

OUTSPOKEN

Newsletter of Santiam Slow Spokes, Inc. • Volume 12, No. 4 • January 2004

President's Comments Notes from the Saddle

Tim Mangan

Oh what fun it was. The club's annual holiday party was well attended (25) with everyone enjoying a fine potluck.

This year Bev Henderson, an accomplished violinist, played a selection of her favorites.

The white elephant gift exchange was great fun. To be the giver of a fine present and to see the expression of joy(?) on the recipient's face is what keeps us coming back each year. A big thank you to Roger Gaither and May Garland for putting together this year's event ~ and Jim Miller for providing the great room.

I would also like to thank the many people who made the Thanksgiving (progressive) ride a great success: Martha Stiffler for pre-ride goodies, Ken & Jackie Fullen for hosting the lunch, and Charles & Connie Taylor for the dessert wrap-up and transporting food. It was a very nice day.

Thanks also to the November ride leaders for volunteering their time and abilities.

So, how did you do on this year's mileage goals? Last year and recently Roger included bicycling logs for '03 & '04. Why not send Roger a note of your accomplishments for 2003 and ambitions for 2004. I think it would be fun conversation to see how many of us share the same goals.

The January club meeting will be one to mark on your calendar. "Touring Tuscany" ~ Jakey Ross sharing her trip to Italy. This should be fun, informative, and inspiring. Hope to see you there.

The business portion of our meeting will be a discussion of the Strawberry Century for 2004.

Here's wishing you and yours the best for the new year.



Greg Siple with Adventure Cycling gives us an idea of how to cope with the wet winter conditions.



Left: Tim was happy briefly with a bottle of Oregon wine. Above: Bev entertained us. Right: Martha & Jan wonder aloud at how this two part seat works. Lower right: Dwayne clutches his prize as Myrna & Jim share a laugh. Below: Roger chose the infamous "knee" this year. Lower Left: Ken and his candy cannister.



Photos courtesy of Ron & Kari Kropf



Olive Orchard in Tuscany



January 8

Yes, This is the date.

Program. 7:00 PM. LCH

Touring Tuscany

Jakey Ross

After what seemed like thorough research and careful planning Jakey Ross and her daughter, ~

Tamara, had a most interesting and unexpected bike trip in Italy.

In spite of the many planned and supported bike tours in Italy there is almost no literature or guides for those planning a ride on their own.

This was our trip, where almost no plan worked, but where we had the time of our lives riding and touring Tuscany in September, 2003. Jakey will share the photos and memories of a bike tour in Tuscany.

See you!



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.

Coeur d'Alenes Ride

Tim Mangan

The trail of the Coeur d'Alenes is a bicycling tourists nirvana. This bike path follows the Union Pacific Railroads right of way from Plummer, Idaho, a town on the prairie near the Washington boarder to Mullen, a Mountain mining town near the Montana border. Marlene, Dian Gerstner, Craig Eucken and myself decided in mid August to quit talking about doing it and just go ride it. Although a long drive from Albany to Harrison, Idaho, the scenic bike trail of 75 miles was well worth the drive.

Because the Chatcolet bridge which spans a finger of Coeur d'Alene lake was not completed, our ride began at Harrison. We found a most quaint Bed & Breakfast the "Osprey Inn" the perfect place to spend our first night. An excellent breakfast the next morning fortified us for the ride to Wallace 56 miles east.

The weather was perfect for viewing all types of birds along the marshes and river. The old rail bed serves as a dike, creating wet-

lands for the constant migration of birds and wildlife. We met very few cyclists along the way, probably due to riding it midweek.


Talking to local people we learned the trail is not well known...yet.

Enaville resort proved to be a good lunch stop. This old mining bunkhouse has been converted into a rustic restaurant. Food was good and water cold as the day was warming up, soon to reach 95.

Leaving Enaville we pedaled on with the trail meandering through Pine Hurst, Smelter Ville, Kellogg, which is home to Silver Mountain ski area and our stop for the day in Wallace. This is a town of about 3,000 people, all of whom are working hard to redefine Wallace from a proud sliver-mining town to one of tourism, drawing people to cafes, taverns, eclectic shops and mine tours.

The four of us took a mine tour and learned a lot from Lenny, a 35-year veteran of the mining industry. Lenny had

funny stories, some bad jokes and tales from his mining days. Wallace also serves as the take off point of the "Route of the Hiawatha". This bike trail is located in the beautiful Bitterroot Mountains near Lookout Pass ski area. It runs for 15 miles, includes 10 tunnels, and 7 trestles. Being a former rail bed the entire route of 75 miles is less than 2% grade. So for those who enjoy flat riding, this trip is for you. Our average speed was 16 MPH for the return trip. Because we traveled to uncompleted Chatcolet Bridge, our total mileage for 2 days was 138 miles.

This ride could be made over 4 nights and 5 days, with planned stays at hotels and B&B's with a starting point of Spokane and traveling to the Montana border for a round trip ride of approximately 260 miles. All of this on a well maintained paved bicycle route. It doesn't get much better. 

Bike Fit In 2004

Roger Gaither

2004 looms and it's time to decide if opportunity knocks, or is that just my knees getting a year older.

It's opportunity!

In last month's Outspoken, I included a pocket Bicycling Log to help each of us set some goals for the year and keep track of our accomplishments. This was really for me, but I wanted to share it with all my bicycling friends in case it might be of use to them.

