



MID-VALLEY BICYCLE CLUB SPOKESMAN

January 2005

2005...New
Beginnings

First things first. Thanks to the club members who had enough confidence in my limited abilities to simultaneously persuade and encourage me to step in as club president for 2005. The biggest items that convinced me to try this new role was the excellent support that is available from the 2005 board members and the large number of volunteers that make up this club. I'll do my best to live up to your expectations.

I had trouble getting started with this column. Not so much because I didn't know what to say, but mainly because I didn't know what direction to take. Like any ride, the first thing you need to know is where you are going. And being placed in the middle of some of the best riding area in the country, with so many options, it can be hard to decide which direction to take. And just like the ride process, with so many options, I had a tough time deciding where to go. Finally, I realized the process of putting words on paper reflects my riding style in a small way. When I ride by myself, which covers more than half of my riding, I have a tendency to deviate from my intended route, merely because something sways my interest to a different direction. Call it "flexibility." So, if you detect some serious miscellaneous ramblings in this column over the next year, I apologize, just this once, in advance.

With over 250 members in the club, it's difficult to know everyone. For those of you who don't know me, I can often be spotted at the beginning of a Saturday ride lacing up my shoes in the back of my Mercury Mountaineer, while the rest of the club is rounding the corner by the Beanery to exit the parking lot. And for those of you I don't know, feel free to introduce, or re-introduce yourself, especially if I appear to have a blank "dog look" that says "I've forgotten your name." I don't usually make New Year's resolutions, but with respect to my habit of nearly missing the beginning of the Saturday rides, as noted above, I HEREBY RESOLVE to make a better effort to get to the Saturday rides earlier. Of course, this is the same resolution I've made the last two years!

Up front

by Larry Thurber, President

The new year also has a connotation of a new beginning. As a child, I used to wonder why it was such a big deal to celebrate the New Year. After all, it's just the next day. Just like any other day. However, as I've matured, (as in, "gotten older"), I realize the colder winter months do offer a slice in time where we have the opportunity to slow down and reflect on things past as well as those of the future. For many, this may mean resolutions, for others it may mean an opportunity to compare the past year with goals and hopes of the new. In the case of the MVBC it re-sets the clock for annual events we put on, as well as new events that may occur.

At the beginning of this column I noted the large number of volunteers that make up the club. Every successful organization I've been in has been due to the number of individuals who are willing to step up and be active participants. We are very lucky that we have had a number of people who take on the same tasks year after year. And if you go back in newsletter history you will see that we have had a good mix of "old guard" as well as newbies. Although I've only been an active member since 1999, I've had the opportunity to participate in a number of events sponsored by the club. Every event was rewarding and fun. Face it, we're a good bunch of people! Therefore, the point I'm trying to make is NOT that we need MORE volunteers, although we always do. My point is that if you have never volunteered for an

event, it's fun, it's rewarding, and it's a good way to pay back the club and our communities for the opportunities the club affords us. You will probably see a number of "calls-to-volunteer" during the year. If you have the inclination, please step up, and help the club continue our success. I realize for most of you I'm probably preaching to the choir, so thanks in advance for your continuing efforts.

Now for the last item on my list for this column. We

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Advocacy

Walt Prichard

This is the time of the year to follow the bears or check in with the squirrels and hope you remember what you did with your stock of food. I know right where mine is, just under my belt. That means I need to ride more or eat less and sleep more: that somehow seems to me to be an oxymoron. This all seems too complicated for me so I will just have to ride more and that brings up several safety issues as well. We all need to think about wet rails like in "Rail Road". We all need to make a conscious decision to slow down and cross at 90 degrees to the rails. I don't know anyone who hasn't fallen at least once on the wet rails and it really hurts and lately several folks in other areas have broken collar bones and hips when they hit the ground. Another thing that is really slick are those white lines and signs in the bike lanes. They are like grease in the wet. I know that I am preaching to the choir but it is a good idea to think about it now while hibernating so when you get on your bike you have already made a good decision when you get there.

I think I have mentioned this before. The city will start sweeping the streets only twice a month to save money. That will affect the bike lanes we all ride on. Did you know the county sweeps their bike lanes once a month and the State ODOT does theirs once a year—usually? The state depends on high winds (and trucks) and rain to do their sweeping. I know the city and county both will go out and deal with spot problems when they can. You have to call Public Works and let them know where the problem is. The money crunch is everywhere and this is not the only service cut. Striping will be done only once a year in Corvallis, generally before school starts.

