



Word Links

Roger Gaither

I ride because it feels good (most of the time:-); not because it's good for me or good for the planet. Those are nice additional reasons, but let's face it, I don't ride enough to say that it keeps me healthy and breathing deeply. That would be nice and I'll claim that reason every time it's politically correct. And - one guy on a bike doesn't even register on the car maker worry list. No more than I ride - the CO2 in the atmosphere doesn't quiver a bit. So I can say for sure only that riding feels good (most of the time:-). The others are icing.

The second part of feeling good is that I get to see the outside up close and at a little faster clip than I walk. Being outside is very nice, mostly when it's 70 and sunny, but it's even fun when it's 40 and misting. Although the second conditions are fun for a much shorter time!

The third part of feeling good is sharing parts one and two with other crankers. That's where the club comes in - riding with others sharing in the exercise and the outside. Then of course we can sit around afterward and proudly say how much healthier we are and how much we helped the planet by not driving our 2000 lb. cars (or trucks). But we know deep inside that the real reason is simply that it feels good!

Hey Everyone:

This column is available for anyone to write about anything bicycling. So next month send me something to share with others in the club. vrg



OUTSPOKEN

Newsletter of Santiam Slow Spokes, Inc. • Volume 11, Number 2 • November 2002

Fifty Years Later

Mary Ellen Lind

You can probably picture three little kids on one bike -- one on the handlebars, one on the seat, and one standing up pedaling. That's the way my two brothers and I got to school one year.

My eight year-old brother was on the seat with nothing to hang on to except the seat. I got the hard handlebars with my feet pinching the fender. My 13 year-old brother stood and pedaled his bike without a chance to sit and rest. This was serious transportation, not fun at all. My brother still speaks about being told he had to ride

the three -mile gravel road, up and down hills, to take us to Spring Valley grade school. I was in first grade and the biker, my oldest brother, was in 8th grade in that one-room schoolhouse.

On September 28, 2002, several SSS bikers and the Salem Bike club rode the Old Schoolhouse Tour out Wallace road, West Salem.

First we rode past Lincoln grade school, where I spent sixth grade. The building looks the same, but obviously is now a home and the playground is a garden. Then we rode on to Spring Valley schoolhouse. (Photo is this school.) The building has hardly changed, only the outhouse is gone. It is now a community grange. We noted the "chin-up" bar, imbedded in the trunks between two trees in the front yard. Our next school was Hopewell school where I attended the 4th and 5th grade. It hardly



Spring Valley grade school — 1st grade for Mary Ellen

resembles a school house any longer, but a modern-style house. The bell tower is gone. We enjoyed the little espresso shop in the playground where the bar holding the chain swings is still perched high between trees. The fourth school, Wheatland, was attended during my 2nd and 3rd grades. The building is gone and replaced by a pasture across from the Maud Williamson State Park. In the 1950's these one-room schools closed, one by one, and students were bussed to the cities of Salem or Amity. In my eight grades of elementary school, I attended six schools in a ten-mile radius of my home.

My thanks to Joanne Heilinger, the bike ride leader for the Salem Bike Club. She outlined the ride when I told her the school buildings I wanted to see again. After we returned to Salem, Joanne commented about how much she enjoyed the added flavor of history that this ride gave us as well as the beautiful landscape of west Salem.

We had fun sharing stories about the pranks that we played on the teacher or each other during our elementary school days. At Wheatland, for example, during several recesses, my classmates and I jumped up and down on the wooden floor of the outhouse until it was so weak it had to be replaced. That way, until it was repaired, we got to go across the road to Maud Williamson Park to use the toilet!



No Club Meeting in November

>>>Yes<<< Board Meeting

There will be a meeting of the new club officers at 7:00 PM on Thursday, November 21 at Lebanon Community Hospital to get organized and plan for the year ahead. Officers, please mark your calendars & bring your thoughts for 2002-03. Thanks!

Bicycling Event

On October 19 thirty two folks came to Scio for our *bicycling event* and had a good time. The weather was beautiful with enough sun, sparkle, and warmth to make bicycling and lounging outside enjoyable.

