

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 15, No. 06 • March 2007

MORE RUMBLINGS FROM YOUR PRESIDENT

by Dennis Murphy

I write this from beautiful Phoenix, Arizona, and I am wondering what words I have to share with the readers of this newsletter. I think about the Chocolate ride, one of our many Saturday bike ride successes. Sincere thanks to Roger and May for leading the ride. I need to give my sincere apologies for having made a big deal about this winter's Saturday rides being rainless, for the spell was most certainly broken, and when the rain came late in the ride we did okay.

Mary Ellen and I had opportunity to represent the Santiam Spokes at an appreciation dinner for the donors to the Samaritan Lebanon Community Hospital Foundation. We felt honored to learn that SLCH has been nationally recognized for the design of the healing gardens, new cancer center and conference center. I felt pride in realizing that our club has been a major contributor to the foundation, therefore the new facilities

for learning and healing. We have frequently donated 50% of the proceeds from our Strawberry Century event to the hospital foundation. I witnessed first hand how very well our donations have been invested.

On the issue of the distributing the proceeds of the Strawberry Century, the board is developing a list of questions that will be asked of organizations asking for a contribution. The club devotes so much energy to making the Strawberry a successful event that it is important for us to give more thought to where the hard earned profits will go. While it is certainly true that large organizations like the BTA and Adventure Cycling are doing a lot to promote bicycling, there are also organizations that have activities that will directly impact biking in the Lebanon, Albany, and the surrounding areas. Are there additional activities that



Lunch at Loafers, and chocolate dessert too!

A valentine favorite ~ A pleasant ride around Albany, followed by lunch and a yummy chocolate treat.

Photo courtesy of Kari Kropf

CHANGE OF START TIME FOR SPRING

This year the start of daylight savings time is March 11. This national change was determined by the Energy Policy Act of 2005. Santiam Spokes will wait to change the club's start time to 9 a.m. on the first Saturday of April - April 7. All Saturday rides in March will begin at 10:00 am.

Mary Ellen Lind, Ride Captain

February Meeting

Thursday • 7:00 pm • February 1, 2007

Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon

Guest Speaker: Angie Frederic, RD, LD, CDE is a nutrition/diabetic educator and will give us a short class on eating correctly.



Right: Lin, Seth and Dennis, Diamond Hill.
 Below middle: Jo and Ace ready for the Chocolate Ride.
 Below right: Seth, Bill, Roger, May and Lin, Diamond Hill ride.



Above: It's finally happened. I can't remember where this picture was taken! Bill, Frank, Dennis, Kari, Ron and Jo...Somewhere...

Right: Ron & Kari, top of Diamond Hill

Below: Craig, Seth and Bev on the chocolate ride.

Photo courtesy of Kari Kropf

PHOTOS



**FROM THE BTA
(Bicycle Transportation Alliance)
LEGISLATIVE BILLS THAT
FOCUSES ON SAFETY**

The BTA Policy Director, Scott Bricker is bringing the safety message to the Oregon state legislature and seeking to pass three bills to improve Oregon roads for bicyclists.

The Vulnerable Roadway Users bill would create a new crime for drivers who fail to yield the right of way, and in doing so, critically injure or kill vulnerable users. District Attorneys would be able to charge motorists with a Class A Misdemeanor, a serious crime punishable with up to one year in jail and one-year license suspension, rather than facing a choice between a traffic ticket and a felony charge. This bill also includes a diversion program, as an alternative to jail time, with community service, driver's training course, license suspension and restitution.

The second bill - Senate Bill 299-would revise a number of existing laws to improve bicyclist' and pedestrians' safety on the roads, First, drivers would be required to give minimum of three feet when passing a cyclist. Second, it would clarify that drivers can cross the center line to pass a cyclist as long as they yield to oncoming traffic (rather than being required to pass dangerously close in order to stay in their lane).

Third, it would revise sidewalk law so

cyclists would be required to ride a "reasonable" rather "walking" speed when cycling on the sidewalk near automobiles. This would prevent cyclists from being blamed when they are hit by inattentive drivers if they were not traveling below 4 mph.