Did you know there were 3 bike accidents reported to the police in October? S 3rd at Crystal Lake: A bike hit a car in the crosswalk against a Do Not

Walk sign. Bicyclist cited. Highland and Grant: Bicyclist struck in traffic circle and the motorist cited. Adams and 6th: Bicyclist ran off the pavement and hit railroad track. Alcohol may have been involved. Make sure you are not a news item on a slow day. Keep the rubber side down and the seat dry.

Fitton Green Natural Area

George Shaw

I found a great set of hiking trails just behind my house. They are just perfect for those days when it is too wet and foggy to bike.

The park is called Fitton Green Natural Area, and has about 5 miles of trails. It is west of the Bald Hill Park Trails, behind the fairgrounds about 2 miles more miles. Go west on Oak Creek, stay left onto Cardwell Hill and continue to the parking area. The other parking area is up Cardwell Hill Drive, left on Chinook Drive and follow the signs to Fitton Green. They also have another parking area on top of the hill to the south, and another parking area near the town of Wren.

There is a detailed map with other great hikes on the Benton County Parks Web Pages: www.co.benton.or.us/parks/parks_all.htm, then go to MAP ATLAS on left of page. They also have maps at the Benton County Office east of Avery Park.

The city of Corvallis has a Recreational Trails brochure I picked up at their office inside Avery Park. It lists trails in Chip Ross, Willamette and others I have always wondered about. Their web page is www.ci.corvallis.or.us The same brochure is there under Corvallis Trail Maps..... Your friend George Shaw

Lost & Found

If you are missing a Gingerbread Boy Spreading Knife following the party at Richard & Lindy's, the Shaw's have it. Call us at 757-8649 or Georshaw@peak.org



(Continued from page 1)

have always been a safety conscious club and I want to continue a very strong emphasis. I've lived in this area for over 30 years and there is no question there are more cars on every road. We've even had to change directions on rides crossing Hwy 34 to Riverside Drive as it has become more dangerous. Since August, there have been two high profile hit-and-run injuries. On August 10, Robin Jensen was hit and later died from her injuries near the intersection of Lewisburg Road and Mountain View Drive. On October 18, Bryon Clark of Jefferson was hit by a drunken driver on Grand Prairie Road in Albany near the freeway overpass. Happily, he is recovering from his injuries. A few years ago, an OSU professor was hit on Airlie road and suffered the amputation of a leg, less than two hours after I passed through on my way home from Kings Valley. None of these people were doing anything wrong at the time. However, the accidents are particularly memorable as they all occurred on roads we frequent as cyclists. I'll bet the majority of people reading this section know exactly where these places are. So what is the answer? Continue doing what we are doing, but more of it. Bicycle advocacy, look out for your buddy, recognize hazardous roads and conditions, bicycle education, helmets, bright clothing, mirrors, lights, and my personal favorite to new or inexperienced riders, "don't be a lemming!" meaning, don't take the risk your buddy just did, if you aren't comfortable with it. These are a few things that easily come to mind, and I'm sure there are countless other ways to continue bike safety. I will continue to expand on this theme in the future.

That's it for this issue. Let's have a safe and successful 2005! LT

BTA Letter of Thanks

November 10, 2004

Friends
Mid- Valley Bicycle Club
PO Box 1373
Corvallis, OR 97339

Dear Friends,

Thanks for supporting the Bicycle Transportation Alliance!

We are working hard to promote bicycling and improve cycling conditions in Oregon and southwest Washington. Your donation supports these efforts and gives us an even stronger voice, and we appreciate the vote of confidence that your gift represents!

Your contribution of \$2500 will help us offer our nationally recognized bicycle safety education program in middle schools in your community. This program helps kids' lead

Max Headwind

Winter Summer Ride

On a cold, rainy day
wet mist still on my face
I come in, grab a mug
and mix up hot cocoa

I enjoy the cocoa, its warmth
and open my new map
of bike trails near me
visualizing, planning the routes

of so many miles that are coming
the cocoa warms me
I pore over the roads
legs feel the hills

My mind goes months ahead
I long for the taste of
tepid water, chemical and chlorine tastes
sipped from a dusty plastic water bottle

healthier, more active lives, and reduces their risk of being in traffic accidents, which are the leading cause of death in American children. Donations like yours are critical to the success of this program, which has reached over 20,000 children in 19 communities throughout Oregon and southwest Washington.

