

# OUTSPOKEN

.....*Newsletter of Santiam Spokes, Inc. • Volume 13, No. 5 • February 2005*.....

## ... President's Comments ...

### KIDS BIKE PROGRAM, STARTS & KEEPING WARM

*By Charles Taylor*

Connie and I met Bill Pintard at Pioneer School in Lebanon (across the street from the Lebanon Hospital) on Thursday, January 13, 2005. This was the first meeting for the "Get in Gear Bike Shop". Get in Gear is a YMCA mentoring program for boys and girls 5th through 8th grade.

We had 17 kids, mostly boys, and two did not own a bike. One boy walked his bike to school because he wanted to get it working. The kids were very much under control, and wanted to learn how to do simple jobs on their bikes -- i.e. fix a flat tire.

Kathleen Magnuson from the YMCA leads the program and is great with the kids. She spoke about teaching bike safety, how to wear helmets, and that repairing bikes would be part of this program.

I was interested in using Pioneer Schools walking path (¼ mile, bark surface) for bike time trials. Maybe have a few small jumps and post the fastest time in the school cafeteria for the kids to see. This would be covered by YMCA insurance.

Connie and I had a great time with the kids. Connie does not know how to fix a flat tire, but neither do most of the kids. The children enjoyed having adults take some interest in them and their bikes. We enjoyed too.

I was going to write an article on what to wear in the winter to keep warm biking. But, Connie and I rode our bikes on January, 19 2005; it was 65 degrees, sunny, and no wind. We just wore our regular biking clothes, but no jacket. Maybe that's all you need in the Willamette Valley in winter.

But if it does get cold, here are a few items to have from the top down. Balaclava, ear band and helmet cover (those are not friendly vents in the winter). Mid-weight ski gloves, with room for chemical hand warmers, a long sleeve duofold undershirt, long sleeve shirt, and a Gortex jacket with zippered vents. Silk long johns, biking shorts, biking tights with micro fleece lining. For feet from the skin side out; powder, polypropylene, wool socks, chemical hand warmer on top of the toes, shoes and rubber booties. The best idea Wanda Knight gave me was to dress like a cross-country skier. I hope this gives you some ideas for those rides that are not 65 degrees and sunny. ct



*New Years Day - Rainy riding in Lebanon*

## Seattle International Bicycle Expo

February 19 - 20, 2005  
Warren G. Magnuson Park

Saturday, February 19 - 9 a.m. - 7 p.m.  
Sunday, February 20 - 10 a.m. to 5 p.m.

### ADMISSION:

\$7 for adults, free for kids under 16.

*OLN's Voice of the Tour de France, Bob Roll, and World Champion and IMAX star, Marla Streb, to appear at 2005 Group Health Seattle International Bicycle Expo*

SEATTLE - Taking place Saturday and Sunday, February 19 and 20, the 2005 Group Health Seattle International Bicycle Expo promises to be a great weekend for bicycle enthusiasts of all ages.

*continued on page 4*

### February Meeting

Thursday, 7:00 pm, February 3, 2005 LCH  
"BIKING BURMA" presented by Dr. Bill Origer  
Dr. Origer will give a presentation on his bike tour in Burma

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# The Keep Wheels Rolling

By Beverly Henderson

It was a cold and windy morning. Okay, so that's a lame way to start a story, but wait. It gets better.

Saturday, January 8 was the scheduled ride from Jefferson to Stayton via Aumsville. Ken Fullen was the ride leader. Ron and Kari Kropf, Ken, Lloyd Lambert and I all showed up behind the Plantation Inn in Jefferson. Ken was not dressed for bicycling, as he decided it was too cold to ride, but he gave us all maps of the route. Lloyd wasn't really felling well, so he went home. There were rumors that Bill Pintard was in the restaurant, also not ready to ride. So that left Ron, Kari and me to ride.

We started off in a drizzle, dodging each other's rooster tails. The ride wasn't too bad, because we had the wind pretty much at our backs. By the time we got to Aumsville it had stopped raining and the sun even came out. We had lunch at Neufeldt's, and discussed the way the wind was blowing and starting to pick up. You guessed it. The wind was out of the south and we were north of Jefferson.

