

OUTSPOKEN

Newsletter of Santiam Slow Spokes, Inc. • Volume 12, No. 5 • February 2004

Notes from the Saddle

Tim Mangan, President

This month's message is for our club members whose lives and schedules are chuck-a-block full. Thanks for being a part of the Santiam Slow Spokes as dues paying, contributing members.

What is missed most is your presence at your monthly club meeting and the planned Saturday rides. The meetings are full of good cheer and snacks, and for a recreation bike ride the Saturday rides are hard to match. I enjoy riding and joking with the usual amiable group. Although I wonder when I will have the opportunity to meet the other 50 or so club members.

After touring other parts of our country, I must let out the secret; our Willamette Valley is unsurpassed for a cyclist. There is no better way to see it than with like-minded friends, not to mention the good food along the day's ride. So if your schedule allows, pick out a Saturday ride in the coming months. You may just pick the Quarterly Surprise ride. On this ride, your club will host lunch at a great eatery. Bill Pintard and Marlene Mangan (ride captain, and co-captain) along with the ride committee deserve a big thanks for organizing the Saturday rides. If you have ideas for rides you would like to see included contact Bill or Marlene.

Onto the Strawberry Century: The hard riding, hard working Dian Gerstner has her volunteers moving forward for another highly successful century ride. Thanks to the high energy Sally Skaggs for volunteering for the food detail. The multi talented Roger Gaither for design, brochures, shirts etc. The resourceful Bill Pintard for registration (by the way we may be asking you for assistance). And to all of you who have stepped up to give of your time for this fun and worthy event.

On a personal note, Marlene and I have moved our residence to Bend. Skiing or cycling, what a tough decision...We manage to squeeze in skiing in the AM, and cycling in the PM. With proper layering of clothes we can ride every day. I know you are probably worried about my ability to be your President and join you on Saturday rides. Never fear, the slopes are crowded on weekends, and we would much rather see our friends in the club.

Wishing you the best of tail winds.



January Riding



January Riding

Photos courtesy of Ron & Kari Kropf.
TOP: Jan 17. Mary Ellen near Griggs.
ABOVE L: Jan 10. Craig & flat in N Albany on Springhill. Note the snow!
ABOVE R: Jan 24. Dian & flat in the rain with help from Kari. Roads wet & dirty.
LEFT: Jan 2. Dian & Lloyd with the gang to Buena Vista on snack break.
ABOVE: Jan 24. Wanda, a new member, visits with Kari.

February 5
Program. 7:00 PM. LCH

BTA
Bicycle Transportation Alliance
Kasandra Griffin
Director of Development and Finance

The Bicycle Transportation Alliance (BTA) is a non-profit organization working to promote bicycle use and to improve bicycling conditions throughout the state of Oregon. Since 1990, the BTA has worked in partnership with citizens, businesses, community groups, government agencies and elected officials to create healthy, sustainable communities by making bicycling safer, more convenient and more accessible.

Since 1990, the BTA has:

- * Stopped legislation that would have repealed Oregon's 30-year old Bicycle Bill. Citizens from around the state joined forces with the BTA to let their legislators know that Oregonians care about bicycling in their communities.

- * Taken cyclists' rights to the Oregon Court of Appeals to make sure that bike lanes are included on all major new or rebuilt streets throughout the state, as called for in the Bi-

cycle Bill. (Research shows that bicycle/motor vehicle crashes drop by more than half when bike lanes are provided on busy streets.)

- * Contributed changes to the Oregon Vehicle Manual that give bicyclists' rights more prominence and enhance cyclist safety.

- * Organized a statewide letter-writing campaign to protect funding for bicycle and pedestrian programs when the Department of Transportation threatened budget cuts that would have eliminated funding. The bicycle and pedestrian programs survived fully funded.

- * Successfully passed the 2001 "Safe Routes to School" law requiring cities, counties and school districts to plan for bicycling and walking routes to school.

The BTA is a membership organization, with more than 3000 members in Oregon and SW Washington. Members provide steady financial support and act as the BTA's eyes and ears in the community, helping to monitor advocacy needs. The BTA also receives funding through individual gifts, corporate sponsorships, contract activities and government and foundation grants.



Come find out what the BTA is doing for bicycling in Oregon.

S. S. Spokes is a recreational bicycling club for cyclists of all ages & abilities (don't let the name mislead you). The Willamette Valley offers wonderful roads through beautiful farmland with plenty of hills nearby. We ride weekly Saturday year-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. The public is invited to the rides & meetings. 2003/4 Officers are: membership information > Mary Ellen Lind, 541/738-8600. Tim Mangan - President, 541-258-6310; Roger Gaither - VP & Newsletter, 503/394-3696; Ron & Kari Kropf - Secretary; Dennis Murphy - Treasurer, 541-738-8600; Bill Pintard, 541-967-3295 & Marlene Mangan, 541-258-6310 - Ride Captains; Craig Eucken - Historian & Publicity, 503-3942384; Larry Fratkin - Web Master, 503-526-3977. Membership information and form are posted on our web site (santiamslowspokes.org), or call any of the officers.

