

MID-VALLEY BICYCLE CLUB SPOKESMAN

May 2005

*In the middle
of difficulty lies
opportunity.
Albert Einstein*

Up front

by Larry Thurber, President

I got up early the last Saturday of April for the 8:00 am ride and felt terrible. It seemed it was the culmination of a number of "life experiences" that have happened since the end of last year. I was also suffering from some spring allergies, topped off with a strong dose of jet lag. But most notably there was the fact that I had been on so few rides this year that I felt like a bit of an imposter. Ride preparation just didn't come easily. I couldn't remember where I had left my arm warmers, or where my Gel Lite gloves were, or even which bike I should ride. I began to wonder if I was the first "non-riding" president of the club. So I did the thing that seemed to make the most sense at the moment.... I went back to bed. But I soon realized that the cozy warmth of sleeping in wasn't going to solve my problems. Call it determination, call it a dose of reality, call it guilt, but I decided to crawl out and catch the 10:00 a.m. ride. I was running late and as luck would have it, the 10 o'clock group was still discussing the possibility of lunch somewhere. Ahhh..... Things were looking up already.

Once we got out of town and the familiar rhythm of a cycling cadence began to feel natural again, I started to feel better. And not just a little better, but a lot better. It's the same feeling that has happened to me since I first wobbled down the street on a purple two-speed Schwinn Stingray nearly.... Well... let's just say it was a long time ago. And, I not only felt better physically, but also emotionally. Maybe it's the lowest form of multi-tasking, but I find I can actually keep my legs going round and round, while my arms constantly steer me out of harm's way, and at the same time my brain tackles totally un-related thinking chores. And one of the un-related things I was thinking about was the health of our club. Not our physical health, but more of a "State of the Union" kind of thing. In general, do we still have a strong club or are there areas that need to be shored up? And in particular, do we have the continuing depth of volunteers necessary to provide the range of activities and services we've

grown to expect (or in some cases take for granted)?

You see, one of the problems that have been plaguing me during my short duration as your president, has been the issue of volunteers. I've been on the MVBC board for three years and I've seen basically the same core group of people signing on for the same tasks. I suppose this is OK as long as the satisfaction levels remain high, but it seems that it's been harder and harder to get folks to take on volunteer positions. A good example is the Rolling Feast (aka "Pig Out"). Despite a number of pleas, no one stepped forward to coordinate this event. When I agreed to take on the position of president, I noted that I was taking the same approach as former president, John Morris. That is, if no one signs up to lead an event, it just won't happen. And unfortunately, that's what happened. NOW PLEASE READ THE NEXT LINES CAREFULLY. I am very pleased with the level of volunteerism we have in our club. And in fact, among the most active members it's hard to think of anyone who hasn't paid their dues in the local volunteer world.

I'm sure there are a few good reasons that we've been having some trouble getting new volunteers. Some come to mind easily. The first is we're just too busy. No problem there...

as Americans we probably have a higher level of opportunity to use our spare time than anywhere else in the world. It's understandable. Another reason,

as put so well by a club member, is that the level of satisfaction no longer exceeds the effort. Ouch! That hurt. Maybe this is where we can make some inroads. Our Saturday rides, our general meetings, our tours, our newsletter are all put together by people who share their personal time to make cycling activities great in the mid-valley. While we can't increase anyone's pay, (pay.... What pay?), you can certainly tell these people that you appreciate their efforts, and if you feel the urge to volun-

Also in this issue

Cyclists Food Guide—Book review

Loop Tour 2005

Row River Trail ride

New Cyclist Credit Card

Summer Rides

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teer yourself, that's better yet. A last reason, and also very valid, is that as a club we don't feel we need all these extra activities. Maybe it's time to scale back. If all we did as a club was meet on Saturdays for a 'show and go' ride, I know I would be a happy cyclist. The fact that someone arranges tours and rides and puts on presentations once a month or so, is icing on the cake. And to top it off (insert your own extra-cake-icing analogy here) we do some philanthropic good along the way. We've got a good thing going and we should keep it that way. And, above all, please don't be critical or second guess the judgments of people in volunteer positions. Or, as my mother used to say, "If you don't cook, don't complain."

