

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 15, No. 07 • April 2007

Let's Ride!

By club president, Dennis M. Murphy

The riding season is here! The days are certainly warmer and the heavy rains have continued to avoid our Saturday morning rides. Granted, there have been a couple of notable exceptions to that remark! I won't soon forget the February 24th ride with Bev Henderson from Lebanon to Albany and back via Tangent. Near the end of that ride, the rain finally stopped and we had terrific wind on our backs as we rode into Lebanon. I was going about 20 miles per hour, without pedaling! The wind was literally howling and the trees bent over. Now I mention this day, because it holds one of the secrets of why I love to ride. Was it a little bit crazy? Yes, a little, when I had to hold my hand over my forehead to keep the pelting rain out my eyes and my glasses were useless due to fog. Facing some of the best that Mother Nature could throw at me, with my muscles working

hard and mind filled with awareness and excitement, I received an experience that couldn't be transcended. I was given a remarkable feeling of joy at being alive. That sense of joy is what keeps me on my bike through all kinds of weather.

In April, our club offers adventure as the prime bicycling season begins. On April 7th we will be riding the King's Valley Loop, one of my favorite rides. The countryside and the vistas are beautiful. Outside of a little traffic at the start and the finish, the roads are not heavily traveled by vehicles. There are a few hills that help us to know what kind of shape we are in, and help us to prepare for the rides that are ahead of us. We have the Tulip festival on April 14th and the ride into Corvallis for a Bike Demo on the 21st. The weekend of the 28th gives us several



*Regrouping at Foster dam ~ Lebanon to Sweet Home Ride
From left: Mary Ellen Lind, Seph and Lin Reese, Becky & Louie Berry
Photo courtesy of Dennis Murphy*

CHANGE OF START TIME FOR SPRING
Santiam Spokes Saturday rides will start at 9:00 am beginning April 7, 2007.

April Meeting

Thursday • 7:00 pm • April 5, 2007
Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon

Evening Presentation: John Luna and Sue Rutherford will be presenting a 30 minute film made by their daughter, called, "Every Minute Counts". See page 4 for details.



Left: Lunch at Old World Deli.

From left:
Craig Eucken,
Laura Engel,
Beverly Henderson,
Ron Kropf,
Becky Berry.

Right: Seph Reese on the road

Below: Jo Johnson, Becky & Louie Berry, Ace Johnson,
Ron Kropf at Foster Lake

Photos courtesy of Dennis Murphy
and Kari Kropf



Cont. from page 1

choices. We have our traditional ride to Newport that leaves on Saturday and returns on Sunday. This ride will have sag support, as well as a rented house for inexpensive accommodations.

Please contact Mary Ellen or myself for more information regarding this ride. The club will also have an alternate ride led by Ace and Jo Johnson. On Sunday, April 29th, the Salem Club will be having their Monster Cookie Ride. **Please remember, that starting in April, all rides, except the Newport one, will begin at 9am. At the back side of this newsletter and on the clubs website are a calendars and more information about the rides.**

The newspaper of late has been carrying a number of articles relating to vehicles and bicyclists sharing the roads. The emotional pitch is rising on both sides of this debate. I encourage all of you to ride safely, and to be as respectful as possible of all the road rules and laws that relate to bicycling. To those drivers that give you space on the road, and pass cautiously, show appreciation, give them a thank you wave. How about a letter to the editor to thank all of the good, conscientious drivers that are out there watching out for us?