Minutes of the January 8 Meeting

By Kari Kropf

Tim called the meeting to order at 7:00. Jakey Ross gave a presentation on her and her daughter's trip to Italy. Hearing about people's biking adventure is always inspiring!

The November minutes were approved. Dennis gave the treasury report. \$12,461.65 was in the account, but there were several outstanding items: The check to the Hospital foundation--\$4,000 and a couple of checks from last July totaling \$425 have not yet been cashed. The actual balance is closer to about \$8,000.

We had more discussion on the Strawberry Century coming up June 12th. Larry Fratkin will Co-Chair with Dian Gerstner. Start site is tentatively planned to be at the High School (now confirmed). We discussed options to the usual route and safety considerations about some of those options. Dian Gerstner will contact the High School about holding the event there and Martha Stiffler will contact the Sheriff's Department about issues concerning road safety. Cost of the event will be tweaked for couples/families to eliminate some confusion in who pays what. Roger will do the design, brochure, tee-shirt graphics, see to the printing, and order the strawberry socks. We will order extra shirts to sell the day of the ride. Map clips will also be ordered for the event.

Bill Pintard gave the ride committee report. February rides will be to Stayton, Brownsville, Ankeny and Lebanon. March will include the daffodil ride, a ride to Sweet Home, as well as a Eugene Wetlands ride. Longer trips, one on the old Mackenzie Highway and another to Newport were also discussed. These would be sometime in April or May. We selected July 10th -16th for the weeklong club tour (see Blue Skies/Blue Waters nearby).

Discussion on old and new business, and finally we discussed snacks for upcoming meetings—a most important element of anything concerning biking.



Club Summer Tour

Our 2004 club tour is scheduled for Saturday, July 10 through Friday, July 16.

We'll carpool to Canyonville, OR which is 134 miles from I-5 & US20 in Albany. After an early lunch on our own we'll meet at City Hall ready to ride at Noon.

This tour is set-up as camping with individual options for cabins/motel on three of the five nights, but the camping is pretty nice. Somehow the tour will be sagged (arrangements announced later).

Food and other services are available along the route.

This is a beautiful tour that includes Crater Lake and lots of varied, interesting country. The roads are all fine to excellent with low traffic or wide shoulders. Climbing is part of this tour, but worth it.

Several members have already indicated an interest in going. If you want to go, block out these dates on your calendar and please let me know to reserve a spot for you. Thanks.

Roger Gaither
503-394-3696

gaither@smt-net.com

February / March Rides

Feb/7/04. Jefferson to Stayton

This is a repeat of the rained out December 13 ride. The start is at Jefferson Middle School and the ride is mostly flat. Lunch is at Ixtapa in Stayton. The distance is 34 miles. Contact Ken Fullen, 327-2084.

Feb/14/04. LCH to Brownsville

This is another repeat due to weather concerns on our January 3rd ride. The start is at LCH and the route is mostly flat to Brownsville. Lunch in Brownsville. The distance is 35 miles. Contact Ron Kropf, 451-4446.

Feb/21/04. Adair to Monmouth

The ride starts at the E E Wilson Game Farm on Camp Adair Road, North of Camp Adair. Lunch will be in Monmouth. The distance is 32 miles. Contact Mary Ellen Lind, 738-8600.

Feb/28/04. Scio to Lebanon

The ride starts at the Scio Bank on Main St. This is the reverse of our Lebanon to Scio route and will take us over mostly flat beautiful country with a few hills. Lunch in Lebanon. The distance is 42 miles. Contact Craig Eucken, 503-394-2384.

Mar/6/04. Jefferson to Ankeny

Start at Jefferson Middle School and circle the Ankeny Wildlife Refuge. There should be a lot of birds to observe at the Refuge. There are some hills. Bring a sack lunch or eat in Jefferson, 25 miles, Contact Martha Stiffler, 258-5974.

Mar/13/04. Lebanon to Sweet Home

The ride starts at LCH and takes us over some beautiful hilly country to Sweet Home. Lunch will be at Los Dos Amigos in Sweet Home. The distance is 44 miles. Contact Bill Pintard, 967-3295.

Mar/20/04. Daffodil Ride

Start at Harrisburg Riverfront Park and travel roads lined with daffodils to Long Tom Grange and the Daffodil Festival. Sample the cinnamon rolls at the Festival and have lunch back in Harrisburg. There are a few hills. The distance is 38 miles. Contact Marlene Mangan, 541-979-5829.

Mar/27/04. Eugene Wetlands Ride

The start time is 9 am. The start is at the Home Depot parking lot off Delta Parkway in Eugene. This ride is along the roads and bike paths of Eugene to the wetlands area. We may also be able to tour one of the Eugene bike manufacturers. The distance is 30 miles. Contact Bev Henderson, 541-461-2573.

