

# MID-VALLEY BICYCLE CLUB SPOKESMAN

February 2005

## Miscellaneous Ramblings

I have a number of "favorite" rides that occur

each year and our annual MVBC New Year's odyssey to Elmer's restaurant in Albany for breakfast is near the top of the list. In fact, a three-ring binder that I use for club business has a great group picture from a couple of years ago. Usually, the idea of getting up early after a late night doesn't appeal to me, particularly with the threat of rain and cold, but I look forward to the camaraderie of one of our truly "casual" rides. Like most of us, I ride for a variety of reasons, but just the very fact we belong to a club indicates we enjoy the company of others. For this one ride each year, there really isn't a fast or slow group. After all, we need to meet at nearly the same time, with the same destination. So there isn't any hurry, although the earliest riders will get their coffee first. The ride itself affords a chance to visit with some folks I don't see very often and chat with people I hardly see at all. And don't forget about the breakfast. After all, it is the most important meal of the day! Admittedly, being from Albany I "cheated" by backtracking up Riverside Drive to meet the group, thereby cutting my own ride to only 24 miles, but I was there, with about 20 other smiling faces and an assortment of friends and spouses. It's really a good way to reset the year and start with some fun tradition. The rain gods even smiled upon us a bit and held the major drops at bay..... At least until I made the short trek home. If you haven't been on a New Year's ride, make a resolution to do it next year. In spite of the typical cold and rainy weather this time of year, there are a lot of smiling people and I have the pictures to prove it!

Speaking of cold and rainy weather..... By the time you read this we should start ramping up in club miles after the winter slow down. The best riding advice I believe I ever heard is to keep riding throughout the winter. You will definitely be stronger by spring while others will still be catching up. A good rain jacket, some tights, long fingered gloves and booties will take care of most cold and damp rides.

On to another topic. At a recent board meeting a short discussion started on the roads we like to ride and

## Up front

by *Larry Thurber, President*

the roads we stay away from, primarily for reasons of high vehicle traffic and personal safety. The interesting part of the discussion was there was no mutual agreement that any road in particular is BAD. It seems that our impressions of bad roads have a lot to do with individual experiences or perceptions regarding a particular stretch that causes feelings of uneasiness. For instance, I dislike riding Seven Mile Lane from Albany to Highway 34. Maybe I've just picked the wrong times when Selmet was changing shifts or maybe it was that time when I nearly became a hood ornament on a Toyota Corolla. No matter what it was, I just don't like to ride that section of road. Another example is Highway 20. I frequently ride from Albany to Corvallis. Quite often I've heard the comment, "I'll never ride Hwy 20, it's just too dangerous." Every time I've heard this comment, I had a hard time believing it. After all, I've never felt uncomfortable on Hwy 20. Once you get through the curves of N. Albany, the road has adequate shoulders and good visibility. However, during the last discussion I realized something I hadn't given any thought to before. I never ride from the opposite direction.... from Corvallis to Albany. I always avoid it. There's the perception thing! I'll ride miles out of my way to avoid certain roads. Which is OK because I like to ride! The point is we all have certain roads we'd rather not ride or where we need to pay A LOT of attention. For the most part, I'm comfortable claiming my three feet of highway just about anywhere. And I hope you are too.

One of my favorite sayings is "There is no bad ride." Usually followed by "but I've never had a bad crash." There have been rides I'd rather not repeat, but I can't remember a ride where I didn't feel better for going. And a recent ride had a bit of luck, or serendipity, if you will. Over the Christmas break I was nursing a sore right wrist. I chalked it up to too much time spent on the

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computer and mouse. It wasn't carpal tunnel, yet it had been hurting for about a month. My hope was being away from work would give an opportunity for healing. During the break an opportunity came to go on an impromptu ride with some of my Santiam Spokes friends. (Note that they are no longer the Santiam *Slow Spokes*.) We changed the route on the return trip from Lebanon and I was concerned that some would miss a specific turn. In order to check on riders behind me, I turned and at the same time I must have slowed a bit and turned into the direction I was looking. This caused the rider behind me to overlap my rear wheel and we were soon tangled together. Hearing what sounded like a broken rear spoke, I hit the brakes. Which, of course, only made matters worse. As we made what was probably a comical, slow motion fall to the side of the road, I stuck out my sore wrist to break my fall. In the split second before (luckily) hitting soft gravel I remember thinking this was going to damage my bad wrist even more. Most of us know what it's like to crash. The quick attempt to get back on your feet, the adrenalin rushing, a quick assessment of damage, maybe some feeling of embarrassment. Anyway... other than a broken spoke (the other guy's) no real harm was done and we were back on our way. It wasn't until the next day that I realized my sore wrist was gone! So my record is still intact. No bad rides, and maybe even an improvement or two.