Just in case it wasn't obvious, the foregoing comments were meant to be positive. It's about opportunity to change or improve. We have a strong club and we should be committed to staying that way. If you have comments, questions, or just want to sound off about the directions the club is going, please let I or any board members know. Remember, it's OUR club.

Advocacy

Walt Prichard

Well the busy time is just beginning. There is construction going on all over so be aware of the signs and don't run over any construction workers. They are our best friends. To begin with, the 53rd St/Fairgrounds project is just starting and there will be more delays. Also, the traffic pattern will change and there is already a lot more traffic on 35th St because of the delays on 53rd St. I will keep you up to date on this project and explain the big pile of dirt when it appears. The big thing for us will be the alignment of the bike path and the Midge Cramer bike path. That should happen sooner rather than later.

Polk County will begin work on the bridge across the Luckyiamute

River on Buena Vista Rd. They already have their road closed sign out and ready to put up. I hope to have more information on this soon. They don't return calls very well. This will affect the Wednesday rides but we know how to get around it.

North Albany Rd will probably turn into a mess by mid-summer so keep your eyes out for that. There is a nice flatter detour around that area when the construction starts. Talk to your friends in North Albany about that. I always get lost because I am rubber necking too much.

I am not sure of the schedule in Corvallis as I missed the last meeting but I will update you next month and will actually know more after the 6th of May. If you haven't ridden the new multi-use path from the soccer fields on Crystal lake drive to the Tractor (end) you should definitely give it a try for a nice ride starting downtown and following the river south. A great place to take out of town friends and kids.

I will end in a not so good mood. On the last road clean-up day there was very little help. Mostly at the end of my arm. It should be noted there were 15 Jim Beam bottles and several vodka bottles and 2 unknown hard liquor bottles on this short stretch of road and only about 24 tall beer bottles. This told me loud and clear that there are some impaired drivers on this road and probably Bellfountain Road. Keep a close eye on your mirror and head for the ditch if someone is driving on the fog line or some other dumb thing.

Have a good spring and get those miles in while the weather is nice. There are fun rides to do every weekend and it is a great way to beat high gas prices!

Lance Quiz

Everyone knows that Lance Armstrong has won 6 consecutive Tour de France races. But, what other bicycle races has Lance won during his racing career?

Answers on page 6

Big Ride Pacific Coast - American Lung Association of Washington

If Seattle to Portland isn't enough for you, try **Seattle to San Francisco**. The Big Ride Pacific Coast is a fully supported ride along the Oregon and Northern California coast, through small towns, the Redwoods, and some of the most beautiful scenery anywhere. 1000 miles, 15 days in September 2005. More information is available at www.bigride.org.

15 days
Seattle to San Francisco
September 17 - October 1, 2005
1,000 miles

Julian Bicycle Festival

R&B Bicycle Club is announcing their annual Julian Bicycle Festival (So Cal) scheduled for Sunday May 15th, 2005. Complete details and registration information is available at our web site at www.julianactive.com. Our phone number is 760-765-2200.

Torture 10,000

The Torture 10,000 will take place on August 13, 2005. There are three options available: a scenic 30, a challenging 72, or the pain/pleasure/panic full century with over 10,000 feet of elevation gain.

All routes supported with food, drinks, and mechanical support. Registration is \$15-\$25. More information at www.pwtc.com
Portland Wheelmen Touring Club.

New Book for Hungry Cyclists!

The Cyclist's Food Guide: Fueling for the Distance is perfect for cyclists who want more stamina and energy for long rides. Sports nutritionists Nancy Clark, MS, RD, and Jenny Hegmann, MS, RD have written this book from their passion for teaching both novice and seasoned cyclists how to fuel their bodies to enhance performance. They have combined their cycling experience and professional expertise to teach you what, when, and how to eat for good health, high energy, strength, and stamina. Whatever your cycling endeavors—recreational riding, touring, racing, or randonneuring—you'll learn what you need to know for optimal fueling so you can improve your riding, enhance your enjoyment on the bike, and reach your goals.