We changed the route slightly and decided to ride back the way we came. That still gave us 29 miles for the ride. Not too shabby for a cold, wet and windy day in January. We had some great conversations, lots of practice with paceline rotations and drafting. Kari even got a group cheer going. "Is it too cold? (All together) NO! Is it too windy? (All together) NO! Are we having fun? (All together) YES!"

Yep, it was a cold and windy day, but we had fun. Good friends, good conversations, good food. It doesn't get any better than that in paradise. 



## New Years Day Ride 2005

A wet, windy, ride followed by good food and great company at Sally Skaggs' Santiam Place.



Photos courtesy of Ron & Kari Kropf



## Club Information

Santiam Spokes is a recreational bicycling club for cyclists of all ages & abilities. 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. 2004/5 Club officers are: Membership > Mary Ellen Lind, 541-738-8600. President > Charles Taylor, 541-258-1850; Vice-President > Bev Henderson, 541-461-3884; Ride Captains > Wanda Knight, 541-926-5999 & Bill Pintard, 541-967-3295; Secretary & Newsletter > Kari Kropf, 541-451-4446; Treasurer > Dennis Murphy, 541-738-8600; Historian & Publicity > Bill Pintard, 541-967-3295; Web Master > Larry Fratkin, 503-526-3977. Membership information and form are posted on our web site ([santiamspokes.org](http://santiamspokes.org)), or call any of the officers.

## Meeting Minutes January 6, 2005

*Kari Kropf*

The meeting was called to order at 7:00. Dennis Murphy gave the treasurer's Report and Mary Ellen Lind gave the Membership Report. Mary Ellen had the updated roster with new members.

Our Guest speaker for the evening was Jeff Storie. He gave a lecture on diet and training for tri-athletes. He also brought in his racing bike, and some of the many different shoes/gear used in a triathlon. After a great lecture on healthy eating we had our snack break. Charles and Connie Taylor provided the snack food.

After the snack there was a vote on the by-law changes. It was decided to leave the family membership as is, but to make the other

changes as listed. By-law revisions were voted on and passed with two members abstaining.

Due to a busy travel schedule this year, Roger Gaither is stepping down from his position as editor and ride captain. Kari Kropf will be the new editor for the newsletter. Bill Pintard and Wanda Knight will be the new ride captains.

It was decided to use a "team approach" for the Strawberry Century. The route and misc. will stay the same as last year. Laura Engel has volunteered to help with the Century, and Tim and Marlene have sent out the sponsor letters. We need volunteers to be a part of the team!

As thanks for our support, the hospital will be naming a workstation in honor of Santiam Spokes. The club also

received a note of thanks from the Hospital Foundation for our contribution this year. We also received a thank you from the Bicycle Transportation Alliance (BTA) for our donation to them.

There was some discussion about the proposed Bike path from Corvallis to Albany. This will be a "rail to trails" segment that starts at Avery Park and ends in North Albany and will go past 3 schools. This segment will be demo for the rest of the trail and should be finished in 2007.

The Get in Gear Bicycle program for the Lebanon area will be on Thursdays at 2:15. Volunteers are welcome. Donations of old bmx and small mountain bikes are needed. This program prepares kids for bike maintenance and will enable them to "earn" a bicycle.

Roger Gaither has

made available to members, a Bicycle journal/goal sheet. This is a compact sheet that folds to fit in your wallet or gear bag and is a nice way to keep a log of all your goals and exercise program through the year.

Bill Pintard presented information on the bike byway through Albany in conjunction with Cycle Oregon. The weekend of June 25 and 26, 2005 Cycle Oregon will have a weekend ride that will go through Albany Oregon. Albany will be a food stop for the event. The route will follow the bicycle bi-way that goes through Albany Oregon.

Other upcoming local events include the Seattle Bike Expo sponsored by Cascade Bicycle club on February 19, 2005 in Seattle. 🚲



**Albany to Lebanon Ride**

No rain, no wind . . .  
The perfect ride!

