

MID-VALLEY BICYCLE CLUB SPOKESMAN

June 2008

In previous Newsletter articles, I have focused on founding members of the Club—the **MacManimans**, the **Burgesses**, and **Dave Wallace**. In this article I will focus on new members.

Up front

by Jim Gau, President

Carl Bengston has lived in Lebanon since 1972. He is a self-employed mason. When I called him, he was on the job, and he very obligingly talked to me as he worked with mortar and brick. Though he lives in Lebanon, he found the MVBC online and joined but will soon join the Spokes as well.

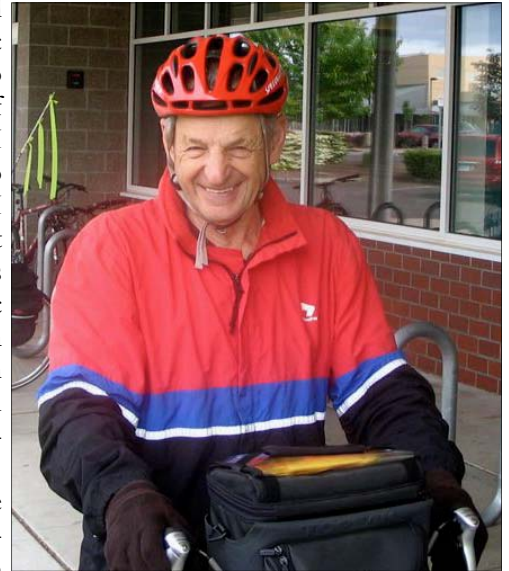
Carl is a lifelong sportsman. At 58 he finds that due to weak knees, he can no longer do water sports and skiing and was casting about for another sport. On a camping trip, he met a young man on a mountain bike and became fascinated as the young man talked to him about his bike and explained his riding habits. Carl had no idea that anyone rode a bike like that, and with the young man's encouragement, he pulled out his son's Fuji mountain bike. He hadn't ridden a bike for thirty years.

That was three years ago. He was amazed and happy to discover that people his age and older were riding forty and fifty miles. He got a Giant carbon fiber bike and did longer rides. He did the Covered Bridge, the Strawberry several times and is working up to doing a century. Although he likes the camaraderie of group rides, he also likes riding alone. He has discovered that he is healthier now than he has been in ten years.

Rose Hart came to Corvallis

to work at HP and was the first woman to work in R+D. Now she writes math books mostly, for kids but also for adults, and does public speaking to teachers of math. When I referred to arithmetic, I learned that she dislikes arithmetic and works in problem solving and concept development.

Last June a friend invited her to ride to



Peter Megis

Costco. Having discovered she could do that, though she had leg fatigue, she wanted more of a challenge. She first heard about the Club from Janet Throop. She stumbled into the 8 am ride and then decided it was more of a challenge than she wanted and returned to Osborn for the 10 am ride. Currently Rose is riding a mountain bike but looks forward to a new road bike, which she hopes will solve her knee problems. At the encouragement of Jimmy Faulkner, her neighbor, she intends to do the Loop Tour this year.

Also in this issue

- Loop Tour Participants
- Pedal/Paddle Event August 3
- Beware of Flying Insects
- Buena Vista Ferry Update
- Alan Acock—He not only rides a bike



Therese Morrissey with Jerry Rooney

At Cal Berkley, Rose was on the swim team for four years. After college she found that she was a better runner than a swimmer and ran in the National Invitational California Corporate Cup and also did triathlons. Though feeling insecure on the bike, she feels more con-

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fidant when riding with the Club because she knows that if anything happens, someone would be there to help her. She finds the people in the Club wonderful and enjoys their humor and conversation.

Julie Cressman and Mike McCusker moved to Corvallis in June 2007. Their desire to get away from the East Coast motivated them. They moved here from Pennsylvania where they had found the roads to be narrow and the drivers unfriendly. Corvallis was one of seven towns in the Northwest they chose to visit and it was at the bottom of the list. After visiting, Corvallis jumped to the top of the list. Mike is a physician's assistant and Julie does graphic design and environmental planning, working from their home.

Julie and Mike rode the Covered Bridge last summer and Mike decided to get Julie a membership in the Club for Christmas, which, of course, included him. They like the organized rides that the Club offers and Julie mentioned that they both would like eventually to do a Loop Tour. Both she and Mike were at the recent General Meeting on the loop tours.

It seems that Mike might be suited for the 8 am ride, as he believes that he could do an 18-mile an hour average, and Julie would prefer the 9 am ride. Both are athletic. With his medical background, Mike has been doing ski patrol, search and rescue, and mountain rescue.

Both look forward to getting to know more of the members of the Club and to investigating the many routes and beautiful scenes in Benton and Linn Counties and in the state.