We will be having an excellent presentation at our April 5th meeting. John Luna and Sue Rutherford will be presenting a 30 minute film made by their daughter, called, "Every Minute Counts". This movie tells the story of Catherine (Cat) Berge, the only female solo cyclist in the grueling 2005 Race Across America (RAAM). This show will be both educational and enjoyable. There is a more detailed description of this film elsewhere in the newsletter. I would also like to add that John Luna will soon be the owner of a recumbent bike, Gold Rush. I am trying to talk him into riding the King's Valley ride with us! 🚲

**SPRINGTIME RIDE CHALLENGE
CORVALLIS TO NEWPORT
APRIL 28-29, 2007**

We invite you to join our annual bike ride to Newport and back on the weekend of April 28 and 29. This ride is a fun challenge to get us into "serious" biking for the season. The route is about 70 miles each way. It goes on HWY 20 as far as Blodgett then turns to less traveled country roads that pass through the towns of Summit, Logsden, Siletz and Toledo. The terrain is varied with several significant hills and many beautiful valleys plus 10 miles along the bay from Toledo to Newport. As noted in the route description, there is a stretch of about 1 ½ miles of gravel between Logsden and Siletz, so bikers may choose to use the sag vehicle to transport over that area. Bikers need to take snacks and drinks because it is about 40 miles from Corvallis to a food stop - a small deli at Logsden.

The ride will start from under the Harrison Street bridge in Corvallis. The local police department has been informed about cars being parked overnight in that area so will be watching out for us. The ride will start at 8

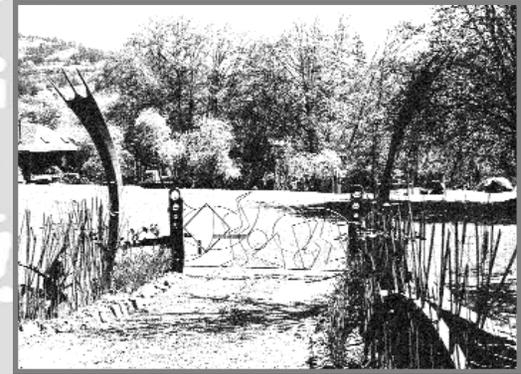
a.m. Chuck Young will again provide us with sag support and carry overnight bags (and sleeping bags for those who choose to sleep on the carpet in the house).

Overnight options are sharing a rented house in South Beach (\$10/night) or renting a motel room (about \$30 per person if you go double occupancy).

The food cost for dinner and breakfast is about \$7. The club treasury will reimburse the expenses of the sag driver.

Mary Ellen Lind and Dennis Murphy will be the ride leaders. Please contact them if you plan to go so they can plan the accommodations and food. Please e-mail or call by April 20, melind@peak.org or 738-8600 or 231-6973.

Bikers who don't ride to Newport on Saturday will have the option of a local ride out of Jefferson to the Ankeny National Wildlife Refuge, led by Ace and Jo Johnson. See the ride calendar for details.



Santiam Spokes General Meeting

7:00 pm Thursday Evening
April 5, 2007

Every Minute Counts, a film by Jessie Luna, tells the story of Catherine (Cat) Berge, the only female solo cyclist in the grueling 2005 Race Across America (RAAM).

Starting in San Diego, California, and ending 3,100 miles and 12-days later in Atlantic City, New Jersey, the 2005 RAAM was ridden during one of the hottest summers in recorded history. Cat Berge's amazing spiritual, mental and physical stamina keeps her on the bike saddle, pedaling for nearly 21 hours a day, through daytime temperatures between 95-108 degrees, rain, fog, cold long nights, and occasionally hostile natives. Her amazing support team drives two vans and an RV, provides food, water, messages, and an endless stream of positive "catitude." This film's compelling videography captures the exhilarating freedom of bicycling across the spectacular American landscape, a joyous escape from the regular work-a-day world. But this is no Easy Rider

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CORVALLIS DEMO DAZE

Benton County Fairgrounds

Corvallis, OR

Friday, April 20th, noon to sunset

Saturday, April 21st, noon to 6 pm

Corvallis Demo Daze is set along the paved bike paths and a ½ mile from Bald hill MTB trails. Participation and demo rides are free.

Come see and test-ride demo mountain bikes and road bikes from: Specialized, Giant, Yeti, Trek, Orbea, Felt and more.

Corvallis Demo Daze is brought to you by your local bike shops: Full Cycles, Bike n' Hike and Peak Sports.