Until next time... Larry

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## Advocacy

*Walt Prichard*

Well, it is another slow month for advocacy. Several projects will get under way as soon as weather permits: The islands on South 3<sup>rd</sup> and repaving of 53<sup>rd</sup> from Harrison to the Fairgrounds. There is also a project to install traffic signals at Harrison and 34<sup>th</sup> and 35<sup>th</sup>. There will be some widening

at these intersections to allow for turning lanes and bike lanes.

I think it is time to explain those bright flashing red lights I've been selling. The 1<sup>st</sup> thing is that I'm not in the bicycle business; I'm not competing with the local bike shops. To begin with I bought the last light that Target had some years ago and wanted another so I tracked down the wholesaler and through my business name was able to buy them in lots of 10 or more. Since then I have been providing them to local bicyclists at my cost. I am a firm believer in Safety and want bicyclists to be seen in poor light conditions. To this end I have continued to buy and sell them and to date have sold over 240. I do not furnish the brackets or installation. Several other club members have been doing that. I also do not deliver unless we have made prior arrangements (lousy businessman). I thought the shops were going to stock some of the new really bright lights and I would be out of business but they haven't (maybe \$40 had something to do with that). So I have ordered in another 20 and they are available again just in time for spring riding.

If you have any questions on what is going on or suggestions on things you think should be done give me a call and we can talk about them and make plans to get something done. This is the time of the year to get things done. Another thing you can do is call Public Works at 766-6742 and give them the location of streetlights that blink off and on all night long. It will speed thing up if you get the numbers off the pole or at least the closest street address. The city has to pay the same, working or not.

Keep the rubber side down and your back to the wind!



ADVENTURE CYCLING

## RAGBRAI 2004

*Bud Ames*

In 1973 two reporters from the Des Moines Register rode their bikes across Iowa in a week to develop stories about small towns across the state. Other riders joined them along the way. Everyone involved had such a good time that the Register's Great Annual Bike Across Iowa, or Ragbrai, was born! I've heard about the ride for years, but could never go because of my responsibilities at the annual veterinary convention in July. Retirement changed that. When I moved from Illinois to Corvallis my long time running partner back there, Bob Hakes, and I agreed to do Ragbrai last July, without really knowing what we were getting into.

Bill Daley (six Ragbrais) and a couple others in the Club gave me info about their experiences, which helped a lot. A friend from Colorado who did the ride in 2003 with her granddaughter recommended that Bob and I sign up with a charter company to move our gear between overnight towns, which we did..

Our journey started when Bob and I drove from Oak Park, Illinois to Clinton, Iowa. There we met our charter buses that hauled us and our equipment to the west all the way across the state. As the miles rolled by we started having second thoughts. The idea of doing 70 miles a day for seven days in a row was new territory for us marathon runners. After we finished one of our marathons in four hours or so, we typically took a couple days off to rest up! As the miles went by on our bus we began to think that maybe this wasn't such a great idea after all!

The start was in Onawa, Iowa, the end of our ten hour bus ride. Onawa is about 50 miles north and a little east of Omaha, Nebraska. There was a kickoff Expo with lots of selling and marketing displays on all sides. Everything for and about bicycles was for sale. Ten of the bike shops represented there went with us all across the state!

Everyone on the ride slept in tents. Our camp sites across the state were in parks or on school grounds. We had access to showers (often with cold water) at all the campsites. Bob and I shared an 8 x 10 pop-up tent with air mattresses. Our charter company staked out a site for our 50 tents, and they provided refreshments and opportunities so we could share stories under a corporate tent. Our evenings were full of great conversations.