In the **Cyclist's Food Guide**, you'll learn to:
Choose the best snacks for before, during, and after long rides
Maintain strength and stamina for rides that last for hours, days, or weeks
Manage convenience stores, restaurants, and eating on the road

Max Headwind

The Fork Less Taken

The street forks to the right
in my car or on the bus or,
when I'm lucky,
on my bike

I usually take the main street
and bypass the fork

But it's a comfort for me
to recall the fork
and the way I used to go
to your place
when you lived so close

waiting for you to bring forth
your bike from the basement
a ride together on a Sunday

Lose undesired body fat Eat well to add power to your pedaling while maintaining energy to exercise

“In *The Cyclist's Food Guide*, Nancy Clark and Jenny Hegmann combine their professional training in nutrition with many years of cycling experience. Cyclists who follow their sound and refreshingly practical advice will enjoy better cycling performance. I highly recommend *The Cyclist's Food Guide!*”

—John Hughes, coach & director of the UltraMarathon Cycling Association

You'll find no better advice on optimal nutrition for cycling than by reading Nancy Clark and Jenny Hegmann's *The Cyclist's Food Guide*.

—Michael McCoy, Adventure Cycling Association
INTRODUCTORY DISCOUNT!!! Order your copy now at www.nancyclarkrd.com and receive our SPECIAL BICYCLE CLUB DISCOUNT off the \$15 list price.

Thanks for your patience!

Thanks for the time off last month to skip the Newsletter and allow us to enjoy some sunshine and a fun time cycling in the Texas Hill Country and participating in the SW Tandem Rally. They are real friendly folk down there. We'll be traveling again later this summer, so please bear with us as we occasionally alter publication dates to fit travel schedules.

Editor

MID-VALLEY BICYCLE CLUB BOARD MEETING NOTES

Monday, March 28, 2005

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

Absent: Lloyd Swanson.

Reports:

Treasurer: Richard reported our cash assets total \$9932 (\$6124 checking plus \$3808 savings). Recent income is from loop tour registrations and member dues, while current expenses were primarily for the newsletter and CBBT fliers.

Membership: Susan noted that we have seen quite a few new members recently.

Ride Captains: John and Eric reported that rider miles have been down lately, probably due to the poor weather along with Spring Break. The Greenway Tour route has been added to the ride calendar in late April, and our next Plymouth Road cleanup will be April 16th.

Richard learned of a volunteer to head up the Rolling Feast (planned for May 7th). Susan will follow up on this lead.

Newsletter: No report. The next newsletter deadline will be at the end of April.

Vice-President: George won't be able to host the next general meeting (April 18th); Susan offered to host in his place. The speaker will be Clare Keith, talking on cycle touring in South America. George had information about the Oregon Gardens benefit ride (Le Tour de Valley) for Special Olympics coming up on May 21st. More information is available from their website: www.bergfreunde.org. George also reported that last month's presenter from Trek may be able to arrange an opportunity for the club to try out the "Lance Armstrong" bikes that he showed later this year (after Cycle Oregon).

Secretary: Rick had nothing new to report.

Advocacy: Walt read through a list of recent accidents in the Corvallis area involving cyclists. John noted that there have been a number of bike accidents in Albany as well. Walt also reported on Oregon Senate Bill 938, which includes the "BTA bicyclist's bill of rights". More info is available from the BTA:

www.bta4bikes.org/info/legis.html.

Old Business:

The statuses of several previous subjects were briefly reviewed. There was nothing new to report on the Albany bicycle education initiative, the NW Tandem Rally, effective cycling classes for this spring, nor on the bicycle repair project with Love, Inc.

August '05 Event: Susan is still checking with the BTA and has not caught up with Dick Running yet (it's tax time). She noted that our help (as "fiscal administrator") may not be needed this year.

Loop Tours: Betsy reported that the first loop tour is at 23 riders, while the second tour is near 40. At these numbers, the event should break even financially.

New Business

Corvallis Parks Biking Trails: The Corvallis Parks and Recreation department is looking for groups to help maintain and improve area bike paths. The contact is Steve McGettigan. It wasn't clear from their message whether they have hard paths or mountain bike trails in mind. Walt noted that they already have an "adopt a trail" program; Eric suggested that we adopt the Midge Cramer trail if it is "available". Walt and Larry will check further with Steve and the Parks and Rec. department to get clarification on what kind of help they are looking for.

Adventure Cycling membership: Richard received a letter from Adventure Cycling asking us to "renew our club membership". None of the board could recall the club ever joining! The

board consensus was to not join/renew (as a club). It was noted that several club members are already members of Adventure Cycling.

Next board meeting: The next board meeting will be April 25th.