If you like the Log and set some goals, I would be happy to publish a synopsis of our goals (if you want to share publicly). Just let me know. Whatever, it's just intended to be a fun, convenient way to keep track.

Another part of my "Get Fit" program is stretching. I can attest to the need to do something! As the years go by, it's more and more difficult to touch my toes, to look behind, to do a few sit-ups ~ let alone do chin-ups.


Bicycling is what I like to do best and

I'll bike as long and as strenuously as possible. Stretching is important; hence the attached guide that I put together a few years ago for "Discovering Bicycling". Hope it's useful to you.

The third component is a few exercises to maintain some strength in the various muscle groups. Long ago when I prepared for the USAF, I used the 5BX Physical Fitness Plan published for the Royal Canadian Air Force. It's still an excellent series of exercises following carefully graduated steps.

So there you have it; let us choose 2004 as an

opportunity to get fit, not just older. Bicycling is such a fun way to fitness, let's plan to do as much riding as possible. We have rain gear for wet days; warm gear for cold days; a good bike and friends. This will be a fun year.

Anybody want to do a moonlight ride? 



Two Bikers Launched A Century Of Flight


Roger Gaither

Last August when I finished my Lewis & Clark tour in Missoula, Montana I stopped by Adventure Cycling to visit with the fine folks who planned the route. I have been there several times and always try to visit with Greg Siple, one of the founders of AC and the originator of the idea for a transamerica bicycle route (which he and friends accomplished for the US Bicentennial in 1976). I am a fan of Greg's witty art which has appeared in AC's magazine over the many years since '76. Last August Greg invited me to see a collection of drawings he had made just for fun; they were fascinating and I wanted to buy. He said yes.

The above drawing by Greg depicts an intrepid flier on the top of the world populated by real fliers.

The actual drawing is quite colorful. Well, I like flying as much as bicycling; I just can't afford it. The spirit of the flier captures my feelings when I bike; "Can I do this? ... Don't know, but here I go!"

The drawing also captured the spirit of Orville and Wilbur as they dreamed of sustained, heavier-than-air flight. It just so happens that the famous brothers were also avid bicycle builders of their day. They were thoroughly familiar with gears, wheels, etc., and had excellent manufacturing skills. In order to fly they conducted very thorough and original research into airfoils, propellers with wind tunnel experiments. They even had to manufacture their own light-weight, very powerful gasoline engine. They believed they could fly.

Then Orville & Wilbur stood on the hill. 



Roger Gaither


In 2002, Mary Ellen and Dennis went with May and me on a tour I call Blue Skys ~ Blue Waters. Considering the scenery along the route this name is descriptive. We had a wonderful time and found the tour doable and rewarding.

This could be our 2004 club tour. Additional information was in the December Outspoken. To get started on the planning process, I need to know: Would you go? And what dates would be best for you? I have heard from a few, but more would make the tour really fun.

We can do this ride self-contained, but a sag would make it nice for more people. We can camp every night or if you wish there are fine indoor accommodations on 3-4 of the nights. Costs would be reasonable and I propose that the Club underwrite the sag as we did last June.

I suggest: July 10-16 or July 17-23 or July 24-30. The snow will be mostly gone from Crater Lake rim and the weather, hopefully, pleasant.

Food and other services are available along the route. The roads are all fine to excellent with low traffic or wide shoulders. Climbing is part of this tour, but the rewards are worth it.

Would you go? When? 

January 2004 Cycling • Santiam Slow Spokes

Sun

Mon

Tue

Wed

Thr

(Fri)

Sat

**Happy New Year.
We can do it!**

JAN 1 • 10 AM • NEW YEARS DAY RIDE
This will be a joint ride with the Mid Valley Bicycle Club starting from the Osborne Aquatic Center in Corvallis. The ride will be to Albany with lunch at Elmers. The route is flat and the distance is 30 miles. Contact Bill Pintard, 967-3295.

JAN 3 • 10 AM • Brownsville
Start at LCH and ride to Brownsville for lunch. The route is mostly flat and the distance is 35 miles. Contact Ron Kropf, 541-451-4446.

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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

7:00 PM • LRC Club Meeting
Program:
Touring Tuscany with Jakey Ross & Regular Club Meeting :-)

JAN 10 • 10 AM • Albany to Buena Vista
Start in Albany at the parking lot under the Lyons Street bridge. Ride to Buena Vista and return to Albany for lunch. There are some hills and the distance is 30 miles.
Contact Tim Mc Dowell, 541-926-0957.

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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

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

JAN 17 • 10 AM • Lebanon/Albany Loop
Meet at LCH. Ride loop to Albany and back. The route is flat, and the distance is about 42 miles.
Contact Susan Greenup, 541-259-3923.

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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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JAN 24 • 10 AM • Albany To Corvallis
Start at South Albany High School Pool. Ride to Corvallis for lunch. The ride is flat and the distance is 35 miles. Contact Mary Ellen Lind, 738-2815.

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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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JAN 31 • 10 AM • Lebanon/Scio Loop
Meet at LCH for coffee at 9:30 AM. Ride loop to Scio and back. Lunch of hot soup, homemade bread & vegies at Roger & May's. The route is flat, and the distance is about 42 miles. Contact Roger Gaither, 503-394-3696. gaither@smt-net.com.



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