In 2004 and beyond, we are also expanding our youth programming to include more "Safe Routes to School" efforts. This involves working with teachers, parents, and community members to create environments that are safer and more supportive of children walking and bicycling to school.

In addition to our work with children, the Bicycle Transportation Alliance does advocacy and promotion activities to get more people on bikes, more often. We believe that bicycles are good for people's health, good for the environment, and good for communities.

Thanks again for your generous support of the Bicycle Transportation Alliance. Please feel free to call me at 503.226.0676 x12 with any comments or questions.

Best regards,
Signed, Catherine Ciarlo
Executive Director
Bicycle Transportation Alliance (BTA)

Columbia Gorge Tour

Susan Christie

Note: Conclusion of article from December 2004 Newsletter.

Mechanical Support: Two super bike mechanics accompanied us, and they seemed to be busy, but not swamped. They had trucks well supplied with parts and were able to solve every problem that we experienced or heard about. Matt had to get a new rear derailleur cable and 20-inch front tube for his Gold Rush, so they were well prepared for recumbents.

Medical Support: No official paramedics and ambulances, although there were some medically trained riders. Trips to the emergency room apparently took place via SAG, when riders called Tom on their cell phones.

Safety: Tom Radley, the ride leader, makes it clear from the very first that rider safety is extremely important to him. He discussed it thoroughly at the orientation meeting. Helmets and safety triangles are required "on bike" at all times.

End of Day: There was always a cooler or two of beer and pop for sale for a small fee, and lots of free lemonade. Sometimes they made a delicious drink that was about half iced tea and half lemonade. We came to really appreciate that.

Map Meetings: Every evening, Tom held map meetings to discuss what we should expect for the next day's ride. Sometimes water stops or lunch stops were changed. He warned us about places where we should be especially cautious. And he was very good about keeping us informed about interesting places to stop along the way.

Entertainment in Camp: Not provided. But the advantage was that most people stayed around camp and enjoyed getting acquainted with each other, getting into interesting conversations, reading, doing laundry, exploring for ice cream shops, etc. It was really peaceful and "unhurried." Our daily route guides always told us about interesting places to stop along the way, and they had taken the trouble to get group

discounts for us for special places, such as the sternwheeler in Cascade Locks and the Maryhill Museum.

Comments: AC comes out of the tradition of self-contained touring. AC *supports* the riders, but doesn't *pamper* them. The support is more like a good club ride--adequate for riders who are prepared and know how to take care of themselves. The number of riders (about 150) is much smaller than the 2,000 on Cycle Oregon, which has both advantages and disadvantages. It's much easier to make friends and you see the same people much more often, but it would not be reasonable to expect the level of support Cycle Oregon provides. Meals were excellent. They got that right!

This was the first time for this ride, and I expect AC will make some changes before they do it again. There are a few bugs to work out. We spent lots of time on very busy highways, but I don't know how else you could do it and still call it a Columbia Gorge tour. The daily distances and feet of climbing seemed to be consistently underestimated, or even completely wrong. Overall, however, Matt and I really enjoyed it and did well in the heat and headwinds. We never did have a tailwind!

As on some Cycle Oregon trips, the ending seemed rushed, as if the staff really wanted to get everything over with and get rid of us. If the buses back to Vancouver had left at 4:30 instead of 12:30-1:30, we would have had time for the ride over to Cape Disappointment.

All in all, not bad for an inaugural ride!

Looking Ahead

Walt Pritchard

So, you think your bike riding days are coming to an end? The kids are getting younger and 12-year-olds blow your doors off regularly. The hills are getting steeper and your speedometer is running a little slower. Have they been ignoring you at work since you told them you are going to retire soon? I would say that things are looking up

from here. Do you think that your carpal tunnel might have come from ripping off too many calendar pages--660 since you were 10, and that is just the calendar next to the mirror in the bathroom?