M. "Sreeni" Sreenivasan first moved to the United States in the early '70s from India. A graduate school professor shortened his name and it stuck. His parents are still living and are 81 and 87. He retired early from a chemical engineering career so that he could visit them more regularly. Sreeni makes the trip twice a year for four to six weeks. He spent much of his work-

ing life in Pennsylvania and Georgia before coming to Albany, Oregon.

In India his bike was transportation, and he didn't ride here until the early '90s. He used to run half marathons but began having knee problems. His therapist recommended biking, and so he bought a touring bike. Because he wanted to know more about how to repair bikes, he works a half day a week at Cyclotopia.

While still working, he did the Covered Bridge. Last month was his first Club ride. He was looking for a bike and heard that Jerry Rooney had a bike for sale and through Jerry, he learned about the Wednesday ride. He already has been on the Wednesday ride four or five times. Riding with others, the lunch stops, and getting to know new people in the community all add to his biking experience. He also enjoys his solo rides.

Sreeni has been wide ranging in his tours, having done the Monster Cookie ride and the Peach Century. He has done a coast ride with the Santiam Spokes, riding, staying over night, and returning the next day. His wife had a Trek hybrid, which she disliked, and then they got Bike Fridays. It seems likely that she will be out more often, too. The Saturday 9 am ride would seem to suit her, but at present they have other commitments on Saturdays.

New Members

Rick Lamplugh - Corvallis
Mark Strickroth - Corvallis
Elissa Pankratz - Albany
Steve Brown - Corvallis
Lynn Lasky - Corvallis

The odds of dying on a bicycle in the United States in 2004 were 1 in 348,347. The odds of dying in a car were 1 in 19,216

National Safety Council

Advocacy

Walt Prichard

This is some kind of crazy weather. I am still wearing leggings on Memorial Day. Maybe I should count my blessing because there are not any tornados here yet! We all talk about the weather and don't do a thing about it--kind of like bike facilities. We all would like things a bit better but we don't know what to ask for. Some things seem nit picky while others are off the map because of cost--then where do you go? Maybe we should list the things we like about what we have. I will start a list and you can add to it with even more specific things.

- I like bike lanes so cars know where to find me (Better target)
- I like multi-use paths to walk the dog, bike, or just doodle along
- I would like signs so I would know where I am lost
- I like other people to use outdoor facilities, like parks and paths. I think it makes for more healthy people with a good outlook on their surroundings.

Now if you think about this list and what you have to add and tell me where we can do more of the same.

We have some good news. Evanite is going to resubmit their application to the Planning Dept and it is for the most part the same as before with a little fine tuning of the top of the riverbank details. It actually enhances the land to put the path on. If you know of anyone who doesn't think this is a win, win situation, ask them some serious questions. Wouldn't they like Evanite to move from the riverfront? This is the first step! No one wants expensive riverfront property with an industrial site next door.

Reservoir Rd realignment got the first approval from the Planning Department. This is just the first of many steps to get several upgrades or improvements in this area. Bikers will appreciate the moving of the intersection with 53rd St from the railroad tracks to the fairgrounds with a stop light. Walkers will enjoy a multi-use path along the new creek alignment with a undercrossing of the new road next to the fairgrounds. This project still needs some final approvals but everything is on track. This is a county road project that would never have happened unless the owner of the industrial park there had not committed some major funds (about \$1,000,000). The next step will be an improved railroad crossing with 53rd St; right now that is high on a federal finance list (CAMPO). The favored plan right now is an overcrossing of the railroad and the creek at the same time. Keep tuned for more information on this corridor.

Look for a major resurfacing project on Highland Dr from the city limits to Lewisburg Road this summer. This road is on the verge of major failure in many places. Benton County is replacing a couple of short bridges and adding some culverts this summer but none on our major routes. Fish passage money is doing most of this work.

While out on the road this summer and you see some

Max Headwind

Legs

My legs ache with longing
for a long ride
and recent memory
of the short, steep ones
that never were able to resolve
in miles with friends

road work going on, stop for a minute or two and tell the workers you appreciate their work. These guys are the ones who can really make the small details happen. At least a smile and wave will help let them know they are appreciated. When you are speeding downhill remember not to go faster than your ANGEL can fly!



MVBC Loop Tour Riders

Loop 1:

Eric Ahlvin, Katy Ahlvin, Danny Ahlvin, Benny Ahlvin, Teddy Ahlvin, Ken Ash, John Cartwright, Sharon Cartwright, Carolyn Cartwright, Liz Cartwright, John Cartwright, Jr., Henry Elder, Robert Fox, Nancy Meitle, Chuck Meitle, Henry McCarthy, Gary Mitchell, Ruth Mitchell, Lloyd Swanson, Grace Swanson, Colby Van Vooren, Sarah Weber, Glenn Woodman and Dan Youngberg

Sag Drivers: Linda Ahlvin and Betsy Reid

Loop 2:

