

# OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 15, No. 03 • January 2007

## Bicycle Love

By Dennis Murphy, President

During a dinner discussion with Mary Ellen, sometime after our last newsletter was published, I told her I wondered if anyone ever read the Outspoken's "President's Letter". Our discussion gradually grew more interesting. I mentioned that a part of the challenge with getting people's attention, is to have an interesting title to the article. Our discussion began to liven up. "You know," I said, "if I put the word 'sex' in the title, I bet I could get some attention!" Up to that point our discussion had been rather mellow, then we began to come up with very interesting titles for an article. After a while tears of laughter were coming from our eyes. Having a great deal of fun with the title ideas, the realization came to me, that once I get everyone's attention, what would I want to say? Ahh...now there's the rub, so to speak!

This year's Holiday party was a very enjoyable event. Thank you to Sally Skaggs for renting us her fabulous facility. Thank you to Connie and Charles Taylor,

and Al Rimer, for the planning and coordination of the Party. Thank you to everyone who brought food, laughter and goodwill to share! The food was delicious, and there was more than enough for everyone. During dinner Mary Ellen and I sat at a table with Tim and Marlene. Tim asked how I was doing with the responsibilities of being president, and I shared the discussion relating to interesting title's for the President's letter. It wasn't long, before we were all having a good laugh!

The white elephant gift exchange is a highlight of our Holiday parties. Several times Tim Mangan went up to get a gift and then someone took it away from him. He then had to pick a new gift. It was, I believe, his fifth trip to get a gift, that he got the famous knee joint that has shown up in the gift exchange for years. It has now traveled to many places around the world. Congratulations Tim, and please take good care of that knee! It might come in handy to have a spare knee.

Now for myself. My gift was several items: an autographed picture of a number of riders from a Crater Lake bike tour, an unusual looking head band and a



Photographs courtesy of Dennis Murphy



Mary Ellen, Dennis, Bev, Bill and Wanda took this beautiful ride from the Hospital to Brownsville and back. Beside a couple of sprinkles on leaving Brownsville, the day was rather nice. We even had a little sunshine. It was another good Saturday ride! Dare I say that "It never rains when the Spokes ride on Saturday morning"?

## January Meeting

Thursday • 7:00 pm • January 4, 2007

Samaritan Lebanon Community Hospital  
525 N. Santiam Hwy, Lebanon

# PHOTOS



*Pictures are from the Peoria Ride on Saturday, December 16th. We had a new rider with us, Dan, he is pictured consulting with Ace at the Peoria road rest stop. It was a rather cold day, but the Mennonite bakery was open, so we had cinnamon rolls, and warmed up a bit. Craig headed back to Corvallis, and Dan waited there for a ride to pick him up. He is a new rider, and realized that he did not have enough time to finish the ride due to some afternoon commitments. I would like to note, that there were no upright bicycle riders on this ride. We left the bakery and made our way to shed, making one detour to avoid some floodwaters. We did note a lot of downed trees and power lines. After lunch in Shedd, we maintained a rather fast and vigorous pace back to the warmth of home.*

Dennis



*Peoria Ride Photos courtesy of Dennis Murphy & Mary Ellen Lind*

*Cont. from page 1*

book The book made me laugh at how wonderfully magic this world we live in is! The picture on the cover is of a scantily clad, beautiful woman, in bed with a bicycle! “Bicycle Love” is the title! The subtitle is “Stories of Passion, Joy and Sweat”.

So I feel I got a little help on a title for this President’s article. In addition, I think as I read this book I will get a few hints on what subjects may have “passionate” interest to the readers of the Outspoken. So, if I have managed to hold your interest this long, Happy New Year, be safe out there, and I’ll see you soon on one of our sensually gratifying, tension releasing, and emotionally recharging bike rides!



## Welcome New Members!

Neal Halousak  
Bonnie Jacobs Halousak  
Catherine Hayden  
Jim Lawrence

# Upcoming Events

## Chilly Hilly

February 25, 2007.  
33-mile route around Bainbridge Island, starts from Seattle or you can join the crowd directly on Bainbridge Island.  
<http://www.cascade.org/EandR/chilly/index.cfm>

## 2007 Group Health Seattle International Bicycle Expo

March 10 - 11, 2007  
at Warren G. Magnuson Park.  
<http://www.cascade.org/EandR/expo/index.cfm>

## Alice B. Toeclips Awards Party and Auction

March 10th, 2007  
The Alice B. Toeclips Awards Party and Auction will honor the individuals, businesses, and organizations in Oregon and SW Washington whose work has promoted the use of bicycles and increased the livability of our communities.  
<http://www.bta4bikes.org/alice/index.html>