I think you are just beginning to live. You don't have to wear Lycra if you don't want to and you can wear any color of socks you want. If it's a little cold you can wear long pants because no one cares about your legs anyway. Be warm! You probably haven't slowed up much and those hills do get steeper every year. Anyway, you will still get there before the food is gone and you can't hear other riders above 16/17 mph because of the wind and you just end up shouting. You can blame a lot of things on the calendar; after all you are getting to be an OLD GEEZER and it is expected of you to be a little different. The Arthur Right Us guys have been chasing you the last few years and they are really tough to keep ahead of.

Here are a few more things that you haven't thought of. When you finally retire you don't have to be anywhere at 8 am or on Monday or Tuesday or next month or tonight for that matter. Then you really don't have to turn around as often when you are out on the road. You can continue on to the next town and over the hill and around the curve. That is called touring. Your significant other will be glad you are not under foot telling them how to do their thing. Remember the OLD GEEZER thing. Just don't be surprised when they think you are having too much fun and want to join you. That can have some real advantages if they can cook or do laundry.

Money is always an unknown. I don't know where it comes from or how it sneaks off but it won't be any worse on the road (touring); after all you are going to eat anyway, I hope. You won't be going the hardware store or buying gas for the car. The kids won't be drinking your beer or eating your food. You won't have to pay

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MVBC EVENT CALENDAR: January/February 2005

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

January 8, Saturday, 9 am: Winter vacation is about over. It's time to get back to work with a few little rollers.

- Long Ride: Sunnyside, 60 miles (B460)A
- Medium ride: Albany via Palestine, 30 miles (B100)A

January 15, Saturday, 9 am: If it's too rainy and cold, maybe we'll abbreviate the long ride. The short-cut is straight home from Inavale.

- Long Ride: Decker+Smith Loop, 46 miles (B265)B
- Medium ride: Decker, 33 miles (B170)B

January 17, Monday, 7 pm: General Meeting at King Tin Restaurant - Holland bike (and boat, bus, train, plane) trip by George Shaw and Ken Ash

January 22, Saturday, 9 am: To Inavale school, and beyond

- Long Ride: Harrisburg, 60 miles (B440)C
- Medium ride: Petersen Road, 29 miles (B090)C

January 24, Monday, 7 pm: Board meeting at Burgess residence, 3160 NW Arrowood

January 29, Saturday, 9 am: No hills today

- Long Ride: Brownsville, 52 miles (B330)D
- Medium ride: Shedd, 34 miles (A210)D

February 5, Saturday, 9 am: Flat but windy.

- Long Ride: Dever, Conser, Scrael Hill, 60 miles (B450)A
- Medium ride: Albany via Springhill, 33 miles (B140)A

February 12, Saturday, 9 am: Hills either way you go. Bring your sweetie on the tandem, (s)he'll be grateful when the ride is over. Happy Valentines Day.

- Long Ride: King's Valley, 46 miles (B280)B
- Medium ride: Decker, 35 miles (B220)B

February 19, Saturday, 9 am: Presidents Day Weekend.

