

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 16, No. 01 • October 2007

RE-CONNECT

By Dennis Murphy, Santiam Spokes President

I find so much enjoyment in knowing Santiam Spokes people. I'm confident that each of us recognizes the varieties of personalities, figures, sizes, and ages of our members. While biking I sometimes have a brief conversation with a fellow rider. Yet, because I'm trying to pay attention to the road ahead and trying to overcome my imperfect hearing, that's not where I learn most about SS bikers. From the first time that I started to ride with the Spokes it was the conversations that took place at our plentiful rest stops and over our lunch stops that were the highlight of my day! Stories are told, political sparring, discussions about riding, jokes -- yes, lunch time always seems to be a time for laughter and genuine friendship. We seem to blend together into this wonderful collage of different people from different walks of life that somehow find each other on a Saturday morning and really enjoy being with each other. We are, most certainly, a social club. I look forward to a hearty bike ride, to exercising my body,

and when I ride with the Spokes I know we are a group of bikers committed to spending hours of a day together. I know that if I get behind, the group will be waiting for me at the next turn or at the top of the hill. That is the primary reason that I look forward to Saturday bike rides.

For whatever reason, some of our club members no longer ride at all, or do not ride with the same frequency. Several are lucky to be retired and freer to ride with the Wednesday Wanderer's or other days of the week. Club meetings also give us a chance to connect when we don't see one another while biking. It is the goal of the club to keep the business part of our meetings well organized, well prepared, and therefore as brief and direct as possible. The rest of the meeting is meant to give us some time to reconnect through a presentation that is related to bicycling. From experience I find that putting together a presentation or arranging for a speaker is not so easy to do. So if you have suggestions or ideas for club



Columbia River Gorge Ride - group photo under the Bridge of the Gods. photo courtesy of Kari Kropf

October Meeting

Thursday • 7:00 pm • October 4, 2007
Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon

October 4th Meeting: This is our annual meeting of the Santiam Spokes. At this meeting the Board for the next year will be elected by the membership that is present. This meeting will be a Pot-Luck! Please bring your best dishes! We will also have a Bicycle Parts Swap.

Upcoming Meetings & Events

November 1st Meeting: This is our annual awards meeting. This is a time when we say thank you to each other for all the effort that we put into the various jobs that keep this club as one of the most successful in Oregon. It is meant to be a fun night, with a good mix of humor and originality. Please be thinking of awards that can be given to different individuals. Please send those ideas to myself or to Bev Henderson.

Announcement
Nominations for Club Officers

The following is a list of the nominations
for the Santiam Spokes Board:

President:
Dennis Murphy

Vice-President:
Bill Pintard

Strawberry Century Coordinator:
Available

Touring Co-Captains:
Bev Henderson, Roger Gaither

Treasurer:
Maurice Banning

Secretary:
Raylene Sell
(Opening available for Co-secretary)

Membership:
Ron Kropf

Newsletter editor and publisher:
Kari Kropf

Publicity chairperson:
Roger Gaither

Historian:
Connie Taylor

Santiam Spokes Meeting
Minutes • September 6, 2007

The group gathered at 7:00PM at Samaritan Lebanon Community Hospital. Club President Dennis Murphy welcomed everyone. For the program, Dr. Bill Origer showed beautiful photographs of a group bicycle trip that he made last summer, May 6 – 21, to Morocco. His photographs, made with a Nikon digital camera, were spectacular and did a wonderful job of showing us the people, places, and colors of Morocco. Thanks. Dr. Origer.

The minutes for the August meeting were approved as printed in the Outspoken.

Treasurer Wanda Knight reported that the club has \$23,800.72 in assets. There was a question about whether the club is filing the appropriate forms with the IRS. Dian Gerstner will check on this and report back.

Ron Kropf, membership chairperson, reported that we now have 120 members. He also requested additional copies of materials that are sent out in the new member packets. Various members will check to see if they have these copies.

