

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 15, No. 09 • June 2007

A STRAWBERRY CENTURY ADVENTURE

By Dennis Murphy, Club President

I reached into my dresser drawer this Saturday afternoon to get a T-shirt to wear while I was cutting the grass and doing a few other miscellaneous jobs around the house. The shirt I put on brought back memories of one of the many adventures that I had bicycling in the spring and summer of 1999, soon after I met Mary Ellen. On June 5th of 1999, I accompanied Mary Ellen and the Santiam Slow Spokes on their pre-century ride. This was a big deal for me since just the week before was the first time I rode over 25 miles on a bike. As for motivation, one only needs to know that I was in love with Mary Ellen and determined to prove to her that I could ride a bicycle at least as good as she. After we got to Sunnyside Park, I decided that I would follow the route back to the hospital and call it a day. That would be my first time going 50 miles on a bike. I thought that should be very impressive for me and of course, for Mary Ellen. My decision to call it a day

at 50 miles was, of course, not what the rest of the riders were planning. However, in what I was to learn was a tradition with our club, one of the riders accompanied me back to the Lebanon Hospital after saying he had to get home early. I remember that we were greeted with a rather heavy rainstorm on the way back, but nothing was going to dampen the spirits of a man who was about to go 50 miles on a bike for the first time in his life! When I got back to the lot, I sat in the car and promptly fell asleep. About an hour later, I awoke to find Mary Ellen and other bikers arriving back at the hospital after riding the 75 mile route. Mary Ellen showed off her tongue.....still black from the licorice ice cream that she enjoyed in Brownsville!

Mary Ellen was committed to work at the Strawberry Century on June 12th as a pointer at Hayden Rd. and Denny School Rd, to advising people to be careful crossing a busy highway onto Oak St.

STRAWBERRY CENTURY

Saturday June 9, 2007

A big THANK YOU to every club member who is volunteering time to this event. Special thanks to SALLY SKAGGS for organizing the food, both for serving riders along the route and also for the dessert treat at the end. Sally has served our club by doing this task for many years and she says this is her last year. Our club expresses another BIG THANK YOU to BILL PINTARD for his hours and hours of work to organize this event. He has been willing to give this project priority in his life, and we are most grateful for his dedication to biking and to our club.

June Meeting

Thursday • 7:00 pm • June 7, 2007

Samaritan Lebanon Community Hospital

525 N. Santiam Hwy, Lebanon

Details on page 3

riding into Lebanon. She told me that she would accompany me to Sweet Home, and then would have to turn back so she could get into position to direct the riders returning to Lebanon. I must admit that seeing so many people at registration and the different riders on bikes got my adrenalin going. I was filled with excitement! Charged with confidence, I made it a point to try to set the pace for Mary Ellen. It was a beautiful day and the miles just seemed to fly by. I decided that I was most certainly in good enough condition to do the 75 mile route. This bike riding stuff wasn't that hard to do, and I was in excellent conditionper my standards.

The Sunnyside stop was exciting--so many riders with all colorful outfits, different kinds of bikes, all kinds of people. Some were young and some were older than me. There were obviously experienced riders like me, so I thought, and then there were those who looked not so experienced but just out to challenge themselves and to enjoy a beautiful day with a lot of other people. This was so much fun I thought! How lucky I was to have met Mary Ellen and have her introduce me to bicycling in a way that I didn't know existed.

We left the Sunnyside rest stop and headed for Sweet Home. Towards the end of our traverse thru Sweet Home Mary Ellen told me that it was time for her to leave me and return to Lebanon. She explained that I would need to make a left at the next intersection and she would continue straight. She smiled. I felt sad to see her go but was looking forward to the challenge ahead of me. I mean immediately ahead of me. I went only