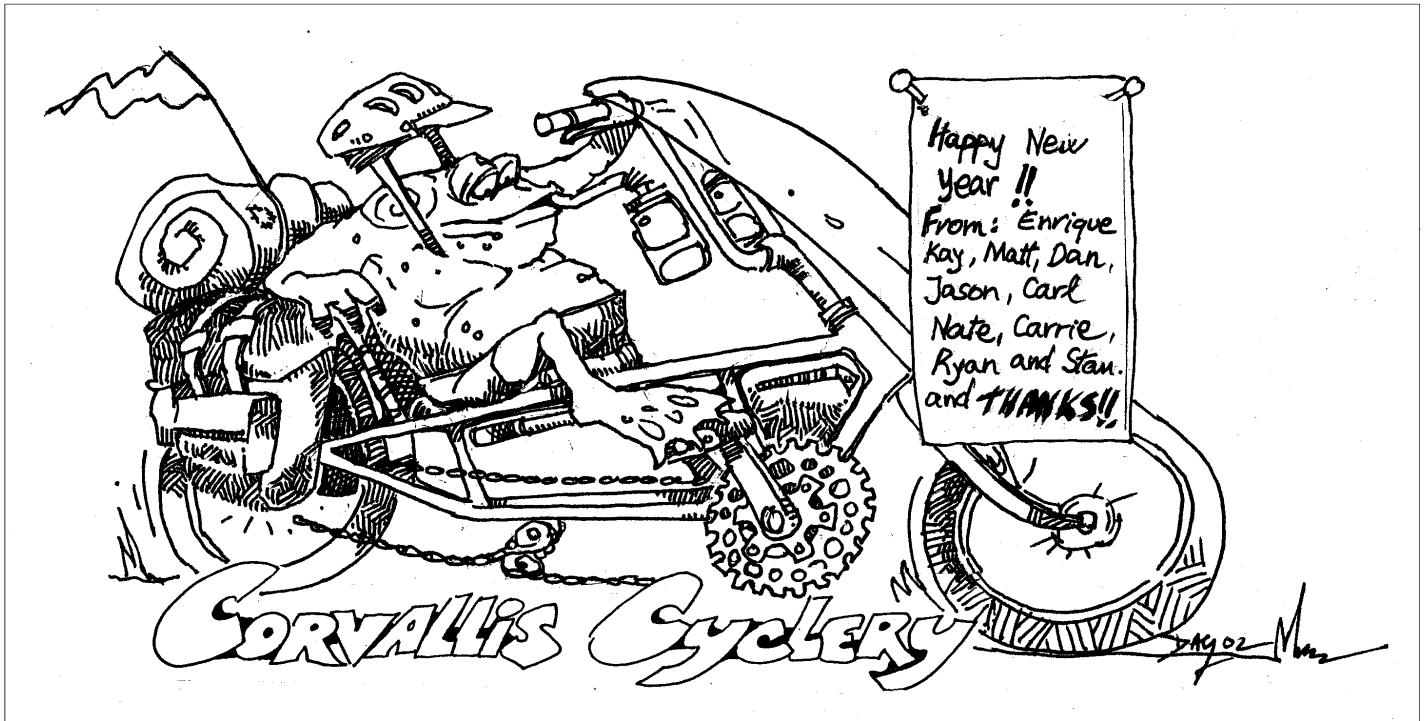
- Long Ride: Harrisburg, 61 miles (B480)C
- Medium ride: Airport Road, 22 miles (B030)C

February 26, Saturday, 9 am: We'll turn around at a park on a river, whichever ride you pick.

- Long Ride: Waterloo, 61 miles (A520)D
- Medium ride: Peoria, 29 miles (A080)D

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.



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those green fees to chase that little white ball around or do something crazy on the water with a willow stick and safety pin and string. I hope you are getting the idea now.

Now get some maps and do a little dreaming. Look at a new lightweight tent, or how about a new deluxe sleeping pad, even a new sleeping bag of the new materials that dry fast and are warm when damp. Cooking equipment is also fun. Then think about how you are going to carry it. On the bike? In a trailer? Or are you going 1st class and have your gear sagged? Talk to those GEEZERS you see riding their bikes around town and ask them where they are going this summer or where they went last year. Before you know it you will have more ideas than a travel agent. For starters you might ask Linda, Nancy, Denny, George, Chuck, Jim,



49 years of flowers!

Becky, or N i n a . The last n a m e s have been deleted to p r o t e c t the guilty of those who have had just too darn m u c h fun. T r y i t - - y o u will like it.

Meet Our Officers

Advocacy Representative: Walter Prichard

My primary responsibility as Advocate is pretty hard to define as I only attend the meetings that I think will have subjects that relate to Bicycle/Pedestrian issues. I try to attend planning meetings for the City of Corvallis, Benton County and the Oregon Department of Transportation. I also attend all the Bicycle & Pedestrian Advisory Commission meetings that advises the City Council. I am not a member but represent the MVBC. This gives me a little more room to disagree with or encourage the Advisory Commission and/or the City Council rather than being appointed by the City Council. I am a member of the Benton County Roads Advisory Committee. Basically I try to carry our message of more or at least what facilities we are entitled to. I try to be in on the planning before the final plans are drawn and sealed in the bureaucracy of financing and approval. I also let the engineers and project managers know that I am looking over their shoulders during the actual construction. It isn't as daunting as it sounds, given my background in my other (working) life.