Roger Gaither reported that the club website will be back up again soon.

Mary Ellen Lind, ride leader captain, encouraged everyone to take part in the special ride being led by Becky and Louie Berry

along the scenic Old Gorge Highway. On Sept 15 the group is riding to Oktoberfest and on Sept 22 they will try out a new Monmouth Loop. On the 29th of Sept the group repeats the traditional Yellow Bottom ride.

Concerning other rides, Roger announced that the Albany Visitors Association, in cooperation with the Willamette Valley Visitor Association, invites club members to participate in a video being made as one part of a six part series featuring the mid-Willamette Valley and its recreational opportunities. Bicycling is the topic of one of these videos. Filming will take place at Larwood Bridge at 11:00 AM on Monday, Sept 17. Riders should meet there in their bicycle garb and expect to spend some time working with the photographers to get appropriate shots of the bridge, the bicyclists, and the area.

Roger also reported that the Covered Bridges bicycling map will be featured in a travel guide being produced by the Lebanon Chamber of Commerce

Donations: The Club membership voted to approve the Philanthropy Policy which has been in development for a few months. Applications will now be accepted from folks who wish to request Club funding for additional projects beyond what the Club will be donating annually.

The report from the Nominations Committee was made by Roger. Most

offices are filled. They are still looking for a co-secretary and someone to direct the Strawberry Century. Election will be held at the October meeting.

Announcements: The October meeting will be a potluck and a bike/bike parts swap. So check around for any bicycle stuff that you might like to have someone else own. Dennis also asked folks who have been making ride photos throughout the year to bring them on a CD. He will put them together into a retrospective to be shown at the November meeting as part of the Award Ceremony.

Club members are urged to make nominations for the Jack Thomas Award. Information about this award was in the August newsletter.

This year's Christmas party will be on Friday, December 7, in Lebanon. Please mark that date on your calendar and plan to be there. The food is great and the white elephant gift exchange is lots of fun.

Dennis is urging the Club to become more safety conscious. He would like to have a small committee that will put a Safety Moment in each newsletter and plan a program at least once year that focuses on safety. If you are interested in helping out, contact Dennis.

Meeting adjourned at 9:00 PM.

Submitted by May Garland, Secretary

Columbia River Gorge Ride: Louie and Becky Berry lead a wonderful ride along the old Columbia Highway, past waterfalls and great scenery. Some riders opted for the 62 mile ride, others the 30 mile ride. There was one rider (a certain newsletter editor who shall

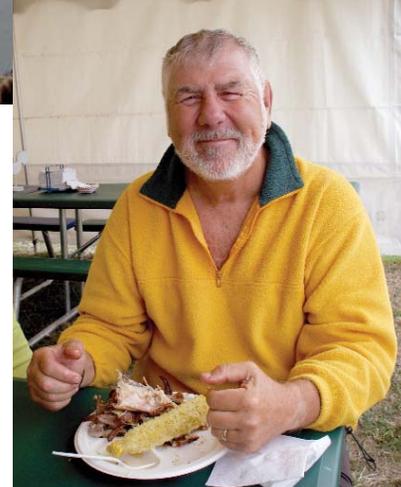
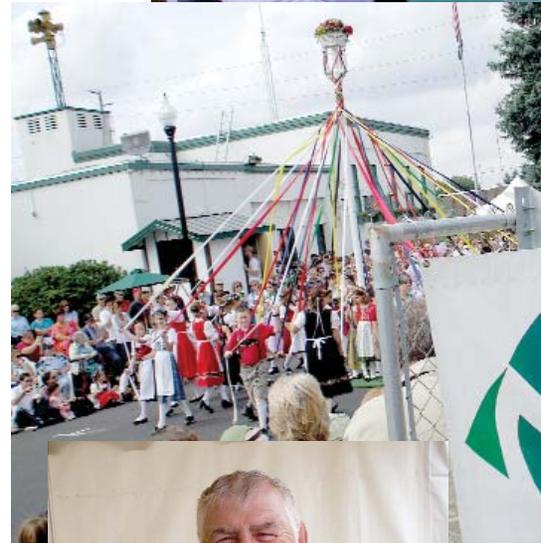