Membership Application In Santiam Slow Spokes, Inc.

Release Waiver

I waive any and all claims against the Santiam Slow Spokes, inc. and its sponsor Lebanon Community Hospital and any other group associated with them in their programs. I agree not to hold them responsible for any accidents or injuries that I may experience as a participant in any of their activities. Further, I agree not to hold them responsible for damage to any property or equipment while participating in any of their activities. I agree to release them from any and all liability of any kind or nature, and by so doing I am allowed to participate in Santiam Slow Spokes, inc. activities and programs.

I agree to wear an A.N.S.I. or Snell approved helmet while participating in any and all Santiam Slow Spokes rides.

I agree to practice safe and courteous riding procedures and techniques and will obey all traffic regulations while participating in any and all Santiam Slow Spokes rides.

(____) Individual - \$10/yr. (____) Family - \$15/yr.

Signature of 1st member _____ date _____

Signature of 2nd member (if family app) _____ date _____

Signature of 3rd member (if family app) _____ date _____

Signature of 4th member (if family app) _____ date _____

Complete both sections of this form and mail it with your check to:

**Santiam Slow Spokes, Inc.
c/o Lebanon Community Hospital
P.O.Box 739, Lebanon, OR 97355**

Consider yourself a member. We will send you membership materials and this newsletter. Come to the next meeting and take part in the rides. Get involved in all club activities. The Club is what we make it collectively.

•••Please Print Clearly•••

name of first member _____

name of second member, if family application _____

name of third member, if family application _____

name of fourth member, if family application _____

mailing address _____

city _____ state _____ zip _____

(____) _____ (____) _____
home phone (important) work phone (if avail)

e-mail address (important) _____

Sign Liability Release To The Left

•••••Optional Information Below•••••

(____) age 1st member (____) age 2nd member
(____) age 3rd member (____) age 4th member

Occupation of any applicant _____

(____) I am a member of the League of American Bicyclists.
(____) I am a member of Adventure Cycling.
(____) I belong to other bicycling clubs as listed below:

Ride Preferences (i.e. enjoy most, do most)

(____) Easy (3 - 15 mi.) (____) Sport (20 - 50 mi.)
(____) Tour (30 - 80 mi.) (____) Competitive (40 - 100 mi. fast)
(____) Off-road (i.e. mountain biking)

February 2004 Cycling • Santiam Slow Spokes

Sun

Mon

Tue

Wed

Thr

(Fri)

Sat

1

2

3

Wednesday Wanderers

For info or to start a ride call: Bill Pintard @541-967-3295 or Ken Fullen @ 541-327-2084

7:00 PM • LRC Club Meeting
Program: **The BTA** with Kasandra Griffin plus our Regular Club Meeting .

FEB 7 • 10 AM • Jefferson to Stayton

This is a repeat of the rained out December 13 ride. The start is at Jefferson Middle School and the ride is mostly flat. Lunch is at Ixtapa in Stayton. The distance is 34 miles. Contact Ken Fullen, 327-2084.

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FEB 14 • 10 AM • LCH to Brownsville

This is another repeat due to weather concerns on our January 3rd ride. The start is at LCH and the route is mostly flat to Brownsville. Lunch in Brownsville. The distance is 35 miles. Contact Ron Kropf, 451-4446.

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Please submit material for March Outspoken by today to Roger Gaither: gaither@smt-net.com or POBox 129, Scio 97374

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Wednesday Wanderers

For info or to start a ride call: Bill Pintard @541-967-3295 or Ken Fullen @ 541-327-2084

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FEB 21 • 10 AM • Adair to Monmouth

The ride starts at the E E Wilson Game Farm on Camp Adair Road, North of Camp Adair. Lunch will be in Monmouth. The distance is 32 miles. Contact Mary Ellen Lind, 738-8600.

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Wednesday Wanderers

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FEB 28 • 10 AM • Scio to Lebanon

The ride starts at the Scio Bank on Main St. This is the reverse of our Lebanon to Scio route and will take us over mostly flat beautiful country with a few hills. Lunch in Lebanon. The distance is 42 miles. Contact Craig Eucken, 503-394-2384.

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Bill notes that there have been a lot of flats on recent rides and suggests we carry at least the following:

- Two tubes. •Patch kit and levers. •Pump. •Mini tool or screwdrivers and pliers. •First aid kit. •Energy bar or some other food. •Willamette Valley map. •Water bottle or two. •Cell phone and numbers of riders

Welcome To New Member
Wanda Knight lives in Albany and is a retired CPA who moved here from Portland. She grew up in Albany and wanted to return. Welcome Wanda! (I just had to say that. vrg)



Santiam Slow Spokes, inc.
c/o Lebanon Community Hospital
P.O.Box 739, 525 North Santiam Hwy.
Lebanon, Oregon 97355
www.santiamslowspeaks.org