Melissa Boyd, Colleen Hunter, Beth Dayton, John Wilson, Kelsey Wilson, Haley Wilson, Sarah Tappon, Ted Wilson, Ellen Tappon, Jessie Rieck, David Wilson, Judy Simons, Tim Corbett, Mary Davison, Jon Beilby, Katelyn Beilby, Charlie Steinmetz, Becky Steinmetz, Mike Wilson, Lori Wilson, Tyler Wilson, Jordy Wilson, Beth Brown, Paula Brown, Robert Frost, LaDona Martin-Frost, Zoe Frost, Lauren Frost, Mark Thackray, Kim Thackray, Kyle Thackray, Grant Thackray, Rose Hart, Lyle Dalton, Lee Mason, Lynn Hammer, Michaela Hammer, Elise Ross, Brian Cripe, Maddy Cripe, Shirley Schoberg, Steve Slover, Dean Miller, Darcy Miller, Meghan Miller and Ryan Miller.

Sag Drivers: Richard Burgess and George Shaw



MID-VALLEY BICYCLE CLUB BOARD MEETING NOTES

Monday, April 28, 2008

Present: Jim Gau, Susan Christie, Brian Cripe, Matt Mathews, Larry Thurber, Lloyd Swanson, Joellen Jarvi, and Shirley Schoberg. Also attending for all or part of the meeting were Jerry Rooney, Tim Corbett, Nancy Meitle, and Bettina Schempf.

Special Reports:

The meeting began with special reports and projects, so that presenters would not have to stay for the entire meeting unless they wished to.

Rolling Feast: Jerry Rooney

Jerry Rooney reported that he has designed the route for the Rolling Feast next Saturday, May 3. The route will be short, with the usual three stops for breakfast (9:00 – 10:30), lunch (11:00 – 1:30), and dessert (noon – 2:00 PM). The route will be appropriate for families and make use of trails, but Jerry will have suggestions for lengthening the loops for those who wish to ride farther. E-mail announcements will be sent to the club lists reminding all riders to meet at Osborn Aquatic Center at 9:00 AM. Jerry will bring a signup sheet.

Important Note: On subsequent Saturdays, early and late rides will start at 8:00 am and 9:00 am, instead of 9:00 and 10:00.

Ride of Silence: Jerry Rooney

The Ride of Silence, a memorial ride honoring cyclists who have been killed or injured, will take place on Wednesday, May 21. It will be simplified this year, with no police escort. Organizers will notify the City that the ride will take place, but other than that it will be “just a big bike ride, about 6.5 miles long,” according to Jerry. The ride will begin and end at Osborn Aquatic Center. Participants will assemble about 6:30 PM, and the ride will begin after a few announcements and a description of mechanics of the ride.

Italian Pursuit: Bettina Schempf

Bettina is interested in organizing this new event for MVBC. Jim Gau suggested we might hold the event in con-

junction with the club barbeque on the second or third Sunday in July. Tim Corbett suggested the new Thompson Mills State Park as a possible site for the barbeque and staging area for the event. Bettina distributed copies of a description of the event. It is a timed team event, with all teams having an equal number of riders, ideally four. A typical course is a 3- to 4-mile loop. Teams ride in a paceline. The slowest team member leads off and drops out after one loop; the second rider then leads for another loop and drops out; the third rider leads for the third loop and drops out; the fourth rides the final loop alone. Team order is decided by the handicapper. Teams start about 2 minutes apart. Bettina has found a route that is about 4.2 miles, near Peoria. If this is a club event, not open to the public, we might not have to go through the intense official race permitting process. The Board agreed that it should be a club event. Teams would be organized ahead of time.

Covered Bridge Bicycle Tour (CBBT): Tim Corbett

This year marks the 30th anniversary of CBBT, and there is interest in creating a new jersey to commemorate the ride. Tim is willing to manage the process. He informed the Board that there is a slight financial risk; total exposure would be \$4,000. Tim suggested that we order the jerseys from Voler. There was a consensus among Board members that we should order 100 jerseys (four colors; average size mix) at \$40 each. Tim would need a check for \$2,000 by June 9. There could be a supplemental order later. If Tim orders next week, the jerseys could be done in time for CBBT. Voler would provide 16 hours of graphics time for 100 jerseys. Tim suggested we provide Voler with the logo prepared by No Dinks as a basis for the design. The Board approved this expenditure. One change suggested was that location information should read “Mid-Willamette Valley, Oregon,” rather than “Albany,

Oregon.”

Crater Lake: Nancy Meitle

The Board discussed whether or not the Crater Lake weekend should remain an open event or be for MVBC members only. Nancy needs to know, so she can proceed with acquiring the permits. The National Park Service permit is for 150 riders, as in the past, but now we also have to get a U.S. Forest Service permit because we use Forest Service roads. The fee is nominal. The ride is usually about 50-50 club members and non-club riders. The Board decided to keep the ride open to non-club riders, but have a different price. The Board also suggested having a different charge for those who come for the weekend but do not ride.