*Riding near Lebanon.*



**JANUARY RIDES**

## Seattle International Bicycle Expo

Taking place in a new location, Warren G. Magnuson Park, the 17th annual expo will host over 140 cycling-related exhibitors - including the best manufacturers, active travel, and accessory organizations. A number of new attractions, from bicycle celebrities and new facilities, to entirely new programs, like BMX, kids events, and an outdoor Mountain Bike track will be available.

World champion mountain biker and Luna Chix team member Marla Streb, who has been featured on the cover of Outside Magazine and co-stars in the IMAX film, "Top Speed", will be signing autographs and copies of her well-received new book, "Downhill" - The Life of a Gravity Goddess", at the Clif Bar booth on Saturday and Sunday.

Bob Roll, former pro road and mountain racer, and now OLN's voice of the Tour de France, will be presenting and signing his new book, "The Tour de France Companion" on Saturday. Roll competed in four Tours de France, and should help anyone looking for pre 2005 Tour excitement.

For female athletes interested in more than just biking, the national Danskin Women's Triathlon will have members on site to inspire women who would like to get started preparing for their first triathlon.

Also among the top new attractions, Expo attendees can enjoy a large new food court which will include a beer garden pouring Alaskan Brewing microbrews.

Some of the show's most popular presenters will be returning, including bicycle travel writer Willy Weir, award-winning cartoonist and creator of "Frazz", Jef Mallett and author and columnist Maynard Herson.

Also returning to the show, the Sixth Annual Photo Contest, sponsored by Ballard Camera will provide a free gift to all participants who enter a few choice shots. Entry forms can be picked up at Ballard Camera's shop or downloaded from the Cascade website at: [www.cascade.org/EandR/expo/photocont.est.cfm](http://www.cascade.org/EandR/expo/photocont.est.cfm).

### Fun New Programs

Heading off the list off large new events at the 2005 Expo, Backcountry Bicycle Club will present MacNeil-sponsored professional BMX rider Nick Halsey and his crew of BMX professionals to kick-start a BMX presence for this year's festivities.

Nick has been a cornerstone of the local BMX community for the past 15 years - riding skate parks, dirt jump areas and on the streets. Since he signed as a professional rider for MacNeil (owned by BMX legend Jay Miron), Nick has performed in demonstrations and competitions worldwide, as well as taught at major kids' camps such as Woodward's in Wisconsin and California.

Attendees can see, meet, and learn from Nick Halsey and his pro friends during their main stage performances, and at the autograph table afterwards or a scheduled BMX Boot Camp on Saturday.

### In the Youth Zone at Hanger 30

Kids of all ages will enjoy this year's Expo for a number of reasons. Children 15 years old and younger get into the show for FREE. Plus, the new location allows for expanded youth activities. Hanger 30 is designated "Youth Zone" on Saturday, Feb. 19, where children of all ages and abilities will enjoy firsthand the adventures of bicycling.

Cascade Bicycle Club is partnering with Backcountry Bicycle Trails Club (BBTC), Trips for Kids and other youth cycling organizations to offer new and exciting experiences for youth at this year's event. Children and juniors can refine riding skills, learn safety lessons, as well as participate in a fun, interactive Mountain Bike Boot Camp.

Boot Camp Activities include:

**LEARNING TO RIDE** - Parents can bring children of any age, who are just learning to ride on two wheels. There will be lots of "undersized" bikes for learning to balance and practical tips and tricks for parents teaching child to ride a bicycle. Parents must be present with children.

**KIDS BIKE SAFETY RODEO** - Young children, ages 5 - 8 can learn and practice new riding skills on an indoor bicycle safety course. They will have a blast maneuvering around obstacles and experiencing life-like traffic situations in a safe and fun environment.

**MOUNTAIN BIKE BOOT CAMP** - Older children, ages 9 - 18+, can learn and practice mountain bike skills on an indoor off-road course. These sessions will offer lots of riding skills and drills with a little show and tell. Experienced volunteer instructors will demonstrate

the right and wrong way for each technique and will be at the student's side when it's their turn in the saddle. Boot Camp is free, but sign up is advised, as these will be very popular.