The BTA's third bill would legally recognize a "Pedestrian Hand Signal" as a way for pedestrians (and cyclists who dismount) to create the right of way at crosswalks. Currently, pedestrians must actually enter the roadway to get the right of way, a requirement that is uncomfortable and oftentimes dangerous. This bill would allow pedestrians to raise their hand to oncoming traffic before stepping out into the street, requiring the oncoming cars to stop. Many bicyclists, especially those inexperienced, begin and end bike trips as pedestrians, or resort to walking their bikes across very wide streets. This bill would make that behavior safer.

This information was excerpted from the February/March, 2007 issue of the BTA's Cycloletter.

Our club helps to fund the activities of the BTA through our Strawberry Century event. We applaud their efforts to help bring safety in Oregon to bikers and pedestrians.

*Information submitted by
Mary Ellen Lind*

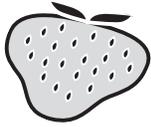


Cont. from page 1

the Club itself could do that would promote bicycling fun and bicycling safety in our riding territories? We have started this discussion. Please feel free to send me an email, or give me a call if you have thoughts on this subject.

I have bounced around some ideas on how to help new riders feel comfortable and welcomed on our Saturday rides. We tried stage rides last year. Since we are not a very large club, we often had only one or two riders show up for the short version of the stage ride. One idea is to have a biker volunteer on each ride to accompany the new rider(s) to ride as far and at the speed that they feel comfortable biking, and then return with them to the start point. Possibly they would drive by car to join the group at the lunch point of the ride. There will be some details to work out, but this may be a start to helping to bring new riders move to a level of confidence and stamina that they feel comfortable riding with the main group of riders. We want to continue to be a club known for not leaving any rider behind, whether new or just not having a good day! I am a club member biker who would not be with the club today if it was not been for the willingness of those that rode with me to wait at the turn in the road for me to arrive, along with my huffing and puffing. On arrival I would receive friendly conversation and time to catch my breath. It meant so very much to me then, and it still does today.

Our meeting in March will revolve around the fun and exciting activity of putting mailing labels on the Strawberry brochures. There are only so many labels to put on, and you probably won't get another chance to do it again this year! You do not want to miss this entertaining activity! So I look forward to seeing you there. Perhaps we will get a chance to have a good round table conversation about some of the issues I have raised above. In the mean time, please ride carefully and be alert. 



Santiam Spokes Board Meeting February 1st 2007

Board members present: Mary Ellen Lind, Dennis Murphy, Roger Gaither, May Garland, Bill Pintard, Wanda Knight, Ron Kropf, Kari Kropf and Guest Jim Lawrence.

Bill Pintard distributed the Strawberry Century Tasks List and explained what was done and what was left to be done, including filling several positions.

The Board approved the modified Strawberry Century Tour route and the 2007 graphic, produced by Kari Kropf, to be used on the T-shirts and the brochure.

The Board deferred discussion of the charitable donations form to a later date and moved the 2007 Summer Tour discussion to the general meeting.

Submitted by May Garland, Secretary



Santiam Spokes General Meeting February 1st, 2007

The group gathered at 7:00 for snacks and visiting. The club presented the Sag Driver Award to Chuck Young for the great job that he did with the various trips last year.

A very interesting and informative program on Bicycle Fitting was presented by Nelson Sherry from Peak Sports. Nelson demonstrated the fitting program with club member, Laura Engle, on her bicycle. We are invited to visit Peak Sports to learn more and to have individual fittings - \$40 - \$100 depending upon the extent of the advice.

Business Meeting

The Board minutes for January meeting omitted Dennis and May. They were approved as corrected. Treasurer Wanda Knight reported a balance in the checking account of \$13,791. Dues collected were \$235; expenses were \$545. The report was approved. The membership chair, Ron Kropf, reported that we have 135 members. The group offered to provide a free membership to one person who did not renew because of injuries. Newsletter Update: Kari Kropf asked about accepting paid advertising. The idea was tabled for now.

