary Watts** with 9.

Mileage leaders for the month of April (includes Wednesday rides) were **Dan Youngberg**, 434; **Henry McCarthy**, 434; **Tim Corbett**, 434; **Elise Ross**, 374; **Eric Ahlvin**, 334; **Jan Konzack**, 334; **Shung Chieh**, 330; **Glenn Peltier**, 314; **Walt Prichard**, 310; **Betsy Reid**, 267; **Becky Steinmetz**, 252; **Gary Watts**, 228; **Matt Matthews**, 228; **Susan Christie**, 228; **John Henry**, 215; **Bob Liechti**, 198; **Jill Liechti**, 198; **John Morris**, 189; **Mike Miles**, 182; **John Bielby**, 171; **Leon Ungier**, 167; **Mark Newsome**, 167; **Denny Hedges**, 159; **Charlie Steinmetz**, 152; **Larry Thurber**, 150; **Terry Dibble**, 150; **Joe Monteleone**, 130; **Maria Monteleone**, 130; **Jerry Rooney**, 121; **John Williams**, 121; **Jeff Tobin**, 115; **Jim Munford**, 114; **George Shaw**, 110; **Alan Acock**, 107; **Niles Burton**, 107; **Bruce Harmon**, 104; **Jerry Groesz**, 103; **Mark Miner**, 100

We had 7 new riders this month. Welcome to **Dennis Engblom**, **Serini Sevenisan**, **Ken Haines**, **Irving Dayton**, **Jovanna Petrie**, **Steve Lucas**, and **Dave DeBellis**.

Thank you to **Ann Asbell** for organizing the **Annual Midge Cramer** ride this year, where several "coasting" records were set. Thank you to **Lindy Burgess** for handing out Fig Newtons at the top of Decker Rd. hill, a tradition of this event. I never met Midge Cramer, he passed on before I joined the club, but after hearing many of the stories and recollections of him that day, I wish I could have had the opportunity to meet and ride with him.



Crater Lake Rim Ride

Friday August 27th - Sunday August 29th

Be sure to save the weekend of August 27th - 29th for the Annual Crater Lake Rim Ride. This event is truly a family affair, so plan on sharing it with family and friends. We will camp in the Group Sites at Broken Arrow Campground. The registration form will be in the July Newsletter.

There are a wide variety of cycling options. Inexperienced riders may enjoy an easy ride around Diamond Lake or plan to ride the 33 miles around the rim of Crater Lake. For a challenging ride, you can ride from Diamond Lake to Crater Lake, ride the rim and return to Diamond Lake for 62 miles. If you want a real challenge, just ride around the rim two or three times. It really doesn't matter what ride you choose. They are all beautiful routes.

We need some friendly folks to make sandwiches and hand out snacks at the SAG stops. So give me a call if you would like to help out this year. Thanks, Nancy Meitle 753-0304

Walt & Gang

Once again, Walt Prichard has organized a bicycling adventure, this time following the historic Lewis and Clark Trail. They will begin their ride on May 29 at Hartford, IL and finish in Astoria on July 19. As always, Luree will be driving their RV (mother ship) to provide Sag services.

The riders participating on this trip are: Denny Hedges, Corvallis; George Shaw, Corvallis; Linda Koberstein, Corvallis; Walt Prichard, Corvallis; Bill Ferry, Brookings; Betty Martinson, Carson City, NV; Gary Radslaff, MO; and Don Burnes, PA.

Walt will be sending periodic Emails along the way; if you would like to be on this list, send a blank Email to ws@ellotwaves.com.



Becky & Charlie enjoying the Sunshine State. See article, page 6

- 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

Covered Bridge

Skip Volkman

The theme for this year's Covered Bridge Bicycle Tour is "Ride Every Bridge." Finally the Covered Bridge tour is NOT on the same day as Portland's amazing "Providence Rose Pedal" -- a 25-mile cycling stampede that crosses six bridges. Usually Oregon's two best -- but completely different -- bridge tours have landed smack on top of each other.