## McClinchy Mile Bike Ride.

Saturday, March 17, 2007  
Arlington Washington.  
A flat 34, a hilly 27, or a challenging 47 miles.  
phone: 360-658-2462  
email: [mcclinchymile@bikesclub.org](mailto:mcclinchymile@bikesclub.org)  
<http://www.bikesclub.org>

## Daffodil Classic

April 2007  
20 to 100 miles  
Tacoma, Washington.  
[www.twbc.org](http://www.twbc.org),  
email: [daffodil@twbc.org](mailto:daffodil@twbc.org)

## Tulip Pedal

20 & 40 miles, in Skagit County, WA.  
Benefits Skagit County Medic One.  
phone: 360-428-3236,  
email: [email@skagititems.com](mailto:email@skagititems.com),  
[www.skagititems.com](http://www.skagititems.com)

## Tour de Lopez

April 28, 2007  
10 & 26 miles on Lopez Island, WA.  
Lopez Island Chamber of Commerce  
phone: 360-468-4664,  
email: [tourdlopez@aol.com](mailto:tourdlopez@aol.com),  
[www.lopezisland.com/tour.html](http://www.lopezisland.com/tour.html)

## Monster Cookie Ride

Sunday, April 29, 2007. 62 miles in Salem, Oregon. Held by the Salem Bicycle Club.  
email: [mcride@easystreet.com](mailto:mcride@easystreet.com)  
[www.salembicycleclub.org](http://www.salembicycleclub.org),

## NorthWest Tandem Rally

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

## 15th Annual Rhody Bike Tour

Metric and Half-Metric Century  
Sunday May 6, 2007,  
Presented by:  
The Port Townsend Bicycle Association  
<http://www.ptguide.com/rhodytour/>

## Ride Around Clark County

18, 35, 65, 103 miles,  
Vancouver Bicycle Club,  
Bruce Bazley at 360-571-0202,  
[acc@vancouverbicycleclub.com](mailto:acc@vancouverbicycleclub.com),  
[www.vancouverbicycleclub.com](http://www.vancouverbicycleclub.com)

## May Day Metric\*

50, 62, 100 miles,  
Federal Way, WA,  
benefits The Bicycle Alliance of Washington,  
phone: 253-661-3903,  
email: [philthemicanic@aol.com](mailto:philthemicanic@aol.com),  
web [www.maydaymetric.net](http://www.maydaymetric.net)

## Camano Climb\*

Stanwood Heritage Park  
35 or 50 miles  
Camano Island  
phone: 360-629-6415  
[stanwoodvelosport@yahoo.com](mailto:stanwoodvelosport@yahoo.com)  
[www.stanwoodvelosport.com](http://www.stanwoodvelosport.com)

## Reach The Beach

Saturday, May 19 2007  
110, 100, 77, 55 or 26 miles--ends in Pacific City. The American Lung Association of Oregon,  
[www.reachthebeach.org](http://www.reachthebeach.org)  
email: [RtB@LungOregon.org](mailto:RtB@LungOregon.org)  
Phone: 503-459-4508

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.*



## The Minutes of A Scrumptious And Fun Evening.

In lieu of a December meeting, the annual Santiam Spokes Holiday party was held on Friday evening, December 8, at Santiam Place in Lebanon. Club member, Connie Taylor, was in charge of the affair and did an outstanding job. Thanks, Connie. There were candy canes, a beautifully decorated evergreen tree which received the white elephant gifts, holiday music, and delicious homemade foods. The Club provided meat and desserts and members brought a wonderful assortment of salads, vegetables, and homemade rolls. Somehow foods such as carrots, green beans, and kale just taste better in a party setting! The desserts were outstanding - yummy cheesecake and a huge chocolate cake.

After everyone had eaten hardily, we moved into the sanctuary to open white elephant gifts. Here's the routine that we follow each year. Everyone draws a number. The person with number one selects and opens a gift. There is "ooohing" and "aaahing". Then the person with number two can either select an unopened gift or take number one's gift. And it continues until all of the numbers are used and everyone has a gift. It's fun to have people waiting their turns to "take" a particular gift. Gifts can only change hands three times before they are frozen. The gifts range from cute to absolutely ridiculous. As is the tradition, the "knee" showed up among the gifts. (This is an anatomically correct model of the knee complete with stand.) This year Tim Mangan went home with the "knee". We'll see where it travels in 2007 after a year of rest in the closet at the Lambert's home!