Yaquina Wheels Bicycle Club Invites You to Ride the **Yaquina Lighthouse Century**

Sunday, August 19th, 2007

Registration is now open. LIMIT: 300 riders

Registration and all routes start & finish at the Yaquina Head Outstanding Natural Area Visitor Center where free parking and restrooms are available. At the beginning of the course, all participants will ride past both the historic Yaquina Head Lighthouse and the Yaquina Bay Lighthouse at just past the 5-mile mark. From there, you'll experience some of Oregon's most picturesque back-road riding with panoramic ocean, bay and river views, as well as the Coast Mountains and wonderful old-growth forests. You'll see crashing waves and quiet backwaters on each ride.

<http://www.yaquinawheels.org:80/Century.html>

The Minutes of A Mailing Party.

The March Spokes meeting held on Thursday evening, March 1, at Samaritan Lebanon Community Hospital, was devoted in large part to preparing a mailing of the 2007 Strawberry Century brochure to prior Century riders, area bike clubs and area bike shops. In addition, Club member, Wanda Knight, showed slides of her recent trip to Peru. Thanks, Wanda.

Bill Pintard, who is in charge of the 2007 Strawberry Century, asked the group to think about what maps we would use this year with the addition of the 13-mile family ride. He is working on maps again this year with Shirley Seymour at GeoSolve, where the prior year maps were produced and printed. This year GeoSolve is offering to print a post-size map of the route for display at registration.

Bill also announced that Peak Sports is sponsoring a Bike Festival in Corvallis on a Saturday in April. The Club might want to participate in the Festival or at least attend. Mary Ellen will consider modifying the ride schedule to take the group to Corvallis on that Saturday.

Submitted by May Garland,

Secretary



Upcoming Events

APRIL

Tulip Pedal

April 14, 2007.
20 & 40 miles
Skagit County, WA.
phone: 360-428-3236,
www.skagititems.com

Daffodil Classic

April 22, 2007
1-30, 40, 60, or 100-miles
Tacoma, Washington.
www.twbc.org,
email: daffodil@twbc.org

Tour de Lopez

April 28, 2007
10 & 26 miles
Lopez Island, WA.
phone: 360-468-4664,
www.lopezisland.com/tour.html

Monster Cookie Ride

April 29, 2007
62 miles
Salem, Oregon
www.salembicycleclub.org

13th Annual Scenic Tour of the Kootenai River - STOKR

May 12-13, 2007 - 2-Day Bike Ride
gregrice@libby.org.
<http://www.libbymt.com/events/stokr.htm>

Olympic Cycling classic

May 19, 2007
Century, Metric century, 8 mile fun ride
360.477.9842 or 360.457.6027.
Port Angeles WA

Ride Around Clark County

Saturday, May 5, 2007
18, 34, 65, 100 miles,
Vancouver Bicycle Club,
<http://www.vancouverbicycleclub.com>
360-571-0202 or 360-606-7899 (cell)

Reach The Beach

Saturday, May 19 2007
110, 100, 77, 55 or 26 miles
www.reachthebeach.org
Phone: 503-459-4508

Your Canyon for a Day Bike Tour!

May 21, 2006,
35-mile round trip through
Yakima River Canyon.
contact Mark Peterson at (509) 453-2561
e-mail: hfhfurniture4@aol.com

Two-County Double Metric Century

May 21st, 2006
Millersylvania State Park
<http://www.capitalbicycleclub.org>
Olympia, Washington

Century ride of the centuries

May 26-28, 2007.
Three days of support for your riding

addiction in beautiful Eastern Oregon
<http://www.cyclependleton.com/events.htm>

NorthWest Tandem Rally

Wine Country Yakima Valley!
Memorial Day Weekend
May 25-28, 2007
22nd Annual Northwest Tandem Rally
<http://www.nwtr.org/2007/>

9th Annual 7 Hills of Kirkland

Monday Memorial Day, May 28, 2007
40 mi, metric century, century
<http://www.7hillskirkland.com/>