about 50 yards and then I met Old Holly Hill Road. I was humbled. I watched others ride casually by me and then I realized I couldn't make it. As I dismounted I was wondering where in the world this hill came from. It became clear to me why Mary Ellen had said it was time to return to Lebanon. Well, I am a fighter. So while I must admit to having walked a little way up that hill, I also got back on my bike and rode as many yards as I could, then I would return to walking. I was relieved when I got to the top and the ride from that point on was absolutely beautiful for a number of miles. By riding alone I was able to measure how I was feeling and take some time to meditate on the beauty of the hills and valleys that I was riding through. About 5 miles outside of Brownsville, the route entered a valley that no longer had trees to provide shade. The sun was getting hot, and I was certainly not setting any speed records. Every few minutes a few more riders passed me. I was going slower and slower. The pedaling was harder and harder. I glanced down and realized that my rear tire needed more air and that might help to go a wee bit faster. It was hot out there and I was in no mood to be fixing a flat out in the middle of nowhere without a shady spot. So, I decided to just pump the darn tire up and see how far I could ride. In retrospect...I should have just fixed the flat. I did finally get into Brownsville, got some nourishment, sat down in the shade to fix my flat. As I was working on my tire, I listened to the people around me talking about their average speeds so far -- 14, 16, 18, 20, 21 miles per hour. I punched my odometer and mumbled to myself, "10.5 miles per hour".

This is the final leg of the ride, I thought to myself. I have almost done this seventy-five mile ride! This is impressive. I am going to make it. As I rode I could see a bluff ahead of me. That bluff stood between me and Lebanon. As I started up this hill the riders that went by me made me feel like I wasn't even moving. "That is ok. This is personal now. I am going to make it to the top." I'm not going to walk up any part of this hill!" It was a very slow climb, and I must admit that when I got to the top and after checking to be sure that I was alone....well I did a little Rocky Balboa imitation! I was tired, but the adrenalin had returned and I made my way back into Lebanon and the parking lot. It was time to get some of that famous strawberry shortcake. It was time to celebrate my accomplishment. It was time to figure out how to lift my leg high enough to dismount the bicycle without it painfully cramping up. I remember a very nice young woman walking over and asking if I was alright. "Oh, I am fine," I said, "just thought I would take a little rest." A little while later I was finally able to get off of the bike!

The T-shirt I wore this weekend was from the 7th Strawberry Century ride on June 12th 1999. Wearing it brought back good memories of my first Strawberry Century adventure. I hope that you, too, will reflect back on the day that you first rode in the Santiam SLOW Spokes Strawberry Century and that you too will someday share your story.



**Santiam Spokes General Meeting
May 3rd, 2007**

The group gathered at 7:00PM. Dennis welcomed everyone and introduced the speaker, Angie Frederic, Dietitian at Samaritan Lebanon Community Hospital who presented information in nutrition and riding. She used an inventory to have the group rate their diets and most of us seemed to have room for improvement. She talked about the new food pyramid and its implications for eating better. This information can be found at www.mypyramid.gov. She also recommended that Club members look at www.cptips.com/nutrtn.htm. The Club appreciates the time and effort that Angie spent in preparing and presenting.

After a break for delicious refreshments furnished by Dian Gersten, the Club approved the minutes of the previous meeting. Wanda Knight, treasurer, reported a cash balance as of April 30 of \$14,640. Income included \$1800 Century sponsors, \$1579 Century registrations, \$272 merchandise, and \$490 in the PayPal account.

Ron Kropf, membership chairperson, reported that we have 127 members, which includes one new member. He is sending out the final

membership reminder letter to those he has not heard from.

Kari Kropf, newsletter producer, will send the latest newsletter to Roger Gaither for posting at the Club website. Kari also has a new supply of club letterhead.

Mary Ellen, ride leader captain, said that the Saturday ride would not include a bike rodeo as no arrangements were made for the event. She announced that she needs to know by May 18 who will go on the Memorial Day trip.

Strawberry Century Update: Bill still needs suggestions for people to serve as pointers and one road painter. He announced that three MidValley Club people will work registration early on Saturday morning. Kari will be ordering the T-shirts when we pass the preregistration deadline of May 20.

Roger announced that the Decathlon event has been changed to Friday, July 13. The Club is invited to ride with the physician from Sweet Home to Lebanon. More information will follow.

Meeting adjourned at 9:00PM.

Submitted by May Garland, Secretary



June Meeting

**Thursday, 7:00 pm
June 7, 2007**

The General Club Meeting on June 7th, will have as its primary purpose a review of the preparations for the Strawberry Century on Saturday, June 9th. Final details will be discussed and questions and concerns will be answered. This should be a fun and fast moving meeting with a lot of good information to help the ride day to be fun filled and run smoothly. We are in need of volunteers with pick-up trucks who could help us move support materials. If you think you can help with this, please give Bill Pintard a call.