remain nameless) who bailed out on the long ride, drove to the short ride start and restarted from there. There was a little of everything - an old scenic highway, cool & shady bike paths, a stairway, and even a short trip down the freeway! We rode to Cascades locks and lunched at Charburger - yum! It was nice to ride with some of our fellow riders from Portland and Washington.

*Above: Climbing the stairs on the Columbia Gorge Bike Trail
Below: Long and short riders meet at Multnomah Falls for the next stage of the ride. Photos courtesy of Kari Kropf*



*Above: Lunch at Oktoberfest. Jo, Seph, Jerel, Lin and Ace.
Left: Maypole
Below: Ace, that's a lot of chicken you got there!*



Oktoberfest: Craig Eucken led a group of riders to Mt. Angel for Oktoberfest. The ride started at Maud Williamson park. Some riders parked near Willamette Mission and rode over on the ferry to the start. Jerel Gall rode in from Salem, and Frank Gaillardet started in Brooks and met us in Mt. Angel. We had a rider from the Salem club who joined us as well. A nice day for a ride, we had great, late summer weather, neither too hot or too cold. No photos of Craig, our ride leader...I guess he was off hunting for the perfect authentic German bratwurst.

Monmouth Loop Ride



Another beautiful day to be out riding a bike! We met at the Park in downtown Monmouth. Ace and Jo Johnson were our ride leaders for this ride. Heading out of town there were some hills to climb and fly down the other side. At the top of one climb we ran into some road work. We regrouped and descended the hill together. After the hills, the trees opened up to nice views of the King's Valley area. We head east toward Suver and on to Helmick Park, where we regroup, munch on snacks or just take a break for a few minutes before the final stage back to Monmouth for lunch. Speaking of lunch...we had bagel sandwiches at New York Bagels, a cute little deli tucked away in a small mall a few blocks from the park.



*Above left: Mary Ellen & Dennis
Below left: We meet some Corvallis riders at Suver
Above right: Jo and Wanda in King's Valley area.
Middle right: Ron at Suver. Right: Mark Donnelly hunting for the perfect roadside apple.
photos courtesy of Kari Kropf*

NOMINATIONS FOR THE JACK THOMAS AWARD

The Jack Thomas Award is presented each year to a club member who has given years of leadership and service to our club, Santiam Spokes, and to the greater community of bicycling. It recognizes their commitment to cycling as a fun and healthy way of life.

The award is in memory of Jack Thomas who founded the Santiam (Slow) Spokes in 1991. As a leader in the Lebanon Community Hospital Foundation, he organized the Hospital's sponsorship of the club with the goal to promote community health and relationships through exercise and organized bike events."

This year we are asking each member to submit 3 names of club members who they think are deserving of this award. Please include specific comments as to why you think that person should receive the award. The award will be given at the November meeting after tallying the votes and reviewing the comments. The final decision will be made by the club president. Past recipients, Mary Ellen Lind, Roger Gaither and Bill Pintard, are not eligible.

You may bring your nominations to the October meeting. There will be extra ballots available at the meeting. Or you may mail them to the club. THANK YOU!

Name _____

Comments _____

Name _____

Comments _____

Name _____

Comments _____

OCTOBER • NOVEMBER 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, October 6, 2007 9 a.m.

APPLE DAZE RIDE

Visit Detering Orchards, 21040 Coburg Rd.

Enjoy the colorful celebration of the season. See an array of pumpkins, apples (yum, apple cider) and other harvest-time produce. At their family farm, the Deterings favor the community with festivities of food and music. In the past we've each been encouraged to select a free pumpkin - as large as you want to carry! There may be other treats such as cider, apple dumpling and ice cream!