JUNE

Pioneer Century

June 2, 2007
45, 55, 100 miles
Champoeg-Canby area
www.pwtc.com
1-503-666-5796

Peninsula Metric Century

June 3, 2007
29, 44, 62, 100 miles
Gig Harbor & South Kitsap County
web www.twbc.org

Strawberry Century

June 9th
Lebanon, Oregon
13, 53, 72, 101 miles
<http://www.santiamspokes.org>

Century Apple Bike Ride

June 9, 2007
50, 100 miles
Wenatchee WA
matt@eastmanins.com

Flying Wheels Summer Century

June 16, 2007
Redmond, WA

25, 50, 65, 100 miles
Ride Line: 1-888-334-BIKE (2453)
206-522-BIKE (2453)
<http://www.cascade.org>

2007 Tour de Blast

June 23, 2007
33, 67, 82 miles
Starts and finishes at Toutle Lake High School
<http://www.tourdeblast.com>

Native Planet Classic

June 23
28, 126 miles
Winthrop, WA
Limited registrations due by May 20th
www.ride4areason.org

Mountain Lakes Challenge

June 23
27, 58, 65, 100 miles
Ashland, OR
call 541-482-4814
web www.siskiyouvelo.org

Watermelon Ride

Sunday, June 24th
50, 100, 125, and 200 miles
<http://www.salembicycleclub.org>

Please check the website or contact information for the most current details on events. I try to find the latest information, but details on upcoming events are not always available at press time. --kk

If you know of an upcoming bike related event, please let me know, and I can add it to the next newsletter.

MAY

15th Annual Rhody Bike Tour

Metric and Half-Metric Century
Sunday May 6, 2007,
<http://www.ptguide.com/rhodytour/>

Inland Empire Century

May 12, 2007
25, 50, 75, 100 miles
PO Box 465, Richland, WA 99352-0465
<http://www.tricitybicycleclub.org>

APRIL & MAY RIDES 2007

KEY FOR ROUTE DESCRIPTION

The Terrain Category will be identified on each route description in the newsletter and on each route sheet that is given at the start of the ride.

Category I:	Flat to low rolling hills (quite easy pedaling).
Category II:	More frequent rolling hills, possibly several short, steep hills (a hearty workout).
Category III:	Moderate, longer hills, with a few steep climbs (need to be experienced and in good biking condition).
Category IV:	Frequent hills, some long and steep climbs (these are tough rides and will take endurance).

Also on the route sheet areas that are known to be hazardous will be marked with the word "CAUTION".

The overall average group speed for our club is 12 - 14 mph. Some bikers choose to ride faster and sprint ahead of the group and some bikers ride slower. Each person may set his/her own pace. The ride leader usually selects places along the route where the bikers re-group, usually at a turn in the route.

BEGINNING IN APRIL START TIMES WILL BE 9:00 AM

Saturday, April 7, 2007

9 a.m.

Kings Valley Loop

This route starts under the Harrison Street Bridge in Corvallis and follows the Willamette River on Hwy 20. There are more challenging hills on Maxfield Creek and Kings Valley roads. The route returns to Hwy 20 West of Philomath and gives one last climb before entering Philomath where we will have lunch. Bring snacks and plenty of drink to hold you until lunch time. This is a gorgeous route on low-traffic roads (except for Hwy 20). Our club president calls this his favorite route and wants to be the ride leader. Please join him and other bikers on this beautiful 50-mile excursion.

Terrain Category III.

Ride Leader: Dennis Murphy, ph. 541-738-8600

Saturday, April 14, 2007

9 a.m.

Tulip Festival Ride

This ride starts at Maud Williamson State Park, located between Salem and Amity. We will cross the Wheatland Ferry (no charge) and ride past hop fields and over rolling hills through small towns. We ride to the Wooden Shoe Bulb Company and visit the fields of tulips and other spring flowers. This has been a repeated ride for several years. We'll bike to Mt. Angel for lunch.