When I go biking, I repeat a mantra of the day's sensations: bright sun, blue sky, warm breeze, blue jay's call, ice melting and so on. This helps me transcend the traffic, ignore the clamorings of work, leave all the mind theaters behind and focus on nature instead. I still must abide by the rules of the road, of biking, of gravity. But I am mentally far away from civilization. The world is breaking someone else's heart.

-Diane Ackerman



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)

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, 541-451-4446; **President** > Dennis Murphy, 541-738-8600; **Vice-President** > vacant; **Ride Captain** > Mary Ellen Lind, 541-738-8600; **Secretary** > May Garland, 503-394-3696; **Treasurer** > Wanda Knight, 541-926-5999; **Historian** > Connie Taylor, 541-258-1850; **Newsletter** > Kari Kropf, 541-451-4446; **Publicity** > Roger Gaither, 503-394-3696; **Web Master** > Roger Gaither, 503-394-3696. **Strawberry Century** > Bill Pintard, 541-967-3295; Membership information and form are posted on our web site (santiamspokes.org), or call any of the officers.

JUNE, JULY & AUGUST 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.

Saturday, June 2, 2007 *9 a.m.*

PRE - STRAWBERRY RIDE

This ride starts at Samaritan Lebanon Community Hospital. Bill Pintard, the Strawberry Century Chairperson, is the leader for this ride. Riders will have copies of the maps and cue sheets for the June 9th routes of 13, 54, 72 or 101 miles. Bill has two ideas for this day's ride depending on the distance you want to ride. First, you may ride the first part of the 100 mile loop, the initial 35 miles that goes northeast to Lcomb and Larwood Bridge, takes Berlin Road to Waterloo then River

Road back into Lebanon for lunch.

Approximate distance, 43 miles.

Second, you may ride the initial 100-mile route as described above and at Waterloo continue the 100-mile route as far as Foster Dam. Cross Foster Dam, have lunch in Sweet Home then follow the 55-mile route back to Lebanon. Approximate distance, 75 miles.

Terrain Category, III for all except the 13 mile route.

Ride Leader: Bill Pintard, ph. 541-967-3295

Saturday, June 9, 2007 *7 a.m.*

STRAWBERRY CENTURY RIDE

We as club members have the fun of hosting the 15th Annual Strawberry Century ride event for bikers from all around Oregon and beyond. We expect between 600-700 road bikers. A few "oldies" say they bike this route every year and started in 1992! Club members are busy with many different volunteer jobs on this day - registration, water stops, food stops, roving mechanics, pointers and providing Strawberry refreshments to bikers after the ride. We'll give our attention to others while we remember the beautiful route that we ride often on club rides throughout the year.

A big THANK YOU to every club member who is volunteering time to this event. Special thanks to SALLY SKAGGS for organizing the food, both for serving riders along the route and also for the dessert treat at the end. Sally has served our club by doing this task for many years and she says this is her last year. Our club expresses another BIG THANK YOU to BILL PINTARD for his hours and hours of work to organize this event. He has been willing to give this

project priority in his life, and we are most grateful for his dedication to biking and to our club.

Saturday, June 16, 2007 *9 a.m.*

INDEPENDENCE & BUENA VISTA & MONMOUTH LOOP

This ride starts from the home of Seph and Lin Reese who live on the NW side of Salem. The route will travel Hwy 51 to Independence then to Buena Vista and Helmick road into Monmouth. From Monmouth we will ride towards Rickreall on bike paths and to the Reese's residence on Oak Grove road. Approximately 41 miles.

Terrain Category I

Ride Leaders: Seph and Lin Reese.

Ph. 503-375-7620

CELEBRATE OUR 15th SUCCESSFUL STRAWBERRY CENTURY EVENT! On this day all club members are invited to a BBQ lunch hosted by Seph and Lin Reese. Some of the earnings from the Strawberry will be used to provide this THANK YOU lunch for our members. They have given many hours of work and tremendous volunteer efforts to make this year's Strawberry Century ride an awesome experience for many, many bikers. Volunteers who don't bike on this day please join the group for lunch at about 12:30.