Several folks completed the long loop of five bridges, while most opted for the 31 or 18 mile loops. Food was plentiful, conversation lively. We had guests from Albany, Corvallis, Eugene, Jefferson, Lebanon, Springfield, Sweet Home and Portland.

Lloyd, Dian and I enjoyed revisiting our Across America tour of 2001 and indications were that the other folks enjoyed the computerized slide show as well. Thanks everyone for coming. vrg

Outspoken Input

The inbox is open for you to submit information, news, articles, jokes, observations, pictures; you know – stuff!

I'll do my best to include it all and except for spelling, punctuation and occasional syntax corrections, it'll go in the way you give it to me. Say, call or send to:

Roger Gaither
P.O.B. 129
Scio, OR 97374.
503/394-3696.
gaither@wvi.com

Minutes

Minutes from the October 3, 2002 general meeting of the Santiam Slow Spokes, Inc.

Minutes by Tim McDowell

Craig Eucken introduced the program.

Lynette Chiang gave a presentation on her three months touring Cuba on a Bike Friday. Lynette, a native of Australia, has invested the last five years touring in England, Costa Rica, Europe, and Cuba. Currently she lives in Eugene and works at Bike Friday.

During her tour in Cuba, Lynette rode both the North and South coasts and lived closely with native Cubans who generally welcomed her into their lives. Among her experiences were numerous stays in private homes, a few tourist hotels and even a sail boat journey along part of the coast. She found Cubans to be open and generous in sharing their often meager resources, but also she was the mark for several attempts (quite obvious) to persuade her to part with some cash. Cuba is a place of strong cultural contrasts reflecting the past (pre-revolution) vs. the current communist state under Castro (very poor.) Her slides and talk captured Cuba as it is today. There were many questions and everyone enjoyed Lynette and her presentation.

After her slide presentation, Lynette and Tim from Bike Friday demonstrated two bikes: a Pocket Rocket and their recent Recumbent Tandem with under seat steering.

The business meeting was called to order by Bill Pintard.

Minutes of the September meeting were approved as written in the newsletter.

Treasurer's report: We have \$7934 in our account.

We have 63 current members.

Bill Pintard described the proposed progressive meal ride scheduled for Nov. 23rd. (See details elsewhere in *Outspoken*.)

The START rides that Duane and Joan Dennis have been leading are on hold for the winter. They may offer them again next spring. On behalf of the members, Bill expressed thanks to Joan and Duane for leading these rides. We look forward to their return next year.

Bill read the proposed slate of club officers and invited nominations from the floor. Ed Wright moved that the proposed slate be elected unanimously. The motion was seconded and the slate approved.

Officers for 2002-3 are as follows:

Ken Fullen - President.
Roger Gaither - Vice-President.
Tim McDowell - Secretary.
Dennis Murphy - Treasurer.
Mary Ellen Lind and Bill Pintard - Ride Committee Captains.
Sally Skaggs - Historian.
Susan Greenup - Membership.
Roger Gaither - Newsletter.
Ed Wright - Web Master.
Sally Skaggs - Publicity.

Bill Pintard continued to preside.

Ed Wright presented his final report on this year's Strawberry Century. Net proceeds were \$2993.76. This is approximately the amount received from sponsors this year. Without the great work that was done lining up those businesses and individuals earlier this year, the century would have barely broken even.

Roger Gaither moved that the Club donate \$2000 to the Hospital Foundation General Fund. This was seconded and approved.

Bill presented a list of some of possible upcoming expenses and suggested that the Club donate \$250 to the B.T.A. This item was tabled for the next meeting

Bill suggested that the Club purchase a new banner for the Strawberry Century to put up at the High School. Our current banner is rather worn. He also suggested buying some stackable plastic storage chests for our century supplies and equipment and a hand truck to move things. These also were tabled.

Other items needing attention in the near future include: our club membership in Adventure Cycling, the Strawberry listing in the Oregon Events Calendar, our web site fee and state registration as an organization.

Bill then presented information about the Get In Gear program that is starting in Albany. This is a copy of an e-mail that he sent out earlier this fall.