There were 10,000 riders signed up this year. I was afraid our roads would be awfully crowded with that many riders, which turned out not to be the case. Some riders left our overnight towns as early as 6 am, while others didn't move out until around 10, so we were fairly well spread out. We were spread out, that is, until we hit one of those small towns that was offering us food and entertainment. They really rolled out the red carpet! The hospitality and fun that those towns shared with us on the way was really a highlight for us. When we sat down to eat, it was usually in one of

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## Max Headwind

### Spring Thaw

I think I rode this hill  
just before the hibernation  
from hiberna, winter  
my bike and mine

legs confident  
lungs assertive  
chain ratcheting  
roller coaster car

now with hope of spring  
new air in tires  
rain jacket in pannier  
heading up the hill again

legs not quite so sure  
lungs screaming  
while we rested  
the hill kept growing

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their churches, though I did buy some really great Wild Hog Wings and Gator Aid on the road.

The overnight temperatures in Onawa and Lake View were in the middle 40s, and this was the last week in July! Our daytime highs did not exceed 80 degrees F. We heard stories about rides in earlier years when the temps got up to 100 degrees, and the asphalt got soft and sticky. We felt fortunate indeed. Our overnight towns were Onawa, Lake View, Fort Dodge, Iowa Falls, Marshalltown, Hiawatha, Maquoketa, and finally back to Clinton. The Ragbrai route changes every year. Some towns will be on the route again every six or seven years though.

Our daily distances were as long as 84 miles and as short as 54, on the last day. We were given a map that showed our route and the mileage for the day. It also included the climb for each day's ride. Iowa is not flat, as many people seem to think! Our daily climb ranged between 757 feet and 2,685 feet. Our longest hill was only a mile though, which couldn't hold a candle to the longer and more difficult hills I encountered later that summer on the Crater Lake Rim Ride.

Each of our bikes had a registration tag on the back of our seats with our name and home town out there for all to see. Several riders who saw I was from Oregon commented on their good experiences with Cycle Oregon. Toward the end of our week Bob decided he'd come to Oregon for an-

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## MID-VALLEY BICYCLE CLUB BOARD MEETING NOTES

Monday, January 25, 2004

**Present:** Larry Thurber, Betsy Reid, Richard Burgess, Susan Christie, John Henry, Rick Riper, Eric Ahlvin, Lloyd Swanson, Walt Prichard, George Shaw, Jill Leichti.

### Reports:

**Treasurer:** Richard reported our cash assets total \$8447 (\$4639 checking plus \$3808 savings). Recent income is from member dues, while expenses were primarily for the newsletter.

**Membership:** Susan had nothing new to report.

**Ride Captains:** John and Eric report that rider mileage is down, which is typical of this time of year due to inclement weather. The Midge Cramer ride date has been set as April 9<sup>th</sup>.

**Newsletter:** Lloyd reports that the deadline for the next newsletter is January 28<sup>th</sup>. Betsy will have loop tour registration forms ready for inclusion. We need more articles for the newsletter – do other club members have interesting travels they can report on?

**Vice-President:** George reported that last week's general meeting went well. Walt will be the featured speaker at next month's meeting, which will be at King Tin. George also mentioned that he is always on the lookout for speakers and meeting ideas.

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

**Advocacy:** Walt reports that there are few cycling-related issues on the local planning committees' agenda this time of year. He notes that local budgets are getting tight, which may stretch out the street sweeping intervals. Walt also mentioned that work on the "Rails With Trails" (discussed last meeting) is continuing. It looks like the railroads are starting to be more receptive to this sort of project.

### Old Business:

**NW Tandem Rally:** The next meeting of the planning committee for the

NWTR will be Monday February 7<sup>th</sup>.

**Seattle Bike Show:** Betsy was the original contact for this. Now that the date for the CBBT (Aug 13) is set, she will dig out her notes to see if there is still an opportunity for us to send some "Save The Date" fliers about the event to the Portland Wheelmen to set out for us at the show.

### New Business

**Rolling Feast:** Ann Asbell cannot coordinate the Rolling Feast this year, so we are looking for a new leader for this annual event. The date is tentatively set for May 7<sup>th</sup>. Along with this, we may again pursue offering a beginners ride series.

**Bicycle Repair:** Lloyd updated the board on this potential service project, repairing bikes donated to Love, Inc. This organization fixes up the bikes and gives them to adults and children who need them (along with helmets to the children). They need periodic help repairing the bicycles, and Lloyd proposed that we (initially) get 2-3 club volunteers together at the Love Inc. facility one evening a month. He satisfied the board's earlier questions about liability, and is willing to coordinate the project. He moved that the club pursue this, and Betsy seconded the motion, which passed unanimously.