Regular Reports:

Vice President

Susan reported that 2008 general meetings have gone well, with good attendance. The Board expressed appreciation for Brian Cripe’s contribution of “multi-media services.” Susan said that the Loop Tour committee will provide the program in May, on preparing for Loop Tour. There is traditionally no meeting in June, because of Loop Tour 1. Larry Thurber will organize the club barbeque for July.

Treasurer

Matt reported \$14,117.06 in the MVBC checking account and \$1,809.18 in savings. The very healthy checking account balance is a result of money coming in for loop tours (Loop Tour 1: \$2,287.50; Loop Tour 2: \$4587.50), with few expenses paid yet. Matt also reported that in the past month, 25 new and renewing members paid their dues.

Advocacy

Walt reported that the Corvallis Planning Commission approved the plan for the redesign of the shopping center at Rite Aid. Bike facilities are included in the plan.

Membership

Shirley reported that MVBC currently has 129 single and 82 family memberships, for a total of 293 memberships.

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MVBC EVENT CALENDAR: June/July 2008

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: (*Vacant*) . 9 am Ride Leader: Jerry Rooney 752-6588

Show and go rides start at 9:00 am at Osborn Aquatic Center

NOTE: IN THE ABSENCE OF "REAL" RIDE CAPTAINS, NO ONE IS PRINTING THE ROUTE SHEETS FOR THE EARLY SATURDAY RIDE. IF YOU WANT A ROUTE SHEET, PRINT IT FROM THE WEB SITE; "MVBC.COM"

June 7, Saturday Ride, 8 am: 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 14, 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 21, 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 28, Saturday, 8 am: Unseasonably cool, but dry

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

July 4, Friday, 8 am: ANNUAL MVBC MARY'S PEAK Ashley Molk Memorial Ride - Bring your climbing gears and head for the hill!

July 5, Saturday, 8 am: Small hills to a small hatchery. Fish heads unite!

- Long Ride: Shedd to ROARING RIVER back via Knox Butte, 80 miles (B650)
- Medium Ride: Shedd to BROWNSVILLE back via Tangent. 52 miles (A350)
- Short Ride: Peoria Road to SHEDD back via Tangent. 34 miles (A210)

July 12, Saturday, 8 am: Driest weekend of the year

- Long Ride: Dallas via Independence Hwy, 65 miles (B560)
- Medium Ride: Independence Hwy to MONMOUTH back via Hwy 99W, 44 miles (B270)
- Short Ride: Albany via Palestine. 34 Miles (B100)

July 19, Saturday, 8 am: Great scenic climbs!

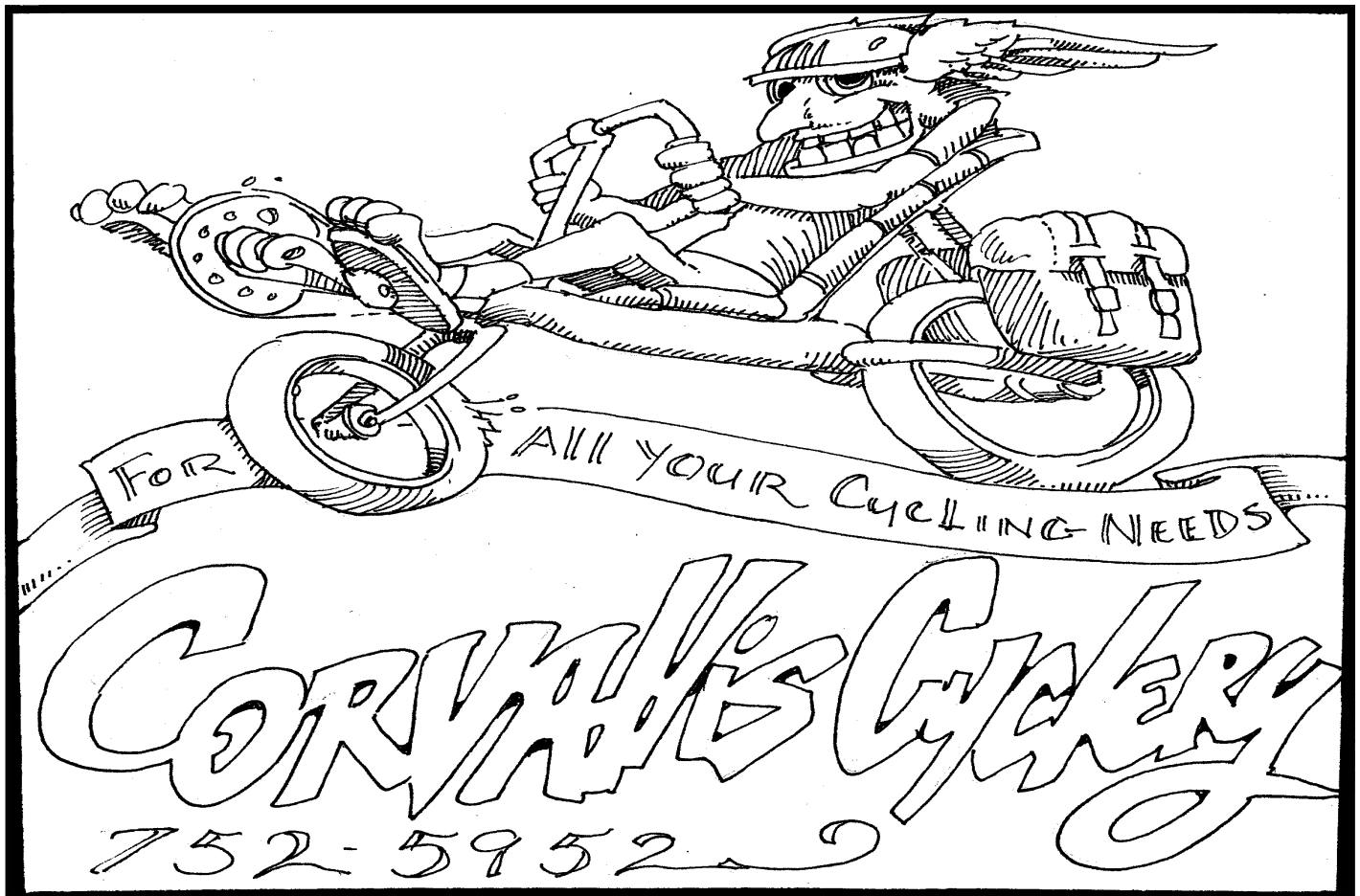
- Long Ride: Alsea to ALSEA FALLS back via Alpine, 69 miles (C590)
- Medium Ride: Kings Valley, return via Airlie. 45.6 Miles (B280)
- Short Ride: Philomath to DECKER ROAD back via Bellfountain Road. 33 miles (B170)

