

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 16, No. 03 • December 2007

Holiday Season Rides

By Dennis Murphy, Santiam Spokes President

Ah yes, the Holiday season is now upon us. 'Tis the season to be Merry! Why I wonder, do I struggle with this time of year? I woke up this morning thinking of this holiday season with the same enthusiasm that I feel when I contemplate a long, hilly bike ride in the dead of winter, with the wind blowing and of course the rain falling, falling hard. It is not really that complicated if I am honest with myself. I find this time of year to be terribly complex and filled with excessive pressures that focus on commercialism and forget or ignore the deeper meanings of the season. The child in me remembers, or thinks I remember a time of simplicity, of closer family ties, of genuine hopes that our world would find peace and harmony. In truth, I can be overwhelmed by the commercialism, and will find myself seeking places of refuge wherever I can find them. Mary Ellen and I have found the Holiday Markets that specialize in locally made goods, and most typically, good local music to be one of those places of refuge. There is of course our home, the warmth of the fireplace, the quiet when we wish it, or the music of our choice when we desire it. There


is another place of refuge from this pressure filled time of year that perhaps like the very best gifts that one can receive, is not recognized for its value at first glance. Let's think again of that long and hilly bike ride on that cold, windy and rainy day. Let's recall the quiet time that we are given to contemplate the beauty of this valley that we live in. Let's remember the friends that shared this ride with us...the companionship, laughter, and conversations in a warm place over a cup of hot coffee and a bowl of warm soup before continuing the second half of the bike ride. Let's think of the good workout our muscles get after being sedentary all week, the deep breathing of moist clean air, and the joy of feeling strong and healthy enough to experience life in such a simple way. Sometimes it takes a long hot shower before I have stopped shaking from one of these "Holiday Season Rides" However, when I think back about these rides, a smile comes across my face, and my spirit rises. I think that they are sometimes the most special gifts that I receive this time of year...and too think I don't even see them as gifts at the time. 



Photo courtesy of Kari Kropf

Raylene Sell in Corvallis at the start of the Peorie Ride.

SANTIAM SPOKES HOLIDAY FEST

Friday, December 7, 6:30 p.m.
Santiam Place, 139 S. Main St., Lebanon

POTLUCK: Charles Taylor will prepare the meats.

If your name starts with A - L, bring salad or side dish;

M - Z, bring dessert.

WHITE ELEPHANT gift exchange
Do you need a new knee joint??

Thanks to Sally Skaggs for providing Santiam Place!

Organizers:
Bill Pintard, ph. 967-3295
Mary Ellen Lind, ph. 738-8600

No Meeting in December

2007 Awards Ceremony

GOLDEN PAINT BRUSH AWARD

For staying inside the lines
Award - Felt Paint Set
Chuck Young

GOLDEN PAINT BRUSH AWARD

Also For staying inside the lines
Award - Felt Paint Set
Lloyd Lambert

MOTHER HEN AWARD

For his cheerful assistance to give tired and broken down riders a lift.
Award - fluffy chair pad
Chuck Young

CATERING QUEEN AWARD

For organizing the food distribution for Strawberry Century riders
Award - Gift Certificate for dining
Sally Skaggs

CHRISTOPHER COLUMBUS AWARD

For designing one of the best summer tours
Award - Compass
Roger Gaither

ROAD BOUNCER AWARD

For bouncing back on her bike, even though she didn't bounce from the road
Award - Two dog figurines
Dian Gerstner

MISS VERSATILITY AWARD

For running the Strawberry Century registration, camp cook on summer tour, etc, etc, etc.
Award - Assorted Euphoria chocolates
May Garland

MOST ACTIVE NEW MEMBER

For sticking to the ride until the end
Award - Rolls of tape (duct tape, masking tape and reflective tape)
Arnold Larson

NEVER GIVE UP AWARD

For doing everything possible to finish the ride
Award - Rear bike light and patch kit
Jerel Gall

RIDE LEADER AWARDS

Each lead 4 or more rides this past year
Award - Certificates for lunch with the club president on regular Saturday club ride
Mary Ellen Lind
Roger Gaither and May Garland
Beverly Henderson
Jo Johnson

WHAT HAPPENS IN NEWPORT STAYS IN NEWPORT

'Nuff said. There is a story there, but you'll have to ask Dennis and Mary Ellen.
Award - Glow in the dark stars
Dennis Murphy

Gift certificates to various local bicycle shops were also given to the board members who served 2006-2007. Bill Pintard was given a gift certificate for dinner and weekend stay on the coast, for his service as Strawberry Coordinator. Kari Kropf was presented with the Jack Thomas award for everything she does for the club.



Photos courtesy of Kari Kropf



Top: May Garland looks on as Roger Gaither receives his award

Above: Kari Kropf receives the Jack Thomas Award from President Dennis Murphy

Far left: Dian shows her road bouncing award.