**Alaska Trip:** The dates for the Alaska Tour being coordinated by Nancy Meitle have changed slightly, to July 13-29.

**L.A.B. Dues:** Our club membership to the League of American Bicyclists is due, with a cost of \$55. Walt reported to the board on some recent turmoil within the LAB over philosophy (bikes belong only on bike paths vs. bikes should be able to share the road), but that appears to have been resolved (with the LAB continuing to push for bikes sharing the road). The board felt that the LAB does useful advocacy at the national level, and agreed to renew our membership. Susan volunteered to be our club's representative (she is an

individual member of LAB).

**Loop Tour Equipment:** The Loop Tour Committee requested club funds to purchase a new (larger) canopy, tools, and floor pumps to be used on loop tours (total estimated cost \$439). The board felt that this was a good investment, and approved the request (motion by Lloyd, seconded by Susan). Word from the committee is that planning is progressing well; a campsite is still needed in Jacksonville.

**Next board meeting:** The next board meeting will be February 28<sup>th</sup>.

The meeting was adjourned and everyone enjoyed refreshments.

Respectfully submitted by Rick Riper

## Lance Armstrong's plans

**What happened:** Lance Armstrong, the six-time winner of the Tour de France, and his Discovery Channel Pro Cycling Team announced their 2005 racing schedule and will begin 11 days of training today in California. Armstrong said he plans to ride in several of the European spring classics before deciding in late April whether to try for a seventh consecutive Tour de France victory in July. "I'll definitely be in France this summer," Armstrong said. "It just might not be on the bike."

**What's next:** Armstrong has promised his team's new sponsors that he will ride in at least one more Tour de France, but recently, he has pined for a chance to focus on some of the races he has ignored or never won because his focus always has been on the Tour de France. He said his tentative plans for this year include the Tour of Flanders in Belgium (April 3), the Amstel Gold Race in the Netherlands (April 17), the Fleche Wallone in Belgium (April 20) and the Liege-Bastogne-Liege in Belgium (April 24). He has won just one of those races, the Fleche Wallone in 1996, shortly before he was diagnosed with testicular cancer.

--From wire reports

From *The Oregonian*, January 11, 2005

## MVBC EVENT CALENDAR: February/March 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

**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 21, Monday, 7 pm: General Meeting, King Tin. Walt Prichard: Riding the Lewis & Clark Trail**

**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

**February 28, Monday, 7 pm: Board Meeting, Burgess residence (3160 NW Arrowood Circle)**

**March 5, Saturday, 9 am: Riding against the clock (counterclockwise loops)**

- Long Ride: King's Valley, 58 miles (C400)A
- Medium ride: Helmick, 34 miles (B200)A

**March 12, Saturday, 9 am: Wear your green Jersey for St. Patrick's Day.**

- Long Ride: Irish Bend, 53 miles (B360)C
- Medium ride: Decker Road, 35 miles (B220)C

**March 19, Saturday, 9 am: Hills or wind, the choice is clear.**

- Long Ride: King's Valley, 69 miles (C510)B
- Medium ride: Greenberry Store, 42 miles (B260)B

**March 26, Saturday, 9 am: Which road for you?**

Robert Frost was born 3/26/1874

The Road Not Taken:

Two roads diverged in a wood, and I--

I took the one less traveled by,

And that has made all the difference.

- Long Ride: Lebanon, 59 miles (A420)D
- Medium ride: Saddle Butte, 37 miles (A230)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.

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other ride with me in 2005! Right now it looks like we'll be on the June Loop Tour.