Years in MVBC: 14; I joined to be part of the group training for Cycle Oregon. Since then I have done 6 Cycle Oregon's and 6 STPs and a lot of other events. Right now I try to ride about 100 miles per week so I ride somewhat over 5000 miles per year. I try to ride the early Saturday rides and I lead the Wednesday rides.

Bikes I Ride: Gold Rush, long wheelbase recumbent. I have a mountain bike and a Trek 7900 cross trainer that I rode about 35,000 miles before my back demanded a change.

On Wednesdays I lead a ride that leaves Corvallis and

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Bicycle Adventure Club

David Kamp

This note is to alert MVBC members to a touring organization called Bicycle Adventure Club, based in San Diego, California. We have been on two BAC tours in the past few years, and both were good experiences. The first was a tour that used essentially the same itinerary as the Ciclismo Classico "Spine of Italy", going from Venice to Rome over three weeks. High mileage and lots of climbing made it a tour for more experienced riders. We did it a couple weeks after 9/11, wondering if it was safe to travel after this shock to our country and to our security. Increased airport security made for some hectic moments getting to flights, but Italy's borders are pretty porous, so immigration and customs was easy. The tour was fantastic: from Venice, to the mosaics in Ravenna, to the food, to the mountains, to Tuscany, to Florence (sensory overload), to the food, souvenir shopping for ceramics in La Ruta, to Umbria, to more mountains, to lots of natural beauty, to the sights of Rome and Vatican and the Mediterranean, easy going people and did I mention the good food?

The second trip was an easy paced, low mileage trip from Tours to the Atlantic beaches, going down the Loire River Valley in France over ten days. We stayed in chateau, nice hotels and one dive, almost unavoidable because we didn't want to fight the traffic in Nantes, so our option was this crummy motel in the suburbs. Surprisingly, the dinner at their restaurant was very good, making up for everything else. The countryside French chefs know how to cook. One night a waiter, overcoming a bit of a language barrier, was trying to describe the mushrooms used in a certain dish, and he brought out a HUGE basket of chanterelles to show us. The dinner was yummy. At La Croisic we swam at the beaches and we feasted on mussels and pomme frites, a popular combination. The groups for both tours numbered about fifteen,

with a good mix of ages and abilities. The common thread was that we were cyclists who enjoyed interesting travel, wine, food, and good travel bargains.

Bicycle Adventure Club structures its tours, domestic and foreign, around itineraries created by volunteer trip leaders. Here's how it works. Say a couple of us wanted to lead a trip down the Oregon Coast. We'd scout the route, pick lodging and get price quotes, find good restaurants and sightseeing points of interest, create some cue sheets, pick some dates and we'd submit a proposal for the trip to the board. We'd probably hire a van for carrying duffel, since this club is not the campground crowd. If approved, our trip would go on the calendar. Members would submit a deposit to us, and we'd organize it from there, having our lodging and expenses paid by the pool of money, which is the incentive and modest compensation for the leader(s) doing all the organizational work. We'd have control over the size of the group, usually fifteen. After the trip we'd submit a short report for the newsletter. So it's a club run by volunteers, and most of the trips rival the professionally managed trips by the leading touring companies, using the same hotels and restaurants. It's a good bit of work to create a trip, so many are handed down from leader to leader because of their popularity. Because the club is a non-profit, expenses are way lower than those of touring companies, and the savings are passed on to the participants. Our Spine of Italy trip was about sixty percent of what Ciclismo Classico would have charged, and it was virtually the same tour, and we were a little more on our own, not always having a leader and sweep, so we could picnic where we desired, for example. The Club has trips in the U.S., such as Trails of the Anasazi, New England in the Fall, etc, etc, and foreign trips in numerous locales, but mainly in Europe. Many of the leaders are veteran cyclotourists, fluent in the local languages and very knowledgeable about the local areas and culture. Some lead the same tour

numerous times just to go back to their favorite places, and their reputations follow them.

Bicycle Adventure Club can be reached on the internet at www.bicycleadventureclub.org

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Albany about 8:30 am and we meet at the gravel parking lot at Adair Road and Hwy 99. We leave there at 9:30 am and go either to Buena Vista, Independence or Albany depending on how we feel and what the group wants to do. This is a social ride out to a place to eat and the return trip home can be short or long and may be very fast, depending on whom you ride with or your schedule. We can generally be home by 1 PM. I also coordinate the Adopt-a-Road clean-up twice a year. We clean Plymouth Rd from 53rd St to Bellfountain Rd.