Submitted by May Garland  
Secretary and Party-Goer





# January & February Rides ~ 2007

## KEY FOR ROUTE DESCRIPTION

The TERRAIN of each route:

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 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.

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*January 6 Saturday 10 a.m.*

### **Brownsville to Crawfordville and Holley Loop**

Ride starts in Brownsville. Park in lot behind post office. This ride follows part of the Strawberry Century route through beautiful country - some say the best of the SC -- with a nice balance of flat and rolling hills and only a couple slightly steep ones. For a short time the route is on Hwy 228 which can have traffic but has a good bike lane. After a rest at the Holley school we will retrace the route to Brownsville for lunch.

Terrain category II. Approximately 26 miles  
Ride Leader: Craig Eucken, ph. 503-394-2384

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*January 13 Saturday 10 a.m.*

### **Head to Shedd**

This ride starts in the back parking lot of Samaritan Lebanon Community Hospital. It spans the middle Willamette Valley, parallels then crosses I-5 and passes historic Boston Mill to Shedd for lunch. In this farming community we'll see many sheep enjoying greens as they winter in the rye grass fields.

Terrain Category I. Approximately 35 miles.  
Ride Leaders: Ace and Jo Johnson, 541-327-2813

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*January 20 Saturday 10 a.m.*

### **Lebanon to Scio via Lacombe**

Start at Samaritan Lebanon Community Hospital. This will be a more rigorous ride to fight off winter lethargy. We'll ride up significant hills as we go towards Lacombe then the terrain will settle out as we approach Scio for lunch. Again you will enjoy the sights of beautiful Oregon with a variety of rural landscapes - wooded areas, covered bridges and farm country.

Terrain category III. Approximately 45 miles  
Ride Leader: Larry Thurber, ph. 541-967-8199

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*January 27 Saturday 10 a.m.*

### **Corvallis to Smith Loop and Decker Road**

The ride starts from under the Harrison Street Bridge in Corvallis. The first part of the route follows Hwy 99W going south to Smith Loop. This loop is a short excursion that circles several farms then returns to Hwy 99W. Decker Road has a challenging climb that will warm you well then give a cool descent towards Philomath for lunch. Return to Corvallis via bike path.

Terrain category III. Approximately 45 miles  
Ride Leader: Ron & Kari Kropf, ph 541-451-4446

## Volunteer to Lead a Ride!

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

## FEBRUARY RIDES

- Feb. 3 Diamond Hill Ride
- Feb. 10 Chocolate Ride
- Feb. 17 Adair to Monmouth Loop
- Feb. 24 Stage ride, Lebanon to Albany to Tangent

## DIRECTIONS TO START LOCATIONS

### **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.

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### **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.

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### **Corvallis Rides • Harrison St. Bridge**

From 1-5 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.

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### **Brownsville/Post Office**

From I-5 exit 216: head east on HWY 228 to Brownsville. From Sweet Home: Take Hwy 228 to Brownsville. Turn onto N. Main Street. Cross bridge. Right on Stanard Ave. Park in lot behind Post Office

# January 2007 Cycling • Santiam Spokes

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

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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 Jan 6, 2007 10:00 am**

**Brownsville • Crawfordville • Holley Loop**  
Starting Location: Brownsville, behind post office  
Distance: 26 Miles  
Description: Cat. II  
Ride Leaders: Craig Eucken, Ph 503-394-2384

See page 5 for Detailed information on Rides

7

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9

**Wed. Wanderers**

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11

**Saturday Jan 13, 2007 10:00 am  
Head to Shedd**

Starting Location: Samaritan Lebanon Community Hospital  
Distance: 35 miles  
Description: Cat I  
Ride Leaders: Ace & Jo Johnson, 541-327-2813

14

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

16

**Wed. Wanderers**

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18

**Saturday Jan 20, 2007, 10:00 am  
Lebanon to Scio via Lacombe**

Starting Location: Samaritan Lebanon Community Hospital  
Distance: 45 Miles  
Description: Cat III  
Ride Leaders: Larry Thurber, ph. 541-967-8199

21

22

23

**Wed. Wanderers**

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25

**Saturday Jan 27, 2007 10:00 am  
Corvallis to Smith Lp & Decker Rd**

Starting Location: Harrison Street Bridge  
Distance: 45 miles  
Description: Cat III  
Ride Leaders: Ron & Kari Kropf, 541-451-4446

28

29

30

**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

Visit our website:  
[www.santiamspokes.org](http://www.santiamspokes.org)



**Santiam Spokes, inc.**  
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