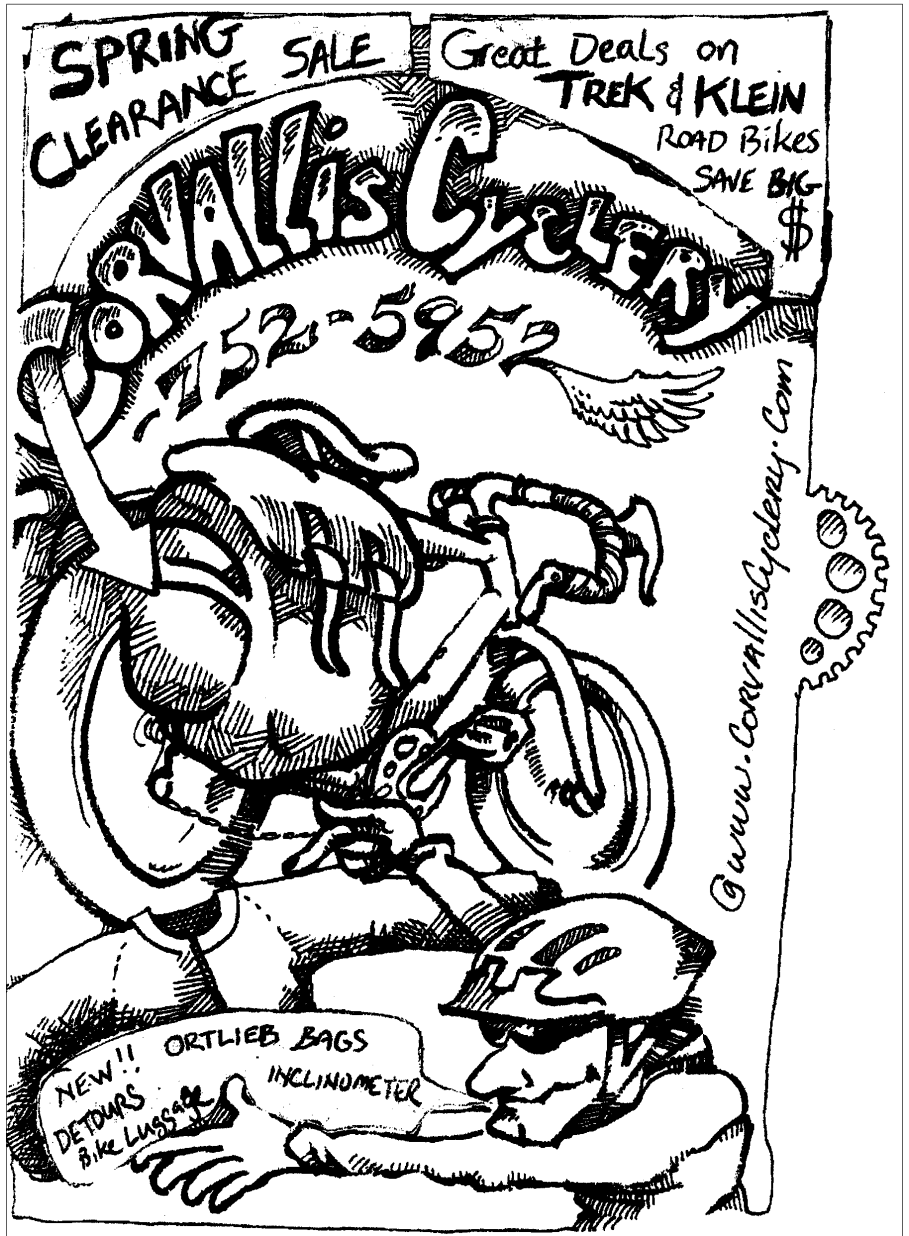
Iowa Telecom had a trailer available for riders all along the way with a dozen free PCs, plus long distance telephone lines all available free of charge! The Iowa Natural Resources Conservation Service had tents and tables along the way where they gave us colorful Iowa post cards and pens so we could send messages from the road to friends and family, which they stamped and mailed for us.

Early on Bob and I figured out that riding an average of 70 miles a day was no big deal. We left our overnight town after breakfast, about 7 am, and usually arrived at our next overnight camp ground by 2:30 pm. We typically stopped three or four times along the way to eat, listen to entertainment, and look around town. The food was consistently good and the prices were reasonable. Those Wild Hog Wings I mentioned earlier, according to my veterinary anatomy, are not "wings" at all, but the forearm (humerus) of the hog. They looked like a giant chicken drum stick, and were really good.

People of all sizes and shapes were on Ragbrai, and they were on all kinds of equipment. We saw several families riding together. There were a couple 10 year olds with their own pedals riding behind Mom or Dad. There were reportedly a few riders older than our 69 years, but we never saw them.