July 26, Saturday, 8 am: Warm and wonderful

- Long Ride: Harrisburg to ARMITAGE PARK back via Harrisburg. 79 miles (A640)
- Medium Ride: Peoria to Brownsville back via Shedd. 53 miles (A350)
- 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 Tuesday/Thursday at 5:15 pm: Meet at the Aquatic Center for a moderate to fast-paced hammerfest. Bring your own body bag.
- Every Wednesday at 9:30 am: Meet near Camp Adair Road -- first gravel parking lot east of Hwy 99W. Ride to Independence/Monmouth at an easy to moderate pace. Weekly except when nobody shows up. Counts for club mileage if somebody remembers to record it.



Pedal/Paddle

August in Motion is a month long celebration of physical activity and community involvement. The intent of August in Motion is to combat chronic disease and create a stronger community through the promotion of different and interesting events in the area of Benton County. Many of the events are "motion" based, allowing for community participants to experience physical activity in a joyful way and eventually learn to incorporate those good behaviors in their every day lives. This year, the August in Motion group is attempting to expand the program with the addition of new organizations and businesses that can provide the additional incentive some may need to participate in this great program.

Pedal & Paddle is a new program sponsored by Corvallis Parks and Recreation. Coordinator is Deb Curtis, 541-766-1734. August in Motion Project Coordinator is Patty Parson, 541-766-6659.

Details:

Date & Time: Sunday, August 3rd. 8:00 am - Noon

Pedal/Paddle info: For ages 18+. Bring your bike to Crystal Lake Boat ramp where you will leave your bicycle and safety gear in a secure bicycle corral. Take a Parks & Recreation shuttle (or shuttle yourself) to Peoria Park on the Willamette River, off Peoria Rd. Start your trip by paddling

8 miles down the River back to Crystal Lake Boat Ramp. Then bike 11.5 miles back to the starting point as a part of this unique biathlon. Prizes for first place finishers will be in one of 5 categories 1) Women 40 and under, 2) Men 40 and under, 3) Women over 40, 4) Men over 40, and 5) Tandem boaters and bikers.

Participants must provide their own bike and helmet and have river paddling experience. Boats, personal flotation devices (pfd's), and paddles will be furnished. Join for a fun morning of exercise and test of your abilities. Co-sponsored by Peak Sports. Volunteers are needed for a variety of positions. To volunteer, call Deb Curtis at 754-1734.

Fees & Registration: General Fee-\$40, if you live in Corvallis. Out of City fee - \$50. Registration is first come, first serve. The program may have a maximum enrollment that could fill up quickly. Registration is at the Corvallis Parks and Recreation Administration Office at 1310 SW Avery Park Dr., 8am-5pm Monday-Friday. To register, get the form on-line at <<http://www.ci.corvallis.or.us>>, Click on "Departments", then click on "Parks and Recreation", then on "Activity Guide". You can also get the form directly from the Parks and Recreation office. The Registration form is on page 63 of the Activity Guide. You may mail, hand carry, or fax the form to Parks and Rec. See the Activity Guide for further information, or phone 541-766-6918.