The meeting was adjourned and everyone enjoyed refreshments.

Respectfully submitted by Rick Riper

Monday, April 25, 2005

Present: George Shaw, Betsy Reid, Richard Burgess, Susan Christie, John Henry, Rick Riper, Walt Prichard, Jill Leichti, Joe Monteleone, Arne Skaugset.

Absent: Larry Thurber, Lloyd Swanson.

New Adult Tricycle for Suzie: Club member Arne Skaugset told the board about a developmentally disabled lady named Suzie who had her tricycle stolen from Pop's Branding Iron in Albany. This trike was Suzie's key to independence, and a donation jar to help fund a new one was set up at the Branding Iron. Arne had also asked the board earlier in the month if the club could help with this. Arne coordinated the purchase of Suzie's new trike at Corvallis Cyclery, and the Cyclery generously donated a number of accessories to complete the tricycle. The club donated \$100 to this, and over \$300 was collected at the Branding Iron. Arne also funded a new rain jacket for Suzie, who is now happily back on the roads of downtown Albany.

Reports:

Treasurer: Richard reported our cash assets total \$11,671 (\$7,863 checking plus \$3,808 savings). Recent income is from loop tour registrations and member dues, while current expenses were primarily for the loop tours.

Secretary: Rick had nothing new to report.

Vice-President: George reports that the next general meeting will be May 16th at King Tin. Details of this summer's south coast loop tours will be

(Continued on page 7)

MVBC EVENT CALENDAR: May-June 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 Captain: 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 7, Saturday, 8am It will be a nice day today!

- **Long Ride:** Bellfountain Rd. to **Harrisburg. 61.2 miles** (B480)
- **Medium Ride:** Bellfountain Rd. to **Bellfountain 40.2 miles** (B240)
- **Short Ride:** Bellfountain Rd. to **Decker. 28.8 miles** (B090)

May 14, Saturday Ride, 8am It's going to be a bit wet today, rainbow sightings likely.

- **Long ride:** Philomath to **Kings Valley** back via Monmouth. **61 miles** (C510)
- **Medium ride:** Philomath to **Kings Valley** back via Airlie. **46 miles** (B280)
- **Short ride:** Philomath to **Decker Road** back via Bellfountain Road. **33 miles** (B170)

May 21, Saturday Ride, 8am: Maybe a shower or two is all.....

- **Long Ride:** **Brownsville** via Bellfountain. **76.2 Miles** (B610)
- **Medium Ride:** **Irish Bend** via Bellfountain. **53 Miles** (B360)
- **Short Ride:** **Bellfountain 40.2 Miles** (B240)

May 28, Saturday Ride, 8am: Hot today, drink lots of water

- **Long Ride:** **Roaring River Fish Hatchery 80 Miles** (B650)
- **Medium Ride:** **Waterloo 61.3 Miles** (A520)
- **Short Ride:** **Albany 34 Miles** (A160)

June 4, Saturday, 8 am: Not summer-like, but it's not summer yet.

- **Long Ride:** **Alsea Falls. 69 Miles** (C590)
- **Medium Ride:** **Kings Valley**, return via Airlie. **45.6 Miles** (B280)
- **Short Ride:** **Decker 33 Miles** (B170)

June 11, Saturday, 8 am: Partly cloudy

- **Long Ride:** **Salem** via Buena Vista Ferry. **83 Miles** (B660)
- **Medium Ride:** **Sunnyside** via Buena Vista Ferry **59.6 Miles** (B460)
- **Short Ride:** **Albany** via Palestine. **34 Miles** (B100)