Weekly Ride Updates: Mary Ellen Lind pointed out that there are five Saturdays in March and asked for volunteers to lead them. The ride to Newport is on April 28 and the Memorial Day event will be in Bend, with a drive back to Sisters to ride up McKenzie Pass. Website update: Roger Gaither distributed three pages from the web site. He will meet with Wanda and Dennis about setting up the PayPal account. Strawberry Update: Bill Pintard reported that the Board approved the modified route and the graphic for the T-shirt and brochure: pointers will be needed: more volunteers will be needed at Sunnyside and fewer at Brownsville and none at Priceboro but Roaring River will be a new water stop. Bill is looking for a person to work with Sally Skaggs this year because it will be her last year to handle food for the event.

New Business

Dennis asked for people who are interested in the Summer Tour to email him. The tour dates and route need to be set soon.

The meeting adjourned at 9:00 PM.

Submitted by May Garland, Secretary



Upcoming Events

MARCH

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
<http://www.bta4bikes.org/alice/index.html>

McClinchy Mile Bike Ride.

Saturday, March 17, 2007
Arlington Washington.
34, 27, or 47 miles.
phone: 360-658-2462
email: mcclinchymile@bikesclub.org
<http://www.bikesclub.org>

APRIL

Tulip Pedal

7:00 a.m., Saturday, April 14, 2007.
20 & 40 miles, in Skagit County, WA.
phone: 360-428-3236,
email: email@skagitem.com,
www.skagitem.com

Daffodil Classic

Sunday, April 22, 2007
40, 60, or 100-mile loops; or a flat, family-friendly, paved trail option of 1-30 miles.
Tacoma, Washington.

www.twbc.org,
email: daffodil@twbc.org

Tour de Lopez

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

Monster Cookie Ride

Sunday, April 29, 2007. 62 miles in Salem, Oregon. Held by the Salem Bicycle Club.
email: mcrider@easystreet.com
www.salembicycleclub.org

MAY

15th Annual Rhody Bike Tour

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

Inland Empire Century

Saturday, May 12, 2007
25, 50, 75, 100 miles
Tri-City Bicycle Club
PO Box 465, Richland, WA 99352-0465
<http://www.tricitybicycleclub.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
Wendy Hoine, at 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/RACC.html>
bbazley@hotmail.com
360-571-0202 or 360-606-7899 (cell)

Reach The Beach

Saturday, May 19 2007
110, 100, 77, 55 or 26 miles
--ends in Pacific City.
www.reachthebeach.org
email: RtB@LungOregon.org
Phone: 503-459-4508

Your Canyon for a Day Bike Tour!

Sunday, May 21, 2006,
9:00am to 3:00pm
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

Sunday, May 21st, 2006
Millersylvania State Park
<http://www.capitalbicycleclub.org/index2.htm>
Capital Bicycle Club - Olympia, Washington

Century ride of the centuries

Memorial Weekend 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/>

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.

March & April 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, March 3, 2007 10 a.m.

Lebanon to Sweet Home Loop

Ride starts from Samaritan Lebanon Community Hospital. Many bikers have enjoyed this beautiful back-road route to/from Sweet Home & Lebanon. The terrain gives a nice variety of hills and flat farm country. We will ride over the Foster Dam; have lunch in Sweet Home then return a different route.

Terrain Category II. Approximately 45 miles.

Ride leader: Mary Ellen Lind, ph. 541-738-8600

Saturday, March 10, 2007 10 a.m.

OSU Lambing Barns

Ride starts under the Harrison Street Bridge in Corvallis. This is a fun ride through the outskirts of Corvallis, over the Midge Cramer Bike path, and out Oak Creek drive to the OSU Department of Animal Sciences' open barn doors. There is a long gravel lane, about ¼ mile, that you may choose to walk, but will be worth it when you see - and hear-the evidence of new life. Return through Philomath for lunch then follow an interesting way back to Corvallis, partly on bike path.