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Franklin press is cooperating with the color scheme on the newsletter to notify members when their subscription expires.

Newsletter

Lloyd said that he might need to get new versions of Microsoft Office and Publisher (traditionally provided by MVBC), as files he receives in these newer versions are not "backwards compatible" with his older software. The Board made no decision on this issue.

Lloyd showed us the single newsletter page that is distributed to bike shops bi-monthly. It contains a representative front page, with MVBC Board contact information, and the ride schedule.

Mileage Report

Larry continues to maintain the ride calendar and select rides. He reported that club miles are steadily increasing, as we move into spring. In April, 155 riders rode 6,406 miles. Larry also mentioned that many of the old routes need updating and that there are new routes we could be riding. A brief discussion led to no decision on how or when this might be accomplished. A related concern is the present vacancy of the ride captain position (see later discussion).

New Business:

Strawberry Century

MVBC has again been requested to provide volunteers to help the Santiam Spokes with this ride. The contact is Bill Pintard. Shirley expressed interest in helping with registration again. Larry has worked with the Spokes in previous years, and helped organize MVBC volunteers. Both he and Jim also plan to volunteer this year.

Pedal/Paddle Event

MVBC was approached to provide a few course monitors for this event, which takes place during Loop Tour 2. Jim announced it at the April general meeting, but there wasn't much interest. MVBC will not be formally involved, but club members might wish to volunteer.

Portland Century

Organizers of the Portland Century

have also contacted MVBC about possibly providing volunteers. Individuals might wish to volunteer, but MVBC will not formally participate.

May – National Bike Month

Jim Gau reminded the Board that May is National Bike Month (information only).

Ride Captain Position

Lloyd expressed concern about the lack of a ride captain, which is leaving the early ride disorganized, with no leader and no ride sheets. Larry commented that the advent of the later Saturday ride changed the club dynamics. For the early ride, there is now no organization and no way to track riders and introduce new ones. This is not a good situation for new riders or for anyone who does not know the routes. If it weren't for Larry, we wouldn't even be accumulating mileage. Other Board members shared Lloyd's concern. Larry suggested, and the Board agreed, that we form a small committee to figure out what to do about a ride captain. Board volunteers include Larry Thurber and Jim Gau. They will invite Jerry Rooney to participate, and someone from the early ride. Eric Ahlvin was suggested as a possibility.

Respectfully submitted,

Susan Christie, MVBC Vice President

Buena Vista Ferry

Ray Gillden

The Buena Vista ferry reopened May 24 after high water, due to tremendous snow melt, forced it to be closed on May 18.

I was one of its last passengers to ride the day it closed, and had the opportunity to talk with the captain about the ferry's future. The ferry is operated by Marion County and has been running for more than 50 years. The ferry's hull, in fact, is more than 50 years old.

The ferry is in continual danger of being closed permanently as fares don't pay expenses (even collecting fares from cyclists and pedestrians would make little difference). A recent attempt to save it by giving it historic status

failed when a grant proposal was improperly written. I think this leaves the door open to save the ferry.

The mantra of conservatives is, "If it doesn't make a profit, it has no value." We know better and should let the Marion County Commissioners know how we feel.



Stinging Insects On the Road

Mark Daeschel

As the weather becomes warmer, various insects make their appearance on the road. Most troublesome are the stinging types such as bees, wasps, hornets, and yellow jackets. Over 2 million Americans are allergic to stinging insects. The degree of allergy varies widely. Most people are not allergic and most insect stings result in local itching and swelling. Many though, will have severe allergic reactions. About 50 to 150 deaths occur each year from these stings, and up to a million hospital visits are on account of insect stings. The least common, but most severe allergic response is anaphylactic shock. Most individuals who respond in this way to stings are aware of their sensitivity. They take avoidance measures and carry intervention therapy such as a "EpiPen" which allows for self administered injection of epinephrine. Allergy shots to desensitize the immune response is another option.

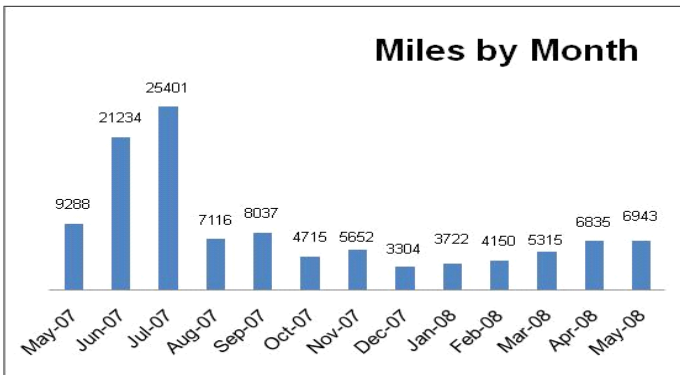
How can we minimize our risk of being stung while cycling? On rides our body is completely exposed to the environment so collisions with insects are unavoidable. The warmer it becomes, the less we wear and thus the less protected we are. One of the advantages of form-fitting cycling clothing is that it prevents insects from becoming trapped in sleeves and pant legs. Make sure you zip your jersey to the top to minimize entry through the neck line. Today's bike helmets are designed for maximum cooling as witnessed by the 20 plus vents that has become the norm. These vents can easily trap insects and result in the pro-