June 18, Saturday, 8 am: Sunny and warm

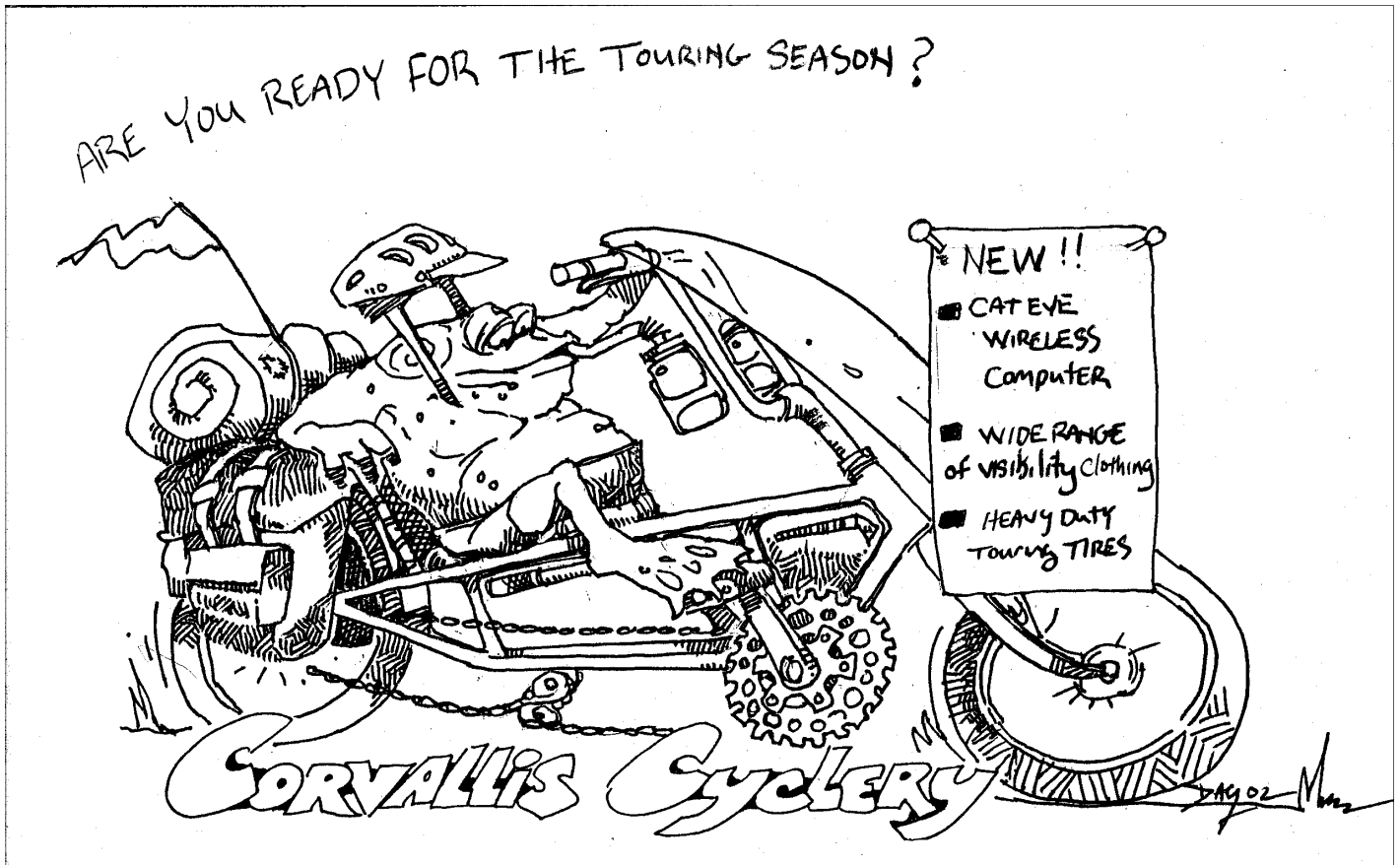
- **Long Ride:** **Stayton 82.2 Miles** (B670)
- **Medium Ride:** **Knox Butte. 47 Miles** (B300)
- **Short Ride:** **Albany 33 Miles** (B140)

June 25, Saturday, 8 am: Unseasonably cool, but dry.

- **Long Ride:** **Peoria, Armitage, Marcola. 103.6 Miles** (B690)
- **Medium Ride:** **Armitage Park. 79 Miles** (A640)
- **Short Ride:** **Saddle Butte 37.4 Miles** (A230)

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.*



Midge Cramer Ride Review

Ann Asbell

The **Midge Cramer Ride** was held on Saturday, April 9. The threat of rain and the earlier ride start time may have contributed to a little smaller turnout this year, but the enthusiasm and positive attitudes made it a great event. ...and it was a beautiful day. Midge was watching over us!

We welcomed three new riders at 8:00, **Eileen, Vladimir, and Joellen**. **Lindy Burgess** treated us to Fig Newton's and Cramer stories at Decker, and **Jerry Rooney** treated the 10:00 riders to the same.