Hello Everyone,

There is a new project starting in Albany called Get in Gear! Bike Shop.

It is a joint project of the YMCA, Albany Schools and ESD. The program needs adult volunteers to serve as mentors to youth in a bike shop environment. It is about "Bicyclists and community volunteers invested in helping youth experience success, safety, and community connection!"

It will offer a free bike repair and maintenance shop for youth at Central School in Albany. The shop will be open on Tuesdays from 3:30pm to 5:30pm. and is targeted

continued on next page

Role of the Ride Leader

I have paraphrased Bill's fine suggestions for ride leaders so that copy will fit better here.

Choose A Ride

If an existing route, the ride captains will give you a copy of road turn list and map. If new, gather the basic information below.

Drive or Ride the Route

Check distances, turn locations and road conditions. Locate rest rooms and regrouping spots every 10-15 mi. Verify food stop and confirm they will be able to serve us. Give route, terrain description and anticipated average speed to the *Outspoken* editor, web master and ride captains.


Ride Description

Make corrections to existing information or prepare a new essential ride description. Clearly state turn locations & direction and include a map, if possible. Make copies for all riders and for the ride book.

Day of Ride

- Arrive 15 min. early
- Introduce yourself
- Give route descriptions
- Have riders sign the ride waiver form
- Tell riders about the ride so everyone knows its difficulty, regrouping spots, rest, water and food locations. Advise of road hazards.
- Consider ride safety and make sure all riders have a helmet. Encourage bringing tire pump, tire irons, patch kit and water.
- Identify a ride sweep and inform all riders.
- Identify riders with cell phones and exchange numbers. It's advisable for the leader and sweep to have phones.
- Count riders

After the Ride

- Send a corrected copy of the description and the completed waiver form to the ride captains. Include comments on the ride that might help a future ride leader.
- Pat yourself on the back for a job well done. 

Minutes *continued from page 2*

towards kids in the 4th to 8th grade.

The initial training for volunteers will be September 24 at 4 pm at Central School. Applications for volunteers are available at the YMCA, Y Mentoring office, 3311 Pacific Blvd. Call 926-4488 ext 306 for additional information.

The program begins October 1st. Volunteers may sign up for a minimum of one Tuesday per month or for every Tuesday. Although the program starts on October 1, you can volunteer at any time from now on.

Volunteers are asked to be positive role models as well as provide opportunities for youth to learn new skills in a safe, fun environment.

This is an opportunity to share your cycling knowledge with kids. You may contact me, as well as the Y, for more information. 967-3295. Bill

For some time the club has needed an updated brochure which includes the membership form. Tim McDowell checked printing costs with LazerQuik in Albany. Their price will be \$79 for 500 or \$135 for 1,000 with black ink on white paper. For printing in one color, add \$15 to the price. There would be additional cost for color and better quality stock. The club decided to have brochures printed in color. Roger Gaither agreed to complete

the necessary revisions to the brochure computer files and to arrange to have the brochures printed. He will send to the club board (via e-mail) the revised brochure for their approval prior to printing.

Bill moved that the club continue with 7 PM each month as our regular meeting time. Motion was seconded and approved.

Dennis Murphy suggested that we continue with a start time of 9:00 AM for our regular Saturday club rides. After considerable discussion, Roger moved that we follow our usual ride schedule during the winter (after DST ends in October) to begin Saturday rides at 10 AM. The motion was seconded and approved.

Roger moved that we have no general club meeting in November. Motion seconded and approved. Roger also suggested that there will be a meeting of the new officers after Ken Fullen returns from his cross country drive.

Roger asked for two-three people to help plan the holiday party. Marilyn & Lloyd Lambert and Dian Gerstner volunteered to help plan the party. Members agreed the party will be held at the regular time and date as the general meeting in December. Stay tuned for more details. And hope to see you there.

Meeting adjourned. 



Colder, wet weather is ahead. These suits are available at Y-Mart. Look for "giant size infant snow suit" — (Bloomington, Minnesota mall.) Illustration is by Greg Siple courtesy of Adventure Cycling.