We both hooked up with some great conversations while riding. It was pretty easy to carry on a fairly extensive chat with someone riding along at our pace. One such talk was with a guy in his 50s who was riding an older single speed bike with a sign on it that said "Gears Are For Wimps". I continued to use and appreciate my gears though.

So I've moved from being a distance runner to riding my bike, including Ragbrai and the Crater Lake Rim Ride, since coming to Corvallis last May. I was lucky to learn about the Mid-Valley Bicycle Club on my third day in Corvallis last May. After a lot of Wednesday rides with Walt, Betsy, et al, I'm sure my experiences are similar in some respects to dozens of others in the Club. However, I've heard of several cross country rides, and sure got caught up with the journey that Becky and Charlie Steinmetz completed last summer. That Lewis and Clark ride was a real ringer for me too. I know I've got a lot to learn and am sure I've hooked up with riders in a great Club that can help me learn along



the way; and if a week long bike ride across Iowa in July interests you, I heartily recommend Ragbrai!



## What's Happening With The Stokers?

Kathy Pilcher

*Tandem stokers will smile when they read this humorous piece. The Editor*

Thanks to research by Marlys we now know the origin of the word stoker -Some scholars look to the Middle Dutch word stoken, which means to poke. Others believe the original term was stokra, an early Roman word referring to a female slave who pushed carts uphill. The most convincing etymology is from the Greek word stoikos, having to do with Stoics, a sect who lived unmoved by joy or grief; one who suffers without complaining.

Let's get together for winter training. It'll be fun!" suggested one of the stokers. So we've been meeting every Wednesday evening at Barb Tomita's home for conversation, food, and a fast-paced workout with our coaches, Chris Carmichael and Troy Jacobson. Chris and Troy's workout tapes are great for improving speed, endurance, and tempo. One night we even took a tour of Switzerland using a tape from Barbara Barrett. The best part of the evening is after the workout when we gather around the Tomita feeding station to chow down on one of her delectable low-fat dinners that she prepares each Wednesday for all of us. Afterwards, we munch on delicious desserts baked by Doris.

Then the conversation opens up with the latest saying by one of the captains or a stoker response to a captain. A few heard lately include:

**BECAUSE OF MY STOKER, I'M REALLY GETTING A GREAT WORKOUT ON OUR TANDEM!!!**

**YOU BETTER NOT HAVE ANYTHING LEFT AT THE TOP OF THIS HILL. DO YOU?** (captain comment) **WELL, YES, I DO. BUT YOU'RE NOT GETTING IT.** (stoker response)

**WE'RE GETTING DROPPED!!! POWER UP!** (captain comment) **OH! DID YOU WANT MORE POWER?** (stoker response)

**IF THAT'S ALL WE'VE GOT THEN WE MIGHT AS WELL TURN AROUND NOW.** (captain comment) **OKAY, LET'S GO!** (stoker response)

**IF YOU CAN STILL TALK THEN YOU'RE NOT WORKING HARD ENOUGH. THE TALKING LAMP IS OFF!!!**

Once the time change occurs we'll be back on the roads Wednesday evenings. The last couple of years we've met at the Mount Crashmore River Trail. Actually, it's the shopping center on the corner of Imperial Hwy and La Palma. Mt. Crashmore is the VERY, VERY steep hill you climb to get on the river trail. Okay, it's all of 10 feet high but it is VERY steep. Maybe it's only 5 feet high. But steep.

Debi says it's not an official ride unless you do at least 20 miles. So that's what we do each week on the river trail. Lorna leads us out for a fast-paced run from Imperial Hwy to the Big A then a return to Weir Canyon and back to Imperial Hwy. Now and then one of us creeps up to the front to pull for a short bit until Lorna returns to the front. Then we quickly tuck in to draft: again. There's usually an all-out sprint to Weir Canyon and a headwind crawl back to Imperial Hwy unless someone (Anne or Brenda) starts another sprint. Then it's off to Togo's for dinner. We'll order one sub for three or four of us to split. No mayo here. Mayo and tomato there. Hold the tomato but add mayo. Pickles, please. No pickles but an extra slice of tomato, please. The list is endless.

Of course, tandeming requires a high level of compatibility between the captain and stoker. In light of this, the United States Tandem Women's Organization (USTWO) issued the following test for bike shops to administer prior to selling a tandem.