Left: Beverly Henderson receives a helmet rain cover for those "it never rains.." rides.



Santiam Spokes Board Meeting Minutes - November 2007

Dennis Murphy called the board meeting called to order at 6:00 pm at Lebanon Community Hospital. The first item up for discussion and approval was a donation to Build Lebanon Trails (BLT) for a RARE intern. The board also had a discussion for next year's club bicycle tour. There is a planning committee for the club tour, but the committee needs someone to take a leadership position. It was suggested that we come up with a date and time early for planning purposes, and that we could create and publish a survey in the newsletter, to see where members would be interested in touring. It might be possible to do an old tour, redesigned and updated as needed. Other suggestions were to basecamp and ride day trips from basecamp. A loop tour or a one-way trip are other options. We discussed the newly formed Safety Committee. We would like to have an article each month in the newsletter focusing on bike safety, and also, once a year do a presentation at a club meeting. There was some discussion on designing rides to include newer riders, similar to stage rides. It would also be good to start up the Discovering Bike Class again, sometime in the spring, and also to encourage cycling through the bike rodeo and weeknight rides. Philanthropy Committee: With regards to the club's philanthropic efforts, we should do a press release to let the community know how Santiam Spokes is effecting the community in a positive way. For the November 17 ride, it was decided to have the club pay costs for food, for this event.

Submitted by Kari Kropf



Santiam Spokes General Meeting November, 2007

The meeting was called to order at 7:00 pm at Lebanon Community Hospital by Club president Dennis Murphy. The October minutes were approved. Maurice Banning, Treasurer, reported we have \$17,126 in checking.

Ron Kropf, Membership Chairperson, reported we have 132 current members. He is finishing up the renewals. It was mentioned that we should update our current roster.

Roger Gaither and Bev Henderson discussed the upcoming rides. Roger has developed a website for those rides. (Be sure to take a look and join us on a ride!)

The approval of \$976 was approved for Build Lebanon Trails to help with the costs of hiring a U of O Resources for Rural Environments RARE intern for 11 months to develop a trails strategic master plan

Volunteers for the Club Tour Committee are Roger Gaither, Rod and Raylene Sell, Ken Orwick and Charles Taylor. Mary Ellen Lind will chair that committee.

It was determined there should be one club meeting dedicated to safety. Bev Henderson, Bill Pintard, and Mary Ellen Lind will be involved on this committee and will also submit an article for each monthly newsletter regarding bike safety.

The Club Christmas party is always a huge success...be sure to attend and don't forget your white elephant gift! Be sure to mark your calendar for 6:30 pm on Friday, December 7th, at Santiam Place, 139 S. Main Street in Lebanon. Please contact Bill Pintard for any new ideas (i.e., music, DJ). Be sure to bring an appetite as there will be plenty of food!

Bill Pintard is working on updating the current Mid Willamette Valley Bike map. The map will be divided into segments and members are being asked to ride or drive a segment to check out routes and verify the ride-ability and report back to him. The preliminary map will be available December 11th. The data needs to be

collected in January so a preliminary map can be put together and reviewed with a March 1st publishing date. Roger Gutierrez, ODOT, has offered to speak with the club regarding ODOT's part.

Connie Taylor, Club Historian, requested everyone submit their 2007 pictures of any and all Spokes rides for the history book.

Dennis discussed what it takes to have a successful club. The Portland Wheelmen have a first class awards ceremony where they thank the members who make the club what it is. You can never thank people enough who give their time and dedication! To last year's Board members we say THANK YOU and awarded each with \$25 gift certificates from local bicycle shops. We say THANK YOU to Bill Pintard for organizing the Strawberry Century. Bill received a very nice gift from the Club for his hard work and organization. Kari Kropf received a big THANK YOU for her time and dedication to the Club and was honored with the Jack Thomas Award. THANK YOU to members who were ride leaders (specifically Mary Ellen Lind, Bev Henderson, Roger Gaither, May Garland, and Jo Johnson who led more than four rides)! Several other awards were given out for recognition of the Road Bouncer, Most Active New Member, Christopher Columbus, Sunshine, Golden Paintbrush, Miss Versatility, Never Give Up, and the not to be forgotten, "What Happens in Newport Stays in Newport Award."

The meeting was adjourned shortly after 8:30 or so.

Submitted by Raylene Sell, Secretary



We are looking for photos, articles, newspaper clippings or anything else about Santiam Spokes to be included in our scrapbook. Contact our Historian, Connie Taylor at 541-258-1850 if you have anything that would be a great addition to our historical archives.



Regroup at Peoria Park.

Photos courtesy of Kari Kropf

SUMMER TOUR IDEAS

If you would like to join the clubs week-long summer bike tour you may want to give input into where it will go. Please submit your ideas to Mary Ellen Lind, summer tour chairperson, by December 15. If your suggested route is selected then you will be asked to join the planning committee to assist with details about the tour such as the specific route and where to camp and perhaps to drive the route ahead of the tour. Please respond to melind@peak.org.