The signs on the coasting contest kept moving forward as more riders gave it their best effort through the morning. RESULTS: The longest coast and new Mixed Tandem record goes to **Charlie and Becky Steinmetz** as they rolled almost to 53rd St without their famous wing flapping technique. The coast was .85 mile. **Lyle Dalton** won the Men's Recumbent contest by rolling .8 mile on his recumbent, but **Walt Prichard** will retain the record set last year. **Shirley Schoberg** kept her recumbent title by rolling .76 miles, one step short of last year's record that she shares with **Susan Christie**. **Jim Munford** finally won the Men's Upright bike title by rolling .75 mile. Jim's name has been on the sign each year, but this is his first victory. **Beth Young** retained her title as champ on the Women's Upright bike for the third year. (It was determined that the wing flapping technique that was used to set two records last year assisted the

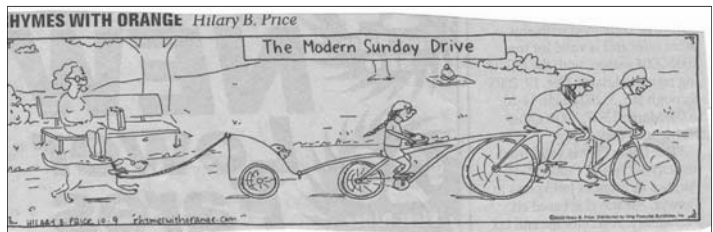
coast. Those records will not stand but will be noted as novelty records!) Others who held titles for a short time were: **Rick Riper, Dan Youngberg, Steve Bice, Betsy Reid, Ann Asbell, Don Reid, and Eileen Tokada** (sp).

Thanks to **President Thurber** for his assistance and enthusiastic support for the Cramer Ride. Put this on your calendar for next year. It is always the day of the Kiwanis Pancake Party.

Lance Quiz Answer

Notable victories from Lance Armstrong's cycling career:

- 1993: US Pro Championship; World Championships
- 1995: Classica San Sebastian
- 1999: Tour de France
- 2000: Tour de France
- 2001: Tour de France; Tour de Suisse
- 2002: Criterium du Dauphine Libere; Tour de France
- 2003: Criterium du Dauphine Libere; Tour de France
- 2004: Tour de France
- 2005: ?



(Continued from page 4)

presented.

Ride Captains: John reported that due to increased work pressures and other volunteer activities, Eric Ahlvin will not be able to continue as a ride captain. Probably only those who have held this position before realize how much work goes into organizing the club rides – thanks for your service Eric! Betsy will fill in until a new ride captain is determined. Alternatives to how we organize Saturday rides were also discussed. Many clubs ask individuals to volunteer to lead rides, but we have found it hard in the past to make this work. Volunteer “burn-out” in general was also discussed; MVBC seems to be like many organizations where the bulk of the work is done by relatively few people. The annual Rolling Feast would normally be a featured club event in May, but due to lack of volunteer leadership and enough food stops the event was cancelled. We may try to hold it later in the year, and possibly make it a late afternoon through early evening “rolling dinner” ride.

Membership: Susan reports that we gained several more new members recently.

Advocacy: Walt reported that our periodic Plymouth Road cleanup was planned for earlier this month. Due to poor weather and maybe not enough “publicity”, there were no volunteers to help with this. Organizing this cleanup requires Walt to pick up the equipment on a Thursday, set out signs and coordinate the actual cleanup on Saturday, then return the equipment on Monday. So this event cannot be easily rescheduled. Walt did the road cleanup himself (wow!). He noted 15 hard liquor bottles along the road, so use caution when riding in this area!

Walt also reports that the project to change where Reservoir Road connects to 53rd street is about to get underway. Work will also occur at the corner of 35th and Western this summer.

Newsletter: The next newsletter deadline is April 30th.

New Business:

Cycle Oregon Weekend: Cycle Oregon is holding their two-day ride in June (25th and 26th) from Champoege Park to Armitage Park, and approached the club for volunteer help. They need 12-15 people as course monitors on both days, and Cycle Oregon would in turn make a donation to the club that could be used to further fund bicycling education. This weekend coincides with the first loop tour, and we have struggled to get enough volunteers for some of our own events. But Joe offered to try rounding up enough volunteers to help with this event.