Saturday, June 23, 2007 *9 a.m.*

DEVER-CONNER RIDE

Ride starts at Jefferson Middle School. The route is designed by Lloyd Lambert who will lead this ride. It crosses to the west side of I-5, travels on and off

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continued from page 5

Dever-Conner road to the outskirts of Albany on Old Salem Rd. Lunch will be in Jefferson after the ride. Note that the folks going on the Ochoco tour will be on their way to Eastern Oregon and will be returning the day of next weeks ride, so will be missed on the Valley's Saturday rides for a couple of weeks. Terrain Category, I. Approximately 22 miles. Ride Leader: Lloyd Lambert. Ph. 541-327-2815

Sunday to Saturday, June 24 - 30, 2007

CLUB TOUR - OCHOCO CHALLENGE

See web page for description of the week-long ride and call Roger Gaither with other questions, ph. 503-394-3696.

Saturday, June 30, 2007

9 a.m.

JEFFERSON TO INDEPENDENCE VIA BUENA VISTA FERRY

Park and ride from Jefferson Middle School. The route will cover a most interesting, beautiful segment of the valley that includes a ferry ride, lunch in a town that was founded by settlers from Independence, Missouri in the 1840's; vast wetlands and wildlife refuge area and an abundance of country scenes. Terrain Category I. Approximately 43 miles.

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

Volunteer to Lead a Ride!

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

JULY RIDES

- 7-7-07 Ride around Corvallis and Philomath and ride to a wedding in Avery Park!
- 14 DaVinci Days. Ride from Albany to Corvallis
- 21 Brownsville to Marcola Loop
- 28 Stage ride, Albany to SLCH to Waterloo. Anniversary ride/lunch

AUGUST

- 4 Santiam Terrace
- 11 MVBC - Covered Bridges (40/60)
- 18 Summit Festival, tentative
- 25 Not determined, suggestions welcome

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.

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.

Directions for Reese's Home:

From Albany, through Salem: take I-5 N, about 20 miles. Turn on Exit 253, 99E Bus./OR-22. Turn left. Follow OR 22 through Salem. Cross Marion Street Bridge, take OR 22 ramp (left at fork). See road signs to Oregon Coast or Monmouth and Independence. Follow OR-22 for about 6 miles. Look for large time and temp sign at Rest Lawn Cemetery. Turn right onto Oak Grove Rd NW. Follow to 1020 Oak Grove Rd, NW.

From Albany, on Hwy 51: From downtown Albany, cross Lyon Street Bridge on Hwy 20. Turn right onto Spring Hill Rd to Buena Vista Road. Right on Buena Vista Rd to Hwy 51. Left on Hwy 22. Immediate right onto Oak Grove Rd. Follow to 1020 Oak Grove Rd NW.

For more information, see our website at:

www.santiampokes.org

Regional Events

JUNE

Pioneer Century

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

Peninsula Metric Century

June 3, 2007 • Gig Harbor WA
29, 44, 62, 100 miles
www.twbc.org

Strawberry Century

June 9th • Lebanon, Oregon
13, 53, 72, 101 miles
www.santiamspokes.org

Century Apple Bike Ride

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

Flying Wheels Summer Century

June 16, 2007 • Redmond, WA
25, 50, 65, 100 miles
1-888-334-BIKE
http://www.cascade.org

2007 Tour de Blast

June 23, 2007 • Toutle WA
33, 67, 82 miles.
http://www.tourdeblast.com

Native Planet Classic

June 23 • Winthrop, WA
28, 126 miles
www.ride4areason.org

Mountain Lakes Challenge

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

Watermelon Ride

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

JULY

S-2-S (Seattle to Spokane)

July 7 • Lake City, WA
285 miles in one day
425-739-8609
www.redmondyclingclub.org

Seattle To Portland (STP)

July 14-15
200 miles in one or two days,
Cascade Bicycle Club, Seattle, WA,
206-522-BIKE
web www.cascade.org

Red-Spoke

July 18-22 • Redmond, WA to Spokane, WA
300 miles, first 100 riders,
206-298-9288
web www.redspoke.org/ (donation required)

Tour des Chutes

July 21 • Bend, OR
6 to 100 miles
541-382-8018

www.tourdeschutes.org/

Jackson's Tour de Spa Gorge Getaway

July 21-22 • 30 & 50 miles
Bonneville, WA.
www.jacksonstourdespa.org

RAMROD 2006

July 26 (Thursday)
153 miles around Mount Rainier
Register by lottery only
206-781-3903
www.redmondyclingclub.org