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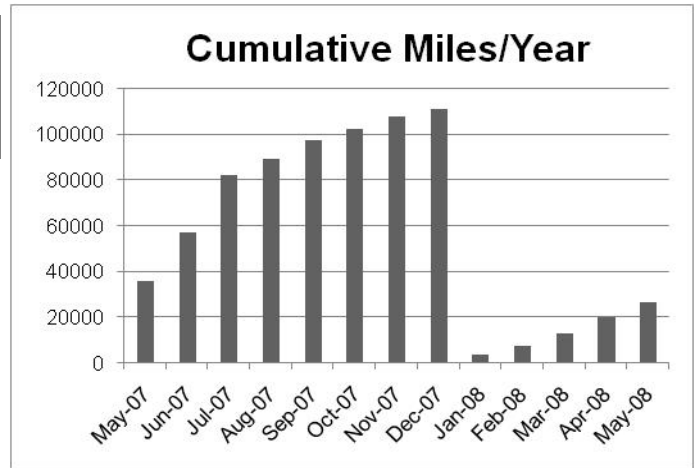
OUR RIDE CAPTAIN REPORTS

LARRY THURBER

May 2008 seemed to be mostly sunny and warm and had at least a couple of spectacular Saturdays. However, the expected HUGE increase in mileage didn't happen. I'm still scratching my head. We had a big turn-out for a very successful Rolling Feast, with 55 riders signed up officially, and a few late stragglers, pushing the total to 60+ cyclists. However, most riders were only credited with 15 miles for the route. A few people did turn in some higher mileage, which was duly recorded. There were a number of new riders on the Rolling Feast, which proves "if you feed them, they will come." All in all, a great ride. Many thanks to the hosts and organizers. Also in May, a number of Tuesday/Thursday riders started turning in some serious mileage, which bumped up individual totals.



The total number of miles for the May was 6,943. This brings the yearly total to somewhere around 27,000 miles. The database and the spreadsheet have a difference of 48 miles. Given that this discrepancy is less than 0.2% of the total, it kinda falls into the "who cares" category. It's only pointed out for those of you with keen math skills that maybe all the numbers between the graphs and text don't match. For those of you who have past issues of the Spokesman hanging around, you will note that April miles had an increase. While cleaning out the ride book at the Beanery, a sign-up sheet for April was found, thereby increasing the numbers for last month. Whew! One last note... There are five Saturdays in May and the last Saturday is not reflected as the numbers weren't available by the newsletter deadline. Given that we have some club members who feel the need for a century every week-



end, the next report will probably reflect a higher total for this month as well. Stay tuned.

Now for the good stuff. We had 88 riders contributing to the monthly total. Twenty-six of the riders had totals over 100 miles. The late Saturday group (aka "Rollers") contributed 1,355 miles to the total, the early Saturday group added 4,991, Wednesday riders put an even 1,500 miles on the charts, and the Tuesday/Thursday cyclists pedaled for 452 miles. The Rollers total was down a bit as the usual gang was counted as early riders for the Rolling Feast. The Top 10 mileage riders for May were: Lyle Dalton, 474; Mark Newsome, 369; Terry Dibble, 313; Leon Ungier, 299; Vladimir Baicher and Joellen Jarvi each posted 257; Jim Gau, 228; Dan Youngberg, 211; Tim Corbett, 192; and Les Boudreaux, 167. This month, we have three of the top five riders crossing the 1000+ mile category for the year. The top five year to date are: Terry Dibble, 1095; Lyle Dalton, 1092; Dan Youngberg, 1021; Jim Gau, 960, and Tim Corbett, 950. May welcomed 12 new, or infrequently seen, riders with the club: Joseph Bailey, Gabriel Christy, Pam Fulkerson, Sage Gustafson, Tarah Gustafson, Marc Hernreid, Emillie Holder, Sharon Lissman, Stephen Lombard, Pete Megis, Joanne Petrie, and M Sreenivasan. Most of these were Rolling Feast attendees.

A couple of last notes. It helps the poor database guy if you carefully print your name on the signup sheets legibly AND please make sure you sign up. Thanks in advance.

As always, if there is anything else you would like to see in the ride report, or if you have other comments or suggestions, please send an e-mail to the address shown on the inside of the newsletter.