7:00 PM • Thr • Dec 5
Lebanon Community
Hospital



Holiday Party

Food, Games, Music, and
Sharing A Good Time

That's all the details we have at this point, but the planning committee of Marilyn, Lloyd, Dian and Roger will soon be hard at play planning the party. If you have a burning desire to join in the planning fun, call Roger at 503/394-3696 or e-mail gaither@wvi.com. There's room at the table.



December Ride Notes

These are the rides presently planned for December; for more information contact the ride leader for each or Bill @541/967-3295 or Mary Ellen @541/738-8600.

Dec. 7, 10:00 AM Albany Loop via Santiam Bluffs

Start at Linn County Fairgrounds. Lunch in Albany. Some hills, 30 miles, Lloyd Lambert, 327-2815.

Dec. 14, 10:00 AM Lebanon to Crabtree Loop

Start at LCH. Lunch at the Crabtree Tavern. Flat, 28 miles, Martha Stiffler, 258-5974.

Dec. 21, 10:00 AM Albany Christmas Ride

Start at the Linn County Fairgrounds. Bike decorations ok. Share some Christmas cheer. Flat, 15 miles, Ed and Marge Wright, 926-3234.

Dec. 28, 10:00 AM Corvallis to Peoria Loop

Start near the Corvallis bridges. Lunch in Corvallis. Flat, Estimate 35 miles, Mary Ellen Lind, 758-8600.

Saturday
Nov. 2, 10 am

South Corvallis Loop, via Decker Rd.

Start in Corvallis near the Harrison Street bridge. Lunch in Philomath. One good hill. 30 miles. Mary Ellen Lind, 738-8600.

Saturday
Nov. 9, 10 am

Albany to Shedd Loop

Start at South Albany Pool. Lunch in Shedd. Flat. 35 miles. Tim McDowell, 926-0957.

Saturday
Nov. 16, 10 am

Kings Valley Ride

Start in Corvallis near the Harrison Street bridge. Lunch in Philomath. Hilly. 50 miles. Dennis Murphy, 738-8600.

Saturday
Nov 23, 10 am

Progressive Ride - Yummm...

Start at LCH

Don't bring your lunch! 44 miles. Mostly flat with some small hills. Questions? Contact Bill @ 967-3295 or Mary Ellen @ 738-8600. If it rains, we will complete the route by car.

First Stop

Hors d'oeuvres at Susan Greenup's home, 30740 Carnelian Ct, Lebanon. 259-3923.

Second Stop

Salads at Bill & Shirley Pintard's home, 2557 43rd Pl., Albany. 967-3295.

Third Stop

Entree (turkey with all the fixings:-) at Jim & Myrna Kline's home, 272 Empire Ct., SE, Albany. 967-1083. Anyone wishing to bring a dish to go with the entree should contact Jim & Myrna.

Fourth Stop

Deserts at Ralph & Gladine Burkholders home, 610 E. Ash St., Lebanon. 258-5804.

Saturday
Nov 30, 10 am

McDowell Creek Park Ride

Start at LCH and ride to McDowell Creek Park and return. Bring your lunch. 33 miles. Some hills. Ken Fullen, 327-2084.

Interesting Other

Blueberry Rides

Sat., Nov. 2nd

Verboort Sausage Fest.
10:30 AM. Start from Shute Park, 600 SE 10TH AVE Hillsboro, OR (meet in the parking lot). Enjoy a social ride on gentle terrain as you make your way to the Verboort Sausage Festival. Dinner at the event is \$12.00. Bring a bike lock and enjoy playing bingo for prizes while you eat dinner. Team Blueberry rides sweep so nobody left. 29/44 miles, mostly flat. Louie Martin & Becky Anderson. 503-449-6680.

Blueberry Rides

Sun., Dec 15th

Christmas in Dairyland
10:30 AM from Laurelhurst Park playground at 38th & S.E. Oak St. in Portland, Oregon. S.E. Oak St. is one block north of S.E. Stark St. Decorate your bike for the 3rd annual ride to Alpenrose Dairy. We regroup at Alpenrose for hot drinks and cookies provided by Blueberry Rides. Bring a lock and allow yourself extra time to enjoy a walk around Christmas land. Last year we were treated to a Rusty Nails Clown show. The year before, Louie saved Santa. What adventure awaits this year? We regroup often. Distance 20 miles, some climbing. Louie Martin & Becky Anderson 503-449-6680.