My Goals for 2004 include most of the above and riding 3100 miles following the Lewis and Clark trail from Hartford, Illinois (St. Louis) to Astoria, Oregon.

Note: That last goal was accomplished in fine fashion. Come to the February program to see and hear about it. Editor

Member at Large: Joe Monteleone

My primary responsibility as Member at Large requires helping with special projects or one-time efforts, plus attending board meetings. For example, when I introduced jerseys to the club in 1997, that was during my first term on the board as a member at large.

Years in MVBC: 8; with 2 as President, 2 as Member/Director at large, 1 as Ride Captain and 1 as CBBT Director, plus worked on NWTR '99 ride operations.

Bikes I Ride: Easy Racer Tour Easy (switched due to a neck injury), rain bike, racing bike, mountain bike and a tandem.

I Ride with MVBC on Saturdays, a few Loop Tours (all odd years, all in June), many Crater Lake Rim Tours,

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OUR RIDE CAPTAIN REPORTS

JOHN HENRY

The Saturday total was 4,599 miles. Adding the Wednesday ride total of 591 miles gives us a grand total of 6,190 miles ridden by 133 riders for this month. The total mileage for the year so far is 105,232 miles.

Mileage leaders for this month (includes Wednesday rides) were Glenn Peltier, 234; Dan Youngberg, 219; Gary Watts, 191; Eric Ahlvin, 188; Shung Chieh, 179; Henry McCarthy, 166; Lloyd Swanson, 164; Jeff Tobin, 138; Jim Patton, 138; Hugh Jepson, 133; Jerry Rooney, 131; Milt Cardwell, 131; Shirley Schoberg, 131; Tim Corbett, 129; Jay McDougal, 116; Terry Dibble, 111; Joe Monteleone, 108; Maria Monteleone, 108; Becky Steinmetz, 103.

We had 0 new riders this month, which is not real surprising this time of year; not many people choose Winter as a time to start riding.

In next months article I will give the final numbers for riders with the most Saturdays ridden.

Tour de Lights

Beth Young, Ride Leader

Twenty-two intrepid riders braved the 32-degree forecast and met at Woodstock's on December 23, 2004. The night was cold (did I mention that?) and dry. We rode over to Cloverland Park, up 29th and through the new neighborhood north of Walnut/Timberhill. We then proceeded on the bike path along Walnut, south, then back into town via Harrison. That last part probably was a mistake because it was dark and we got a flat. This reporter had to get home by the time we got to the beautiful homes on 35th street off Harrison, but the others continued to Flo Liebowitz's house on Country Club Hill. Rumor has it Flo and Loren had a big fire going and hot chocolate which made it all worthwhile. Stats: nine (or so) miles, twelve (or so) homes visited.

We learned a lot from this foray so next year will be more family-friendly with a bathroom break,

shorter distances between homes, stay in the central part of town, etc. And, of course we will alert the medium (G-T) because we all looked so festive! Thanks to all who had such good spirits!

Washington County Bike Map

The Convention & Visitors Bureau of Washington County has just released a new bike map, "Country Cycling: Exploring Washington County by Bicycle." You can buy it for \$3 at a Bike Gallery store (Portland) or order it for \$5 by calling 1-800-537-3149. This map has been designed to meet the needs of both traditional and color-blind riders.

Mike's Tip of the Month

by Mike Viles

Editor: Yes, Christmas is past but perhaps you still have a little gift money to spend. Here are some ideas.

It is the end of the year and I want to share with you what I consider the best items that I have bought over the last year. First on my list is KINeSYS spray-on sunscreen. I carry a small one-ounce spray bottle on my bike and keep a larger bottle at home to use before a ride and to refill the smaller bottle. The spray allows easy application without the risk of uneven application that can occur with cream sunscreens.

Second on my list is a Master Lock mini combination cable lock. This small lock fits in the palm of your hand and easily fits in a seat bag. It isn't a high security lock but you can't open it with a BIC pen and it keeps someone from riding away with your bike while you are getting your caffeine fix. The four-digit combination can be set by the user.