Terrain category II. Approximately 55 miles.

Ride leader: Bev Henderson, ph, 541-513-3916

Saturday, April 21, 2007

9 a.m.

Corvallis Demo Daze

This ride starts at the Albany Pool parking lot. It goes through Albany to

Riverside Drive and Hwy 34. We ride on Hwy 34 for about a mile, then cross the Willamette River. We continue on the bike path to the Benton County Fairgrounds. At the Fairgrounds will be an event organized by Peak sports, and joined by several other bike shops in Corvallis. Demo bikes will be available for test-rides, including Specialized, Giant, and Yeti, Trek, Orbed, Felt and more. Our Strawberry Century ride will be advertised at this gathering of bikers. We'll regroup for lunch at a designated restaurant then return to Albany via a different route.

Terrain Category, I. Approximately 35 miles

Ride Leaders: Ron and Kari Kropf

Saturday & Sunday, April 28/29, 2007 8 a.m.

Newport Ride, and return, 2 days!

See description of this event elsewhere in newsletter. Chuck Young will be our sag driver. The ride starts under the Harrison Street Bridge in Corvallis. (Note the earlier start time). You may park your car there for two days. The route will follow the bike path to Philomath then on Hwy 20 to Blodgett. The route turns northwest through Summit, Logsdon, Siletz, Toledo and along the bay into Newport. The lunch stop will be at the Logsdon country store, about 40 miles into the ride, so bring snacks and plenty of water for the ride. There is about 1 1/2 mile of steep winding gravel hill between Logsdon and Siletz, so you may choose to travel by bike, walk or get a lift by the sag driver. Dinner, breakfast and overnight will be at a rented house in South Beach; cost about \$15. We will return by the same route.

Terrain Category III, several difficult hills.

Distance about 70 miles each way.

Ride Leader: Mary Ellen Lind, ph. 541-738-88; melind@peak.org

Please contact route leader no later than April 20 if you plan to join the ride.

Saturday, April 28, 2007

9 a.m.

Jefferson to Ankeny Wildlife Refuge

Local ride for bikers not going to Newport. The ride will start at Jefferson Middle School, go west over I-5 and circle the game preserve. The route is mostly flat with some rolling hills. Ace and Jo invite the group to their home for lunch after the ride (13811 Jefferson Hwy, 2 miles north of the school).

Terrain Category I. Approximately 25 miles.

Ride Leaders: Ace and Jo Johnson, ph. 541-327-2813

RIDES FOR MAY, 2007

May 6 Bike Rodeo in Lebanon and ride to Sweet Home

May 12 Open for suggestions

May 19 Lamb & Wool Festival, Scio

May 26-28 Sisters weekend, McKenzie Pass, Mangans home

May 26 Jefferson to Scio loop

Volunteer to Lead a Ride!

If you would be interested in leading a ride please contact:
Mary Ellen Lind, 541-738-8600, 541-231-6973

DIRECTIONS TO START LOCATIONS

Please Note: All rides leave promptly no later than 15 minutes past the designated start time. Please arrive at least 15 minutes prior to the departure time to allow yourself time to sign in and get ready for the ride. Your ride leader will thank you!

Samaritan Lebanon Community Hospital

525 N. Santiam Hwy, Lebanon

From North: I-5 exit 233 go east on Hwy 20 to Lebanon. Just north of Lebanon the hospital is on the left. Park in back.

From South: I-5 exit 228/Hwy 34: I-5, East on Hwy 34 to intersection with Hwy 20 in Lebanon, left on Hwy 20 about 1/2 mile. Lebanon Hospital on right. Park in back.

Linn County Fairgrounds • Albany

From North: Take exit 234A (toward Fair / Expo / Knox Butte)

Becomes Airport Rd. SE. Turn right onto Pacific Blvd. SE. Stay straight to go onto Knox Butte Rd. End at 3700 Knox Butte Rd. Park in Fair/expo parking lot near flagpoles.