Other youth activities in the main event hall will include:

- Presentations - Entertaining seminars & informative clinics.
  - Test Track - Test skills & equipment on outdoor mountain bike course.
  - BMX Demos - Watch professionals do rad tricks and stunts.
  - Meet the Pros - BMX professionals on hand for autograph signing .
  - Mountain bike maintenance clinic
- Test your skills in the outdoor mountain bike test ride area

The new Magnuson Park location has also created an exciting opportunity for an outdoor test-ride area for mountain bikes.

The outdoor area has nearly an acre of obstacle-strewn dirt trails available for testing the newest off-road rigs. You'll be able to test new bikes on banked turns, wheelie-drops, a 20-ft. log ride and a cross-country trail. Manufacturers, including Kona and Specialized, will have demo bikes available for attendees to test ride for up to 30 minutes.

Produced by Urban Sparks, Backcountry Bicycle Trails Club, Cascade Bicycle Club and the Seattle Department of Parks and Recreation, the first three organizations will design, build and adopt the trails, replacing invasive plants with native plants and maintaining the trails between annual bike shows.



# FEBRUARY 2005 RIDES

## Saturday, February 5, 2005 9:30 am Jefferson-Buena Vista Ferry Landing

Start at Jefferson Middle School. This Ride is flat with a distance is 25 miles. Ride Leader will be Lloyd Lambert, 327-2815.

## Saturday, February 12, 2005 9:30 am Albany to Corvallis via Springhill Dr.

Start at Linn County Fair Grounds. Ride distance is 40 miles with some hills. Ride leader will be Wanda Knight, 926-5999.

## Saturday, February 19, 2005 9:30 am LCH to Scio

Start at LCH at 9:30. Ride is 40 miles with some hills, but mostly flat. We will have lunch in Scio. Ride Leader will be Bill Pintard, 967-3295

## Saturday, February 26, 9:30 am Albany to Lebanon

Start at South Albany High School (North lot by athletic field/track complex). We will ride approximately 30 flat miles. Ride leaders will be Ace & Jo Johnson, 327-2813



# Membership Application In Santiam Spokes, Inc.

• Please Print Clearly •

### Release Waiver

I waive any and all claims against the Santiam 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 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 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 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 Spokes, Inc.  
c/o Lebanon Community Hospital  
P.O.Box 739, Lebanon, OR 97355

You're now a member. We'll send you membership materials & Outspoken. Come to the next meeting and take part in the rides. Get involved in all club activities. The Club is what we make it.

\_\_\_\_\_ 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 2005 Cycling • Santiam Spokes

Sun

Mon

Tue

Wed

Thu

Fri

Sat



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

**Club Meeting**  
LCH • 7:00

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**Saturday, February 5, 2005 9:30 am**  
**Jefferson-Buena Vista Ferry Landing**  
Starting Location: Jefferson Middle School  
Distance: 25 miles  
Ride Level: Flat  
Ride Leader: Lloyd Lambert, 327-2815

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

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*Please submit material for*  
*February Outspoken by*  
*today to Kari Kropf:*  
*kropfrk@comcast.net*  
*PO Box 1183*  
*Lebanon, OR 97355*  
*541.451.4446*

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**Saturday, February 12, 2005 9:30 am**  
**Albany to Corvallis via Springhill Dr.**  
Starting Location: Linn County Fair Grounds  
Distance: 40 miles  
Ride Level: Some Hills  
Ride Leader: Wanda Knight, 926-5999

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

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**Saturday, February 19, 2005 9:30 am**  
**LCH to Scio**  
Starting Location: LCH  
Distance: 40 miles  
Ride Level: Some hills, mostly flat  
Ride Leader: Bill Pintard, 967-3295

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

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**Saturday, February 26, 9:30 am**  
**Albany to Lebanon**  
Starting Location: South Albany High School  
(North lot by athletic field/track complex)  
Distance: 30 miles  
Ride Level: Flat  
Ride Leader: Ace & Jo Johnson, 327-2813

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"What was supposed to be a summer of fun on the bike turned into a year, then two years. It certainly wasn't a calculated plan to have a career as a cyclist."  
Derek Bouchard-Hall



**Santiam Spokes, inc.**  
c/o Lebanon Community Hospital  
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