1. Can you both agree on a pedal cadence?

2. Have you determined your matching jersey, vest, and socks color theme?

3. Have you successfully completed a major home project without becoming verbally abusive?

If you can answer yes to these questions, then give tandeming a try and have fun!

*From the Orange County Wheelmen News, March 2004*

### CycleOregon 2005

The kick-off party is scheduled for February 22 (6 pm) and will include the formal announcement of the 2005 route.

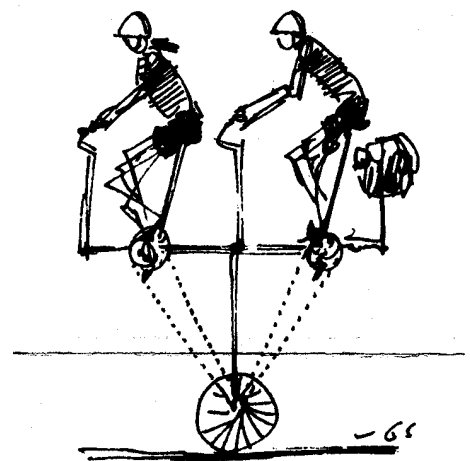
Where: NIKE World Headquarters Tiger Woods Center, One Bowerman Drive, Beaverton, OR

### Seattle Bike Show

Group Health Seattle International Bicycle Expo, February 19-20.

New Venue in the historic Hanger 27 at Warren G. Magnuson Park, located at Sand Point in Seattle. More than 125 exhibits of bikes, gear, travel, health and fitness. Expo is one of the largest collections of bike businesses and organizations in the country under one roof.

For more information and directions go to [www.cascade.org](http://www.cascade.org)



-ADVENTURE CYCLING

## OUR RIDE CAPTAIN REPORTS

JOHN HENRY

The Saturday total was 2,356 miles. Adding the Wednesday ride total of 1,032 miles gives us a grand total of 3,388 miles ridden by 99 riders for this month. The total mileage for the year is 108,620 miles.

Mileage leaders for this month (includes Wednesday rides) were **Bud Ames**, 185; **Walt Prichard**, 181; **Dan Youngberg**, 165; **Henry McCarthy**, 161; **Lloyd Swanson**, 160; **Eric Ahlvin**, 131; **Betsy Reid**, 120; **Glenn Peltier**, 119; **Lon Carlson**, 115; **Jerry Rooney**, 109; **Milt Cardwell**, 109; **Chuck Daellenbach**, 107; **Tim Corbett**, 102.

We had 1 new rider this month, welcome to **Royal Willard**.

As promised last month, here is the final tally for most Saturdays ridden: **Dan Youngberg** and **Jerry Rooney** tied with 38, **Milt Cardwell** was a close second with 37, **Henry McCarthy** had 36, and **Jim Munford** had 35

I'd like to thank everybody for all of the help and cooperation I have received; it has made my job a whole lot easier.

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### Volunteer Needed!

The Rolling Feast Needs You! After two years of arranging the Rolling Feast, Ann Asbell has decided to turn the event over to someone else. The task mainly consists of organizing three food stops along a route that will be announced the day of the ride. Club members may volunteer their homes for the various stops. Tentative date is set for May 7. If you would like to help the club and organize a fun event please call or e-mail Larry Thurber at 967-8199 or [larry\\_thurber@comcast.net](mailto:larry_thurber@comcast.net)

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### Great Alaskan Bike Trip

The dates and itinerary have firmed up for the Great Alaskan Bike Trip. The group will fly in and out of Anchorage on July 13 and 29, respectively. It looks like we'll be able to spend three days in Denali National Park before setting out for Seward. We will also take the ferry to Kodiak Island for some nice island bicycling. The trip includes two ferry rides and a train trip.

The cost should be about \$1200 including air fare. Please contact Nancy Meitle (753-0404) for further information.

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### Oregon Bicycle Tour - July 16-30

14 days, 600 miles over rural roads to Crater Lake, Willamette Valley, 18 covered bridges, wine country. Fully Supported, Camping/Motel, All meals. \$895. 7 and 8-day options are also available. For a brochure and additional information, write, call, or e-mail to:

Oregon Bicycle Tour 2005  
15920 198<sup>th</sup> PL. NE  
Woodinville, WA 98077  
(425) 788 - 9277

[FunBicycleTours@msn.com](mailto:FunBicycleTours@msn.com)

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### Sustainable Bike Tours

This summer we are hosting five sustainable bike tours around Oregon; these tours will help promote low-impact living, sustainable agriculture, and bicycles as transportation!