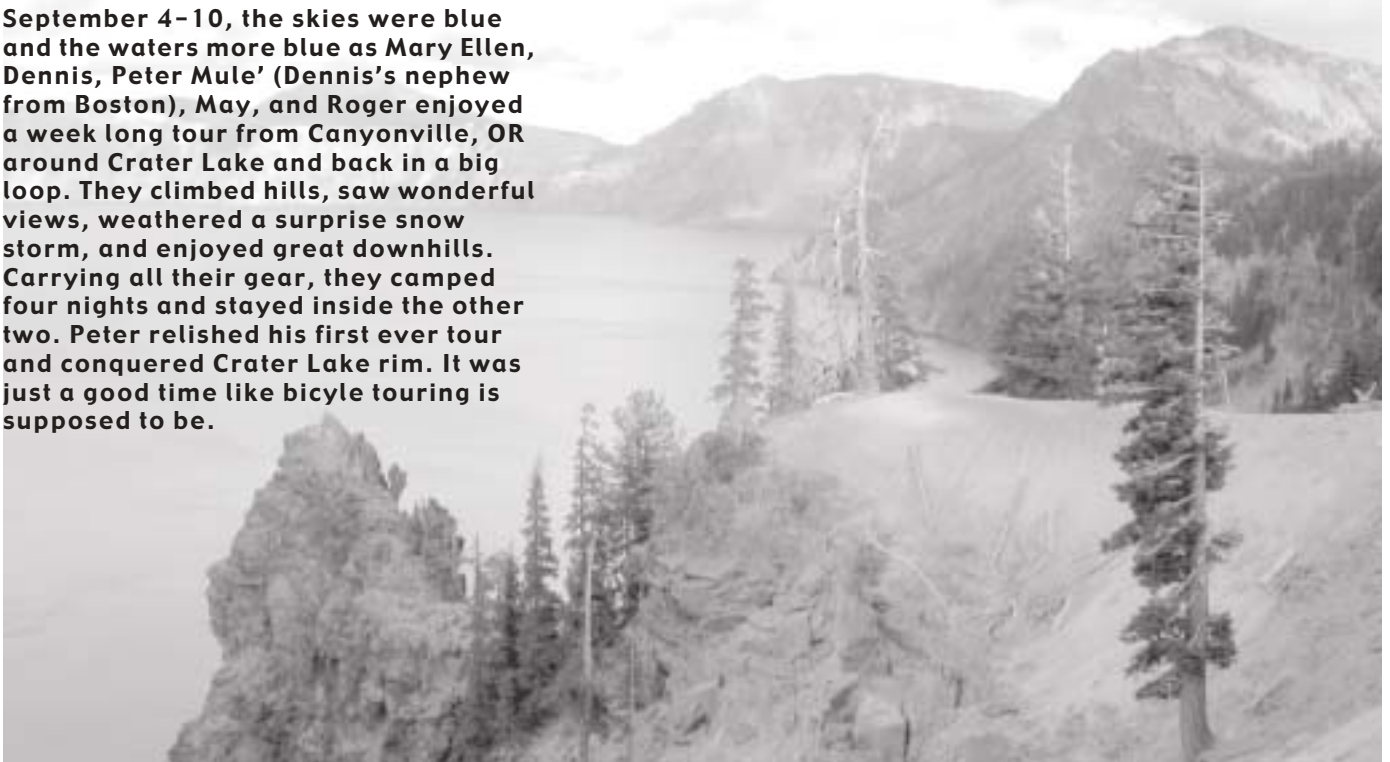
Law Class for Bicyclists

Nov. 20, 2002. Presented by bike lawyer Ray Thomas at Bicycle Transportation Alliance (BTA), 717 SW 12th Ave., Portland, OR. Call the BTA @ 503-226-0676 to pre-register

These clinics instruct riders about Oregon's vehicle law from a bicyclist's perspective. Learn how to pursue motorists for vehicle harassment and bring them to court, and gain an overview of traffic and insurance laws. Knowledge of the rules of the road and standard insurance policy coverage may allow bicyclists to represent themselves and obtain fair damages.