This ride will start from the parking lot behind the Brownsville Post Office. The first stretch has hills (Gap Road) then levels out for a pleasant, flat ride until the finale of Gap Hill, going north. Lunch in Brownsville after the ride.

Terrain Category, II. Approximately 45 miles.

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

Saturday, October 13, 2007 9 a.m.

LEBANON TO SCIO VIA LACOMB

Don't let this ride be your last big stretch for the fall season. It is certainly a gorgeous way to enjoy a ride through a variety of terrains. You get to muster up hills, stop at neat parks and ride through covered bridges. We will have lunch in Scio then return via flat roads. Start at Samaritan Lebanon Community Hospital.

Terrain Category III, changing to I. Approximately 45 miles.

Ride Leader: Roger Gaither, ph. 503-394-3696

Saturday, October 20, 2007 9 a.m.

ALBANY TO DALLAS

This is a longer ride for us, and mostly on gentle rollers in a corner of our Valley that we don't often visit. Park and start the ride from Dian's home, 1020 Pulver Lane (off of North Albany Road). Dian offers us coffee and bagels before the ride starts, so come a little early for your energy fill-up. This ride gives you opportunity to again enjoy biking through mostly open country, past many fields and orchards that are in harvest. The ride includes going through the town of Monmouth and along Hwy 99W on the bike path. Lunch is at Murphy's Grill in Dallas. Terrain Category II.

Approximately 60 miles.

Ride leader: Dian Gerstner, ph. 541-926-1188

Saturday, October 27, 2007 9 a.m.

CEMETERY TOUR

STAGE RIDE: Long and Short options

This ride starts at the South Albany Community Pool and takes you past 7 cemeteries, over murder creek road, past many ghosts (in sheep's clothing). There's a possible spook at every corner so be sure to look for yourself when you hear someone say "all clear". Lunch will be at a downtown Albany restaurant. After twenty miles you may elect to return to the parking lot just 6 miles away, or you may continue on to visit more cemeteries for 25 more miles. Terrain category II. Approximate distance, 26 or 45 miles.

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

RIDES FOR NOVEMBER (tentative)

Rides will start at 10 a.m.

November:

- 3 Jefferson to Stayton
- 10 Peoria Loop (from Corvallis)
- 17 Mt. Pleasant Loop and T-giving potluck (Scio)
- 24 Crow-Valley Loop (Eugene)

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

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.

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.

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

Dian Gerstner's House • North Albany

1020 Pulver Lane, (off of North Albany Road),

From I-5 take exit 233 merge onto hwy 20 Head west into Albany. Take the US-20 ramp toward ALBANY / CITY CENTER / CORVALLIS. Cross over the Willamette River and turn right at N. Albany Rd. (second light). Bear left onto Gibson Hill Rd. Turn left onto Pulver Lane. From Corvallis take Hwy 20 to N. Albany Rd.

Visit our website at www.santiamspokes.org

October 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 Oct 6, 2007 9:00 am

Apple Daze Ride

Starting Location: Brownsville Post Office
Distance: 45 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 Oct 13, 2007 9:00 am

Lebanon to Scio Ride

Starting Location: Samaritan Lebanon Community Hospital
Distance: 45 miles
Description: Cat. III
Ride Leaders: Roger Gaither, ph. 503-394-3696

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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

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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Saturday Oct 20, 2007 9:00 am

Albany to Dallas

Starting Location: Dian Gerstner's Home
Distance: 60 miles
Description: Cat. II
Ride Leaders: Dian Gerstner, ph. 541-926-1188

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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 Oct 27, 2007 9:00 am

Cemetery Tour

Starting Location: South Albany Community Pool
Distance: 25 miles
Description: Cat. II
Ride Leaders: Frank Gaillardet, Ph. 541-812-1565

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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

Visit our website:
www.santiamspokes.org



Santiam Spokes, inc.
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