Terrain Category I. Approximately 25 miles

Ride leader: Laura Engels, ph. 541-791-3813

Saturday, March 17, 2008 10 a.m.

Daffodil Festival

This ride will start at Harrisburg Park, next to the river. It travels west over mostly low traffic country roads, many lined with daffodils. The

festival is truly Country, with fiddling, singing, food, interesting craft market, quilt display and a huge array of daffodils and other spring flowers to see, sniff and buy! This ride is a tradition that our club repeats because we love the whole experience and Bev is our faithful leader, year after year.

Terrain Category I. Approximately 33 miles.

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

Saturday, March 24, 2007 10 a.m.

Jefferson to Stayton, via Ridge Drive

This ride starts at Jefferson Middle School. The route offers a long, moderate climb up Ridge Dr for a terrific view of Richardson Gap to the South. We'll have lunch in Stayton then return via another route to Jefferson over mostly flat country. On a clear day we'll have wonderful sights of the mountain range.

Terrain category II. Approximately 36 miles.

Ride leader: Frank Gaillardet, ph. 541-812-1565

Saturday, March 31, 2007 10 a.m.

Lebanon to Crabtree

Ride starts at Samaritan Lebanon Community Hospital back parking lot. When the route leaves Lebanon it goes east over Mt. Hope Rd., most beautiful in the springtime over this hilly country, then route turns north into Crabtree. The group may have lunch at the Crabtree Tavern or return to Lebanon for lunch. The return route is flat. Tennessee road makes five 95-degree left turns over a 6 mile stretch - must have needed to circumvent a lot of square shaped farms.

Terrain category III at beginning of ride, then category I at the ending. Approximately 25 miles.

Ride leader: Lloyd Lambert, ph. 541-327-2815

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

APRIL RIDES - rides start at 9 a.m.

- April 7 Kings Valley Loop
- April 14 Tulip Festival, Mt. Angel
- April 21 McDowell Creek
- April 28/29 Newport 2-day ride & Alternate ride

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 get ready for the ride. This includes checking that your tires are pumped, signing in, getting a route sheet and checking it so you have a general orientation to the ride including plans for lunch. 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.

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.

Harrisburg Riverside Park 1st Ave, Harrisburg

From I-5 exit 209 head west toward Harrisburg/Junction City. Turn right onto Diamond Hill Dr. Turn left onto N 7th St. Turn right onto N Territorial St. Turn left on 1st avenue. Park in Riverside Park parking lot.

Visit our Website at:

www.santiamspokes.org

March 2007 Cycling • Santiam Spokes

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Visit our website:
www.santiamspokes.org

CLUB MEETING

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

Saturday Mar 3, 2007 10:00 am
Lebanon to Sweet Home Loop
 Starting Location: Samaritan Lebanon Community Hospital
 Distance: 45 Miles
 Description: Cat. II
 Ride Leaders: Mary Ellen Lind, 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 Mar 10, 2007 10:00 am
OSU Lambing Barns

Starting Location: Harrison Street Bridge, Corvallis
 Distance: 25 Miles
 Description: Cat. I
 Ride Leaders: Laura Engels, PH 541-791-3813

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Saturday Mar 17, 2007 10:00 am
Daffodil Festival

Starting Location: Harrisburg Park
 Distance: 33 Miles
 Description: Cat. I
 Ride Leaders: Bev Henderson, PH 541-513-3916

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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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Start at the Linn County
 Fairgrounds flagpoles at
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Saturday Mar 24, 2007 10:00 am
Jefferson to Stayton via Ridge Dr.

Starting Location: Jefferson Middle School
 Distance: 36 Miles
 Description: Cat. II
 Ride Leaders: Frank Gaillardet, PH 541-812-1565

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Saturday Mar 31, 2007 10:00 am
Lebanon to Crabtree

Starting Location: Samaritan Lebanon Community Hospital
 Distance: 25 Miles
 Description: Cat. III / I
 Ride Leaders: Lloyd Lambert, PH 541-327-2815

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