September 4-10, the skies were blue and the waters more blue as Mary Ellen, Dennis, Peter Mule' (Dennis's nephew from Boston), May, and Roger enjoyed a week long tour from Canyonville, OR around Crater Lake and back in a big loop. They climbed hills, saw wonderful views, weathered a surprise snow storm, and enjoyed great downhills. Carrying all their gear, they camped four nights and stayed inside the other two. Peter relished his first ever tour and conquered Crater Lake rim. It was just a good time like bicycle touring is supposed to be.



Clockwise from UL: sunset while camping at Crater Lake Resort in Ft.Klamath; Mary Ellen & Dennis on the rim; Crater Lake looking east; the skies opened up with an inch of snow as we first arrived at the rim; Dennis & Mary Ellen the last evening camping at Rogue Elk County Park (nice place!). Good time all around.



November 2002 Cycling • Santiam Slow Spokes

Sun	Mon	Tue	Wed	Thr	Fri	Sat	
				Helmets are required and it's wise to carry a tire pump, patch kit, tools, water, energy food, and money is good.	1	10:00 AM South Corvallis Lp, via Decker Start in Corvallis near the Harrison Street bridge. Lunch in Philomath. One good hill. 30 miles. Mary Ellen Lind, 738-8600.	
3	4	5	The Wednesday Wanderers have mostly run out of consistently beautiful weather; so they are a little more informal and impromptu. This means that they will ride when things look good and the spirit moves them. If you are interested in a mid-week ride, just call Bill Pintard at 541-967-3295 or Jim Kline at 541-967-1083. They likely will be interested.	No general club meeting this month! Mark your calendars for the Holiday Party, Dec 5!	7	8	10:00 AM Albany to Shedd Loop Start at South Albany Pool. Lunch in Shedd. Flat. 35 miles. Tim McDowell, 926-0957.
10	11	12	14	14	Input for Outspoken is due today	15	10:00 AM Kings Valley Ride Start in Corvallis near the Harrison Street bridge. Lunch in Philomath. Hilly. 50 miles. Dennis Murphy, 738-8600.
17	18	19	20	21	22	22	10:00 AM Progressive Ride You'll gobble this one up. Lebanon to Albany loop. Start at LCH and eat at homes along the way. Mostly flat. 44 miles. Bill Pintard. 967-3295.
24	25	26	27	28	29	29	10:00 AM McDowell Creek Park Start at LCH and ride to McDowell Creek Park and return. Bring your lunch. Some hills. 33 miles. Ken Fullen, 327-2084.

This is an abbreviated listing of the club rides and events. For more info. refer to the more detailed items within.

S. S. Spokes is a recreational bicycling club for cyclists of all ages & abilities (don't let the name mislead you). The Lebanon area & Willamette Valley offer wonderful roads through beautiful farmland with plenty of hills nearby. We ride weekly Saturday around plus other times during the dryer months. Club meetings are normally each month the first Thursday at 7:00 PM at the conference center of Lebanon Community Hospital. See Outspoken for specifics on meetings & rides. The public is invited to the rides & meetings. For membership information contact Susan Greenup, 541/259-3923. Other officers: Ken Fullen - President, 327-2084; Roger Gauthier - VP & Newsletter; 503/394-3696; Tim McDowell - Secretary, 926-0957; Dennis Murphy - Treasurer, 738-8600; Mary Ellen Lind, 738-8600 and Bill Pintard, 967-3295 - Ride Captains; Sally Skaggs - Historian & Publicity, 258-5337; Ed Wright - Web Master, 926-3234.

c/o Lebanon Community Hospital
P.O. Box 739, 525 North Santiam Highway
Lebanon, Oregon 97355
www.santiamslowspokes.org