Last on my list is a Timex digital heart rate monitor. It has a lot of features for the cost (less than \$50 at Target). It has a big display for easy reading, timer, maximum heart rate, average heart rate, time in target zone, calories burned, and an Indiglo night light. The battery in the transmitter belt is user replaceable which is a nice feature compared to the most popular brand monitors that require return to the manufacturer for battery replacement. If you want to monitor your workout level, a heart rate monitor is a good device to have.

From The Wheel Truth, December 2004

- 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: _____

Family member names: _____ Email: _____

Please check here if you wish to be added to the MVBC-announce list (MVBC-announce is a monitored email list which screens for spam.)

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

Alice B. Toeclips Award

Shaw 757-8649 Georshaw@peak.org

Nominations are being accepted for the Alice B. Toeclips Award. **Deadline is January 10, 2005.** Send your nomination to alice@bta4bikes.org The Tenth Annual Awards Party will be March 5, 2005.

NWTR Committee Meeting

There will be a meeting on January 10 at the Burgess residence for further planning for the 2006 NWTR to be held in Corvallis.

Share Your Cycling Photos and Video Clips!

Brian Cripe

If you have photos or short video clips of MVBC events or members that you would like to contribute to the annual MVBC slideshow, please send me a copy. You may email them to 'brian@cripe-family.com' or send them on CD to 945 NW Westwood Pl, Corvallis, OR, 97330.

I appreciate getting a selection of your best shots rather than a large number to cull through. Email me if you have any questions. Thanks.

George Needs Our Help!

Recommendation for speakers for General Meetings would be appreciated. Walt Pritchard will give the February presentation on Lewis and Clark Trail. But the rest of the new years meetings are open for ideas.....Contact VP and Speaker Coordinator George

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and worked in some role or another every CBBT since 1997 (and finally rode one on the day of the ride in 2003!).

Other Riding: I've ridden 13 of the 16 Cycle Oregon's and really enjoy the "family reunion" aspect of that tour. I've also ridden one "Tour de Lane." I've met many long-time friends on these rides and sometimes Cycle Oregon is the only time I get to see them all year. I also met my wife on my/our first Cycle Oregon. I "enjoy" (in a painful sort of way) the occasional "Tuesday/Thursday" after-work ride from Osborn Aquatic Center, but the "A" Team has gotten so fast that I rarely can ride with them past the city limits. Therefore I enjoy the solitude of riding alone, mostly on Sundays and a night or two after work from spring through fall. Frequently the Sunday rides are on our tandem. My wife and I also enjoy taking cycling "long weekends" where we'll venture to Central Oregon or California to ride and/or meet other cycling

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

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Meetings & Announcements

Future Events

February 19-20 - Seattle International Bike Expo, www.cascade.org
June 18-26 - MVBC Loop Tour I
July 1-4 - NW Tandem Rally, Bend
July 16-31 - MVBC Alaska Bike Ride
July 31-August 7 - MVBC Loop Tour II
August 13 - MVBC Covered Bridge Bicycle Ride

(Continued from page 9)

friends for rides; sometimes out-of-town century rides.

Other MVBC Activities: Plymouth Road Cleanup.

My Goals for MVBC: Educate more children on bike education, host another great CBBT and CLRT, see if there is the critical mass to host a future Northwest Tandem Rally. In order to continue to fund kid's bike education, we need the proceeds of another successful NWTR.

(Note: I'm late with this as Joe just concluded his term. Sorry to have this article split up so much. Editor)

General Meeting

The January 17 general club meeting will be at King Tin Restaurant, 1857 NW 9th Street, Corvallis, dinner at 6:30 pm and presentation at 7 pm. George Shaw and Ken Ash will give a presentation on their 6 weeks in Paris and Holland. It was not strictly a biking trip: they stayed in B&B's, rode Tandem bikes with their wives, and also used trains, boats and buses. They were able to keep total costs under \$75 a day per person. They have slides, lies and many recommendations to anyone who is considering a trip like this.

IMPORTANT SUBMISSION INFORMATION

Submit articles, stories and photos for the February MVBC Spokesman no later than January 27.

Please send this material to the editor in Word format:

Lloydvswanson@comcast.net