Join the MVBC

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. To join the club, go to the website at <www.mvbc.com> and click on the Join link at the top of the page. Or you may contact the membership secretary (Shirley Schoberg, 979-1120) to obtain a signup form.

(Continued from page 7)

verbial "Bee in the Bonnet". Wearing time trial helmets is not a preferred option; so what to do? I wear a skull cap year round. That way a wayward bee cannot get caught in my hair or in what's left of it. The skull cap also traps sweat and provides evaporative cooling. I have also seen mesh type helmet covers which will keep the bugs out. Leg shaving for aerodynamic improvement may not be something most of us are in need of. However, hair free legs would certainly provide less of an anchor for a yellow jacket to hang on to get into a stinging position. Health professionals recommend not to act, smell, or look like a flower. The latter may imply wearing a jersey without the cornea vibrating graphics. During the Crater Lake tour last year, I stopped for a quick sugar snack of Gummi bears. Within 10 seconds I was surrounded by Yellow jackets. I dropped everything and sprinted away. Something in those bears drew them in like a magnet.

My own insect sensitivity is normally not life threatening, I just get this huge swelling that hurts and itches like hell. My biggest fear is swallowing one these little guys while riding and getting stung in the throat or windpipe. A roadside emergency tracheotomy is not the best way to finish a ride. I try and keep my mouth open, but my teeth shut together when I ride through country where there may be greater numbers of the critters. One clue is when you hear repeated tapping on your helmet; a good indication you may be heading into a swarm. How to keep insects out of your throat, but get enough air, and smile at the same time? Do like the Cheshire cat.

Alan Acock—Barbara E. Knudson Endowed Chair in Family Policy

"I want to find ways to strengthen families and make the trajectory of adolescence more successful," says Alan Acock, professor of human development and family sciences, who was recently named the Barbara E. Knudson Endowed Chair in Family Policy. "Youth today face so many choices and challenges that impact whole families," says the father of four boys. Alan believes that informing state and national policy makers about

Classified

FOR SALE: TREK 7000 hybrid or cross-bike, 21-speed, 21" tall. Only ridden twice, obviously in good condition--equipped with computer, rack, kickstand & bottle cage. Asking \$250. (I paid more!) Any questions? Pat Collard 745-5146

For Sale: TOUR EASY Recumbent, medium-large frame, black, with custom built touring wheels, fairsing, fenders, oversize rear rack, front triangle bag, cyclecomputer, water bottle cages, and frame pump. This is the bike that won this year's Midge Cramer Coasting Contest in the recumbent division. \$1500 negotiable. Lyle, 231-9576

current research is a critical part of effecting positive change. "There is a huge body of research that has implications for policy for children and families." A preeminent statistician and author of *A Gentle Guide to Stata and Family Diversity*, Alan is currently collaborating with OSU researchers on projects including self-regulation in young children, how family dynamics shape the development of children, and the impact of positive action programs to prevent risky behaviors in young children. He is also working on a textbook on advanced statistics and is a featured speaker in the college's Summer Institute on Research Methodologies. He served as editor of the *Sourcebook for Family Theory and Research* and has published more than 100 scholarly articles.

Alan succeeds Clara Pratt, who continues her advocacy work as part of the college's new Hallie Ford Center for Healthy Children and Families.

From *OSU College of Health and Human Sciences Synergies*, Winter/Spring 2008



Barbara E. Knudson '39 congratulates Alan Acock on his appointment to the endowed chair that she established in 1991.

MID-VALLEY BICYCLE CLUB
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Address Service Requested

Meetings & Announcements

Future Events

June 14 - Strawberry Century, Santiam Spokes
June 14 - Gorge Ride, www.hcrh.org
June 21-29 - MVBC Loop Tour I
June 22-28 - Bicycle Tour of Colorado,
www.bicycletourcolorado.com
June 28 - 2nd Annual Willamette Wine & Wheels
June 22 - Watermelon Ride, Salem Bicycle Club
July 3-6 - NWTR, McMinnville,
www.nwtr.org/2008/
July 12-13 - STP, Cascade Bicycle Club
July 26-August 3 - MVBC Loop Tour II
August 1-3 - Cycle Oregon Weekend
August 3 - Pedal/Paddle, Corvallis, 766-6918
August 10 - Covered Bridge Bicycle Tour, MVBC
August 17 - Yaquina Lighthouse Century, Newport
August 22-24 - Crater Lake Rim Ride, MVBC
Sept 6-13 - Cycle Oregon, www.cycleoregon.com/
Sept 28 - Peach of a Century, salembicycleclub.org
Oct 12 - Harvest Century, Champoeg State Park

No General Meeting in June

Stay Tuned for the Picnic in July

IMPORTANT SUBMISSION INFORMATION

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

Please send this material to the editor in Word format:

Lloydvswanson@comcast.net