Summit to Surf (Mt. Hood to Hood River)

July 28 • 10 to 100 miles
888-342-2483
www.SummitToSurf.org

Pedal The Pinchot

July 28 • 30 to 88 miles
Swift Forest Camp near Cougar,
www.pedaltheinchot.com

Tour de Peaks

July 29 • 7, 14, 31 miles, 14 MTB miles,
Snoqualmie, WA
425-888-4440
www.tourdepeaks.com

Washington Bicycle Ride I

July 29 – August 3 • Fully supported tour
300 riders. Mead, WA
800-413-8432
www.oregonbicycleride.org

AUGUST

Covered Bridge Bicycle Tour

August 2007
40, 68, 85, 100 miles - Corvallis OR
www.mvbc.com

Get Your Guts In Gear

August 3-5
210 miles - Seattle WA
718-875-2123
web www.ibdride.org

Tour de Whatcom

August 4
20, 46, 109 miles - Bellingham, WA
360-739-9953
www.tourdewhatcom.com

MS150 Bike Tour

August 4-5
150 miles - Forest Grove, OR
503-223-9511
www.ms150oregon.com

Courage Classic

August 4-6
Snoqualmie, to Skykomish, WA
253-403-4374 or 800-39CYCLE
web www.courageclassic.com

Blackberry bRamble

August 5
under 20, 62, 100 miles - Eugene OR
(541)484-1734

http://www.eugenegears.org

Hottest Day of the Year Ride

August 5
15 urban miles - Portland, OR
503-459-4508
web www.hottestdayride.com

Providence Bridge Pedal

August 12
14, 24, or 36 miles - Portland, OR
503-281-9198
www.providence.org/bridgepedal

Ride from Seattle to Vancouver and Party

August 17-18
183 miles in two days - 206-522-BIKE
web www.cascade.org

Hot August Days - Tour of the Columbia Basin

August 18
50, 120, 150 miles - Wenatchee, WA
509-662-3461
web www.hotaugustdays.com

The Vine Ride

August 18
35, 65, 100 miles - Newberg, OR
800-390-6189
web www.vineride.com

Tour de Lentil

August 18
62 miles - Pullman, WA,
web www.lentilfest.com

Alpine Half Century

August 18
50 miles, Monroe OR
call 541-847-6028
web www.alpinecommunity.net

Yaquina Lighthouse Century

August 19
25, 62, 100 miles - Newport, OR
541-265-2397

www.yaquinawheels.org/Century.html

RAPSody (Ride Around Puget Sound)

August 25-26
165 miles in one or two days - Tacoma, WA
206-577-6999
www.rapsodybikeride.com

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

June 2007 Cycling • Santiam Spokes

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Visit our website:
www.santiamspokes.org

Saturday June 2, 2007 9:00 am
Pre-Strawberry Ride
 Starting Location: Samaritan Lebanon Community Hospital
 Distance: 55, 75 Miles
 Description: Cat. III
 Ride Leaders: Bill Pintard, ph. 541-967-3295

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Saturday June 9, 2007 7:00 - 10:00 am
Strawberry Century
 Starting Location: Lebanon High School
 Distance: 13, 53, 72, 101 miles
 Description: Cat. I - III
 No ride leader

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Saturday June 16, 2007 9:00 am
Independence, Buena Vista & Monmouth Loop
 Starting Location: Home of Seph & Lin Reese
 Distance: 41 miles
 Description: Cat. I
 Ride Leaders: Seph and Lin Reese. Ph. 503-375-7620
 BBQ following the ride: 12:30

16

Saturday June 23, 2007 9:00 am
Club Tour - Ochoco Challenge
 See website for details
Dever-Conner Ride
 Starting Location: Jefferson Middle School
 Distance: 22 miles
 Description: Cat. I
 Ride Leaders: Lloyd Lambert. Ph. 541-327-2815

23

Saturday June 30, 2007 9:00 am
Jefferson to Independence Via Buena Vista Ferry
 Starting Location: Jefferson Middle School
 Distance: 43 miles
 Description: Cat. I
 Ride Leaders: Jo and Ace Johnson, ph. 541-327-2813

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

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

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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



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