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 Samaritan Lebanon Community Hospital. See Outspoken for specifics. The public is invited to the rides & meetings. 2006/7 Club officers are: **Membership** > Ron Kropf, 541-401-7178; **President** > Dennis Murphy, 541-738-8600; **Vice-President** > Bill Pintard, 541-967-3295; **Ride Captains** > Beverly Henderson, 541-513-3916; Roger Gaither, 503-394-3696 **Secretaries** > Raylene Sell, 541-258-8328; **Treasurer** > Maurice Banning, 541-928-6311; **Historian** > Connie Taylor, 541-258-1850; **Newsletter** > Kari Kropf, 541-401-3349; **Publicity** > Charles Taylor, 541-258-1850; **Web Master** > Roger Gaither, 503-394-3696. **Strawberry Century** > Membership information and form are posted on our web site (santiamspokes.org), or call any of the officers.

Membership Application In Santiam Spokes, Inc.

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.

• 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)

DECEMBER RIDES 2007

KEY FOR ROUTE DESCRIPTION

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).

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. 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.

December 1 Saturday, 10:00 am

Albany to Corvallis

This ride will take you through North Albany over rolling hills to Corvallis, then back to Albany over mostly flat roads. Start at South Albany High School. Length 35 miles, Category II. Ride leader Bill Pintard, 541-967-3295.

December 8 Saturday, 10:00 am

Head to Shedd

A favorite ride for the Santiam Spokes, going past farms, orchards, Boston Mill historical site to the small community of Shedd. Start at Lebanon Community Hospital. Length is 35 miles, Category II. Ride leader Roger Gaither, 503-394-3696.

December 15 Saturday, 10:00 am

Albany to Lebanon

Another favorite ride for the club, going past grass fields resting for the winter and into Lebanon. Start at The Beanery on Fescue Street. Length is approx. 29 miles, Category I. Ride leader is Roger Gaither, 503-394-3696.

December 22 Saturday, 10:00 am

Solstice Holiday Ride

No special reason other than it is the winter solstice and the holiday season. This will be a new ride, using existing bike routes and proposed bike routes that are part of the Build Lebanon Trails (BLT) project. This club has an interest in seeing this project keep going forward and supporting the Lebanon community. Start at Samaritan Lebanon Community Hospital. Length is approx. 20-25 miles, Category I. Ride leader is Beverly Henderson, 541-513-3916.

December 29 Saturday, 10:00 am

Lebanon to Brownsville

The last ride for the year! There are rolling hills with fast (careful) descents and flat roads. Start at Lebanon Community Hospital. Length is 35 miles, Category II. Ride leader to be determine

DIRECTIONS TO START LOCATIONS

Volunteer to Lead a Ride!

If you would be interested in leading a ride please contact: Bev Henderson, phone number 541-513-3916

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

3700 Knox Butte Rd, Albany, OR 97321

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.

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.

The Beanery

1852 Fescue St SE, Albany, OR 97321

From North: take I-5 exit 233. Cross hwy 20 onto Fescue St. Pass Home Depot. The Beanery is on the right facing the freeway.

From South: take 1-5 exit 233. Go east on hwy 20. Right on Fescue St. past Home Depot.

Visit our website at www.santiamspokes.org

December 2007 Cycling • Santiam Spokes

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Visit our website:
www.santiamspokes.org

Saturday Dec 1, 2007 10:00 am
Albany to Corvallis
 Starting Location: South Albany High School
 Distance: 35 miles
 Description: Cat. II
 Ride Leaders: Bill Pintard, 541-967-3295

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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

No Meeting this month. Join us Friday Dec 7th for our annual Christmas Party and White Elephant Gift Exchange

Saturday Dec 8, 2007 10:00 am
Head to Shedd
 Starting Location: Samaritan Lebanon Community Hospital
 Distance: 35 miles
 Description: Cat. II
 Ride Leaders: Roger Gaither, 503-394-3696

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Saturday Dec 15, 2007 10:00 am
Albany to Lebanon
 Starting Location: The Beanery
 Distance: 29 miles
 Description: Cat. I
 Ride Leaders: Roger Gaither, 503-394-3696

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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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Saturday Dec 22, 2007 10:00 am
Solstice Holiday Ride
 Starting Location: Samaritan Lebanon Community Hospital
 Distance: 20-25 miles
 Description: Cat. I
 Ride Leaders: Bev Henderson, 541-513-3916

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Christmas

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 Dec 29, 2007 10:00 am
Lebanon to Brownsville
 Starting Location: Samaritan Lebanon Community Hospital
 Distance: 35 miles
 Description: Cat. II
 Ride Leaders: Ron & Kari Kropf, 541-401-7178, 541-401-3349



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