From South. Take exit 234. Turn right onto Knox Butte Rd. Park in Fair/Expo parking lot near flagpoles.

Maud Williamson Recreation Site

From I-5: take exit number 263, towards Brooks. Turn left onto Brooklake Rd. Turn right onto Wheatland Rd N. Turn left onto Wheatland Ferry Rd. Cross on the ferry and continue on to Wallace Rd. Turn right onto Wallace Rd NW. Park at Maud Williamson Recreation site.

From Hwy 22, west of Salem: Head north on Hwy 221. Drive about 12 miles to Maud Williamson Recreation Site.

Jefferson Middle School

1344 N. 2nd, Jefferson

From I-5 exit 238 head east on Jefferson Hwy to Jefferson. Just past the signal the Hwy turns left and becomes North 2nd St. Stay on 2nd St. to Middle School. The school is on the left.

Corvallis Rides • Harrison St. Bridge

From I-5 take exit 228 onto Hwy 34, go West to Corvallis. As you near Corvallis, don't take the Hwy 34 bypass (left turn) but cross the Willamette River on the Harrison Street Bridge. After crossing Willamette river, turn right on 2nd St., right on Tyler, then right on 1st St. into parking lot under bridge.

S. Albany High School Pool Parking lot

36th Ave., Albany

From North: I-5 exit 233 go west on Hwy 20 into Albany. Left on Waverly Dr. SE. Right on 36th Ave. The Parking lot is on the left just past the athletic field.

From South: I-5 exit 228 to HWY 34 (go west towards Corvallis). Take first right to Columbus St. and follow to 36th Ave.

www.santiamspokes.org

April 2007 Cycling • Santiam Spokes

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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Wed. Wanderers

Start at the Linn County Fairgrounds flagpoles at 10 am. For info or to start a ride call: Call Bill Pintard @541-967-3295 or Ken Fullen @541-327-2084

CLUB MEETING

7:00 pm
Samaritan
Lebanon Community Hospital
525 N. Santiam Hwy.
Lebanon

Saturday Apr 7, 2007 9:00 am

Kings Valley Loop

Starting Location: Harrison Street Bridge, Corvallis
Distance: 50 Miles
Description: Cat. III
Ride Leaders: Dennis Murphy, PH 541-738-8600

See page 7 for Detailed information on Rides

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Wed. Wanderers

Start at the Linn County Fairgrounds flagpoles at 10 am. For info or to start a ride call: Call Bill Pintard @541-967-3295 or Ken Fullen @541-327-2084

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Saturday Apr 14, 2007 9:00 am

Tulip Festival

Starting Location: Maud Williamson State Park
Distance: 55 Miles
Description: Cat. II
Ride Leaders: Bev Henderson, PH 541-513-3916

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Wed. Wanderers

Start at the Linn County Fairgrounds flagpoles at 10 am. For info or to start a ride call: Call Bill Pintard @541-967-3295 or Ken Fullen @541-327-2084

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Saturday Apr 21, 2007 9:00 am

Corvallis Demo Daze

Starting Location: South Albany Pool
Distance: 35 Miles
Description: Cat. I
Ride Leaders: Ron & Kari Kropf, PH 541-451-4446

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

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Wed. Wanderers

Start at the Linn County Fairgrounds flagpoles at 10 am. For info or to start a ride call: Call Bill Pintard @541-967-3295 or Ken Fullen @541-327-2084

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SAT-SUN Apr 28/29, 2007 8:00 am

Newport Ride - 2 day tour

See Newsletter for details
Saturday Apr 28, 2007 9:00 am
Ankeny Wildlife Refuge Ride
Starting Location: Jefferson Middle School
Distance: 25 Miles
Description: Cat. I
Ride Leaders: Ace and Jo Johnson, PH 541-327-2813

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Visit our website:
www.santiamspokes.org



Santiam Spokes, inc.
c/o Lebanon Community Hospital
PO Box 739, 525 North Santiam Hwy.
Lebanon, Oregon 97355
www.santiamspokes.org