We invite you to have a look at our tours, propagate the information and come with us! You can find out more at our website: [www.portlandpeace.org](http://www.portlandpeace.org)

Thanks so much!

The Portland Peace and Justice Center  
3848 SE Division Suite 364  
Portland Oregon 07202

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### Speakers Needed

Recommendation for speakers for General Meetings would be appreciated. The rest of the year's meetings are open for speakers....George Shaw, VP and Speaker Coordinator 541-757-8649 [Georshaw@peak.org](mailto:Georshaw@peak.org)

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### Share Your Cycling Photos and Video Clips!

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](mailto: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. -Brian

## - 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](http://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

**Come Volunteer With Us!**  
Educate while you recreate

**Volunteer Trail Patrol**  
Serve as our eyes and ears as you recreate! Help us keep the trails safe and friendly, and in good condition, by educating other users on proper trail etiquette.

**Trail Maintenance Work Parties**  
Will start on April 16th, 2005 and run every Saturday from 8am until noon, through May 21st, 2005. Work parties are weather-dependent.  
Groups of 10 or less welcome.  
No applications are necessary for work parties.

**Contact Info:**  
Please Call Mike at 737-6703 to inquire about the program and to receive an application.

Oregon State University **OSU** College of Forestry

Please note the Registration Forms for this summer's Loop Tours in this issue!

## Classifieds

### For Sale

13" Trek 4500 Mountain Bike - asking \$175

Polished Alpha aluminum frame with red and black accents  
Purchased new from bike shop in 2001

Recently replaced all cables and housing, both shift and brake

Tires: Panaracer Fire XC Pro rear, Bontrager Jones AC front  
Shimano 8 speed components, Bontrager stem and handlebars.

I will include a regular length seatpost, (great for kids or very small adults) and an extended length seatpost, which will fit riders up to about 5'5"

I am selling this bike because I am still growing and it is now too small.

Email me with any questions at [thackray\\_family@yahoo.com](mailto:thackray_family@yahoo.com)

Kyle Thackray \_\_\_\_\_

### For Sale

'85 Trek 620 - \$250, not much to look at but 2,000 miles ago it was completely gone thru, wheels, all bearings, only thing not replaced was large chain ring.

1976 Schwinn tandem, \$250, excellent condition, sport twinn, drop bars, ten speed, drum brake, call Dave Miller at 929-5463

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**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**

**February 19-20** - Seattle International Bike Expo, [www.cascade.org](http://www.cascade.org)  
**June 18-26** - MVBC Loop Tour I  
**June 25-26** - CycleOregon Weekend Ride, [www.CycleOregon.com](http://www.CycleOregon.com)  
**July 1-4** - NW Tandem Rally, Bend  
**July 9-10** - STP (Seattle to Portland), [www.cascade.org](http://www.cascade.org)  
**July 13-29** - MVBC Great Alaskan Bike Ride  
**July 16-30** - Oregon Bicycle Tour 2005, [www.FunBicycleTours@msn.com](http://www.FunBicycleTours@msn.com)  
**July 31-August 7** - MVBC Loop Tour II  
**August 5-6** - RSVP (Seattle to Vancouver, BC), [www.casccade.org](http://www.casccade.org)  
**August 13** - MVBC Covered Bridge Bicycle Ride  
**September 10-17** - Cycle Oregon, [www.CycleOregon.com](http://www.CycleOregon.com)  
**September 25** - Peach of a Century, [www.SalemBicycleClub.org](http://www.SalemBicycleClub.org)

### **General Meeting**

Monday, February 21, King Tin Restaurant, 1857 NW 9th Street, Corvallis, Dinner 6:15 pm and presentation at 7pm.  
Walt Prichard will give a presentation on the Lewis and Clark Trail, from St Louis to Astoria. He has slides, stories and many recommendations to anyone who is considering doing a trip like this. During dinner he will show a running slide show of last year's Gulf Island bike trip.

### **IMPORTANT SUBMISSION INFORMATION**

Submit articles, stories and photos for the March MVBC Spokesman no later than February 28.  
Please send this material to the editor in Word format:

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