New Member At Large needed: Jill Leichti (and Bob) is moving to Rhode Island this summer, so a replacement will be needed to fill Jill’s post.

Next board meeting: The next board meeting will be May 23rd.

The meeting was adjourned and everyone enjoyed refreshments.

Respectfully submitted by Rick Riper

earth magnetic stripe on the back. The FasterCard *Titanium's* magnetic strip, despite its light weight, is the sturdiest, highest coercivity magnetic strip

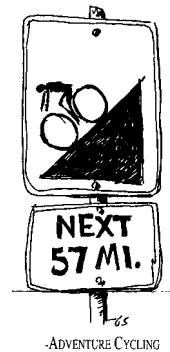


available on any major credit card. Even after thousands of uses, it still registers on the first swipe 99.993% of the time, so you never need to waste time waiting for some sales droid to tediously key in your number manually! The FasterCard *Titanium* is highly exclusive, too. It is only available to Real Cyclists like you, not to the hoi polloi!

For All Credit Card Tourers

From Sheldon Brown

FasterCard *Titanium*, is the first credit card ever to be made from Titanium 3AL 2.5V alloy for light weight and durability. In addition, the FasterCard *Titanium*, is drilled out for increased lightness, without compromising the embossed numerals or the special rare-



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OUR RIDE CAPTAIN REPORTS

JOHN HENRY

March started out with the first two Saturdays full of sunshine and a full peloton, then the rains came, and most of us stayed home. Even with two weeks of meager attendance, in which the 10 AM riders doubled the number of 9 AM riders, the Saturday total for March was 5,173 miles. Adding the Wednesday ride total of 2,539 miles gives us a grand total of 7,712 miles ridden by 177 riders for this month. We have year to date total of 19,921 miles.

Mileage leaders for March (includes Wednesday rides) were **Matt Matthews**, 281; **Dan Youngberg**, 259; **Henry McCarthy**, 259; **Shung Chieh**, 259; **Linda Koberstein**, 255; **George Shaw**, 239; **Tim Corbett**, 217; **Walt Prichard**, 214; **Betsy Reid**, 199; **Becky Steinmetz**, 185; **Susan Christie**, 157; **Richard Burgess**, 154; **Lloyd Swanson**, 150; **Chuck Daellenbach**, 135; **Lon Carlson**, 130; **Glenn Peltier**, 121; **Will Crawford**, 119; **Roger Tracy**, 115; **Gary Watts**, 111; **Jim Lofgren**, 111; **Niles Burton**, 111; **Terry Dibble**, 111; **Jerry Rooney**, 110; **Ann Devine**, 100; **Denny Hedges**, 100; **Joe Monteleone**, 100; **Maria Monteleone**, 100.

We had 8 new riders this month, welcome to **Jack Zhang**, **John Selker**, **Dan Baldwin-Garcia**, **Bill Carnegie**, **Sharon Munson**, **Brian List**, **Scott McCanna** and **Angela McCanna**.

We have two riders who have not missed a Saturday ride so far this year. **Henry McCarthy** and **Jerry Rooney** are the last men standing, and **Jerry Rooney** has a streak continuing from last year for a total of 26 weeks. That's half a year of good weather and bad (some very bad). Congratulations Jerry!

May Club Meeting: Loop Tour 2005

Dan Youngberg

All registered Loop Tour participants may pick up their rider packets at the May club meeting. The packet will contain a rider information pamphlet with much tour information; and of particular interest, parking and sag information. Also included will be a parking permit that must be displayed in the front window. Of course, there will be a detailed route description.

In addition to the rider packets, there will be pho-

tos from the last time we did the South Coast. Our intrepid route scout will provide route secrets that will be available only to those in attendance.

An Invitation to Pedal the Row River Trail:

Dorena Reservoir

Becky Steinmetz

Charlie and I would like to invite you to join us on Sunday, May 22, 2005, for a unique ride on one of Oregon's Rail-to-Trails, Row River Trail. This unique paved multiuse path is located just south of Cottage Grove and is one of my favorite easy rides that every type of cyclist is sure to enjoy. As a matter of fact, I would like to especially direct this invitation for families and folks that just would like to experience pedaling a user-friendly multiuse path that is railroad grade and has no motorized vehicles allowed on it.