Through luck of the calendar, this year is a bridge bonanza. You can ride the city bridges one weekend and the covered bridges the next. On Sunday, Aug 8, join a throng of thousands and ride right down the center stripe of the I-5 Bridge -- on the top deck! The next weekend, on SATURDAY, Aug. 14, leave the crowds behind and roll down the sweet, serene backroads of the Willamette Valley.

Four Routes, Five Bridges. Take the kids on the leisurely "Fairly Flat Forty." We kept the price down to encourage families to come out and ride. Or take on the hills on Cranker's Crevasse. And if you really need room to zoom after riding with Portland's not too critical masses, throw it into high gear and blast off for 101 challenging miles on Cardiac Chasm.

Bonus Bridge Button. And if you show up at the Cov-

ered Bridge Tour with proof that you rode in Portland's Rose Pedal, we will cut you a button that proclaims "I Rode Every Bridge." Your Covered Bridge registration form is enclosed in this newsletter. Send it in by July 31 and save!

Oh, and don't forget to order a shirt.

This year's logo is extra sharp -- a dramatic red and white design on a high-

quality black T-shirt. We held the price down to \$15 (if ordered by July 31) and \$20 on ride day.

Kudos to: Tim Corbett for spearheading the ride (megamiles@comcast.net); Larry Thurber for handling the T-shirts; and Skip Volkman for hammering out the brochure.

Classified For Sale

Bicycle Carrier: Thule, 996 Expressway carrier; new; carries four bicycles; fits 2-inch receiver on vehicle; bike-security locking system integrated into carrier; accommodates most bike styles; anti-sway zip stick included; bike arms fold down when not in use. The carrier has never been used and is still in box. Carrier can be seen on Thule web site (www.thule.com) or I will email more info to you. Retail price \$270. For sale: \$175. Call Susan Lewis at 768-3261 (work) or 760-9780 (home).



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

Address Service Requested

Is it
time for
you to
renew?



Mailing Address
Goes Here

Meetings & Announcements

Future Events

May 28-31 - NW Tandem Rally, www.nwtr.org/
May 29-31 - Century Ride of the Centuries, www.pendleton-oregon.org
June 5-6 - Race Across Oregon, (541) 753-7009
June 12 - Strawberry Century, www.santiamslowpokes.org
June 19 - Tour de Fronds VII, www.umpquavelo.org/Tour%20De%20Fronds.htm
June 19-27 - Loop Tour I, MVBC
June 20 - RAAM, (262) 736-2453
June 26 - Mountain Lakes Challenge, www.siskiyouvelo.org
June 27 - Watermelon Rides, Salembicycleclub.org
July 17-18 - STP, www.cascade.org/stp/
July 31-August 8 - Loop Tour II, MVBC
August 1 - Blackberry bRamble, www.eugenegears.org
August 14 - Covered Bridge Bicycle Tour, MVBC
August 27-29 - Crater Lake Rim Ride, MVBC
Sept 11-18 - Cycle Oregon XVI, cycleoregon.com
Sept 26 - Peach of a Century, salembicycleclub.org

General Meeting

No General Meeting scheduled for June
The July General Meeting will be the MVBC Annual Picnic Potluck at the home of Joe & Maria Monteleone at 5775 SW West Hills Rd on Sunday, July 18th, 4-8 pm.

Race Across Oregon Team HP includes our own Tim Corbett, John Morris and Eric Ahlvin. Other MVBC'ers involved in RAO include Dan Youngberg (Directeur Sportif), Maria Monteleone, Mary Davison and Richard Burgess.

IMPORTANT SUBMISSION INFORMATION

Submit articles, stories and photos for the July MVBC Spokesman no later than June 28.

Please send this material to the editor in Word format: Lloydvswanson@comcast.net