This fun and easy tour starts in Cottage Grove, adjacent to rambling Mosby Creek. The tour is on a paved multiuse trail that follows the course of the Row River and takes you next to Dorena Lake. It is approximately 25+ miles roundtrip, but can be lengthened or shortened as you wish. The route has many trailheads and places to stop and enjoy the views of Dorena Lake and the surrounding farming country.

This unique rail-trail is owned and managed by the BLM. The original rail line was started in 1902, and steam engines carried logs, ore, supplies, and passengers along the route, which stretched to the town of Disston. This tour starts at the Mosby Creek Trailhead, which has rest rooms and water.

Please allow 1.5 hours to drive from Corvallis to the start of the trail. We will meet at 10:00 a.m. and plan to have a picnic lunch at Wildwood Falls Picnic Area. Please bring your own water and lunch since there is very limited food and water supplies along the way. A camera is a must since the wildflowers will probably be abundant and the tour is quite scenic.

If you would like to find out more info on this trail, please check out www.ccrh.org/comm/cottage/row.htm. If you would like to come and need directions, please contact us at cbsteinmetz@msn.com for driving directions and route sheet and I will email them to you. Hope to see you there!



- 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

FOR SALE

2003 Trek 5200
 Carbon 120 frame 54 cm. Handmade USA. Like new. Less than 1200 miles. Bought recumbent. At 76 years it's too much bike for me. \$1600, including many extras. Jack Schubert 757-3010 jmschube@peak.org

1998 Serotta Legend Ti
 54cm ST, 55cm TT. Returned to Serotta for check and repaint in 2000. Built with 9-speed DuraAce in 2001. Mavic Open Pro wheels. Includes Shimano Flight Deck computer. No pedals. \$2500 firm. Only ridden on Saturdays by an old guy with bad knees. Contact Larry Thurber, Ph: 967-8199

CycleOps Fluid 2 Trainer
 Bought last fall and only used 1 time. Perfect condition. New \$289 plus \$20 for front wheel pacer. First \$150 takes both pieces.

Assos Lady FI shorts
 Worn only 2 times. Size large, black in color. \$169 new, asking \$75 obo.

1984 Raleigh 753 Pro Super Custom
 A former team bike from the Lightning Speed Cyclery Team in Portland, Oregon. Condition is excellent for a 20 year old bike. All bearings recently gone through, wheels are true etc. Paint is 8/10 with minor scratches in various places. Color is metallic white, subtle but nice in the sun. Fork is black. \$400 obo. MUST SELL! For details, see Gary Watts (541) 990-8815 cell or watts@proaxis.com

Thank you from Susan
 MVBC helped her replace a stolen trike. See April minutes.



You added a great big, bright spot of sunshine to my day!
 I appreciate so much for what you have done for me.
 Thank you so much,
 from Susan Horvath

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

Address Service Requested

Is it
time for
you to
renew?



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Meetings & Announcements

Future Events

May 15 - Julian Bicycle Festival, See p. 3
June 18-26 - MVBC Loop Tour I
June 19 - Watermelon Rides (50, 100, 200 miles),
www.SalemBicycleClub.org
June 25-26 - CycleOregon Weekend Ride,
www.CycleOregon.com
July 1-4 - NW Tandem Rally, Bend
July 9-10 - STP, www.cascade.org
July 13-29 - MVBC Great Alaskan Bike Ride
July 31-August 7 - MVBC Loop Tour II
August 13 - MVBC Covered Bridge Bicycle Ride
August 14-20 - The Oregon Bicycle Ride 2005,
www.OregonBicycleRide.org
August 26-28 - MVBC Crater Lake Rim Ride
September 10-17 - Cycle Oregon,
www.CycleOregon.com
Sept 17-Oct 1 - Big Ride Pacific Coast, See p.3
September 25 - Peach of a Century,
www.SalemBicycleClub.org

General Meeting

Monday, May 16, 2005

South Coast Loop Tour Presentation and passing out information to riders. If you have special photos of the Past Southern Loop to share, email them to me, Georshaw@peak.org
King Tin Restaurant, 1857 NW 9th Street, Corvallis, dinner at 6 pm, presentation 7 to 8 pm.

IMPORTANT SUBMISSION INFORMATION

Submit articles, stories and photos for the June MVBC Spokesman no later than May 30.

Please send this material to the editor in Word format:

Lloydvswanson@comcast.net