

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 15, No. 12 • September 2007

Focus On Safety

By Dennis Murphy, Santiam Spokes President

My job as a salesman for an electrical supply company gives me the opportunity to visit a wide variety of workplaces, from paper and lumber mills to equipment fabrication plants and high technology facilities. It is very clearly evident that the focus on safety in all of these locations has increased dramatically in the last few years. The resistance to safety procedures that I used to see by the employees of these companies has diminished as they increasingly see that safety makes a difference, and that they themselves can be the one who's life is saved by just a little bit of extra focus on being safe in all that you do.

As a bicycle club, we follow basic rules of bicycle safety. We wear our helmets, we ride with the flow of traffic, we point out road hazards to the riders behind us, and we give warnings when we are about to stop or when traffic is approaching

from behind us. I think that we can admit to times when we have forgotten to warn a biker behind us that we are stopping, or to heed a warning of "car back" when we are riding in a group and don't want to move into single file. How many of us know what the laws are with regard to riding our bicycles? How many of us know all of the basic rules of riding a bicycle safely? Do we have an awareness of where and when bicycle accidents are most likely to happen?

At our August meeting we discussed some of these issues, and started to build a database of the members that were present where they were when they had a bike accident. I want to share the situations that were described and add a few more I am aware of:

Downhill riding	3
Tailgating/stopping	5
Rail road tracks	4



Congratulations to Laura & Gregory

September Meeting

Thursday • 7:00 pm • September 6, 2007

Samaritan Lebanon Community Hospital

525 N. Santiam Hwy, Lebanon

See page 3 for details

Upcoming Meetings & Events

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.

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.

Ride Report: Brownsville to Marcola Loop

By Rod and Raylene Sell

Brownsville, Coburg, Mohawk, Marcola, Crawfordsville and back to Brownsville was the route for the Saturday August 18th Spoke's ride. Ten riders gathered behind the Brownsville Post Office and rode off to the south a little after 9a.m. The weather was great with cool temperatures and cloudy skies. Unknown to most, the ride would be a 2 year anniversary ride with strange combinations. (More Later) Everything about the ride went very smoothly with no breakdowns or flat tires

Gap road welcomed the group with the first hill and thereafter the first downhill of the day. Dennis and Mary Ellen, Bev, Jeff and Emma, Dian and Arnold, Rod and Raylene and Bill quickly arrived at the junction of Pettibone Road and Coburg Road for an interesting ride into the wind with great hopes of enjoying the return trip with all downhill and the wind at our backs. Hopes are seldom enough to entertain Mother Nature's will.

The food stop came early in the day at about 22 miles with food from the Coburg Store and rest at the city park one block away. Jeff kept to the healthy food and drink while Rod went for the deep fried chicken gizzards. Dian assured Rod the revenge of the gizzards would hit before too many miles.

Bev and Emma lead the group on to Mackenzie View Drive that runs along the picturesque McKenzie River to Hog Heaven. Or at least to Mohawk Store where we were greeted by a group of black leather clad adventurers who didn't know where they were going. At each stop they would receive clues they used to guess where they may be headed.

Our group of bikers rumbled, well maybe it would be better to say we peddled wistfully away from

Cont. on page 3



Above: Photo taken at the beginning of the Ochoco Tour.

Left: Santiam Bluff's Ride. Gathering at the Indian Council Tree. From the left: Dennis Murphy; Bill Pintard; Maurice Banning; Becky & Louie Berry.

Photographs courtesy of Dennis Murphy



clipart courtesy of Kari Kropf

Cont. from page 2

Mohawk headed onward to Marcola and another short break before the summit climb. The climb was a gradual easy upgrade with a whoopteedo just before the top and a long, rewarding downhill to Crawfordville Store.

Mother Nature was not amused by our desire for wind at our backs as we headed again into the wind for the last push along Northern Drive and back to Brownsville.

Rumors were building of a journey at the end of the ride to seek out the elusive Shakespeare Stout Ice Cream Float. Dian raced to the front to search everywhere in Brownsville for vanilla ice cream while the thirst quenchers headed for the watering hole.

To Dennis and Mary Ellen's delight the local watering hole had their favorite brew, Shakespeare Stout from the Rouge Brewery in Newport. Suspicions of many upcoming rides finishing in Brownsville are building.

Back from her long quest, on foot, Dian enters with Chubby Hubby. Really she went across town and came back with a pint of Chubby Hubby ice cream for Dennis's long rumored strange combination beer float. Almost everyone tried and some enjoyed the foamy delight with the light beer rising to the occasion with a total foam-over. The bar tender was encouraged to add the Shakespeare float to the menu.

So much for the strange combination and on to the exciting anniversary news.

Saturday was the 2 year anniversary for Arnold and Dian's adventure together. Congratulations and best wishes to a great couple and great riders. With only a few months riding and less than 300 total bike miles Arnold sped through the 63 mile ride like a pro. Way to go Arnold and good luck keeping up with Dian.

We enjoyed the opportunity to lead a Spoke's ride and encourage others to share one of their favorite rides with the group.

Until next time.

Rod and Raylene Sell. 



September Meeting

Thursday, 7:00 pm, September 6,

Guest Speaker: Dr. Bill Orige, Physicians Administrative Officer for Samaritan Health Services.

Bill will give a presentation on his tour of Morocco. "This was a supported two-week road bike tour in May 2007. Morocco blends 21st century civilization with ancient culture. We visited the cities of Marrakech, Fes, and Rabat, and Casablanca, which have thousand-year old neighborhoods next to modern developments. There is farmland with groves of olive trees, and fields of flowers and wheat. The Atlas Mountains have snow capped peaks with ski resorts, and treeless high pastures. The Sahara varies from rocky range land to magnificent golden sand dunes. Date palm orchards cover river valleys through barren deserts. The culture blends Arabic, Berber, and other desert tribes with a touch of French and European influences.

I started serious cycling fifteen years ago at age 45. I've toured Cuba, Burma, Bhutan, Kyrgyzstan, China and Pakistan by bicycle. I've done Cycle Oregon 13 times. I support my travels with a job as Medical Director for Samaritan Health Plans"

Please join Santiam Spokes for what will certainly be an interesting and educational look at touring in Morocco.



Santiam Spokes General Meeting

Minutes • August 2, 2007

The general meeting was called to order by Dennis Murphy. There were only a few members, so we didn't have a quorum for voting purposes. Dennis Murphy gave a presentation on bike safety using examples from our own past rides. Everyone participated. The July minutes were approved. Mary Ellen Lind gave the ride report. We have a special Columbia River ride upcoming in the month of September, and several rides still need ride leaders. We also went over membership and newsletter information. Bill Pintard delivered the treasury report. We had an update on the Philanthropy policy. In other business, helpers are needed for the Covered Bridge Tour.

Submitted by Kari Kropf



Announcement

Nomination Committee for Club Officers

The Santiam Spokes Bylaws provide that the President shall select a nominating committee of three members, and that the names of those members be published in the newsletter for at least two months prior to the October meeting.

The following club members have been asked by the President to serve on this committee and have agreed to do so.

Kari Kropf
Roger Gaither
Dian Gerstner

If you have interest in serving on the Board as an officer, or have some suggestion that you would like to make, please contact the above members. The following is a list of the office positions for the Santiam Spokes.

President
Vice-President
Strawberry Century Coordinator
Touring Co-Captains This should be a team of two individuals.
Treasurer
Membership
Newsletter editor and publisher
Publicity chairperson
Historian

Santiam Spokes Board Meeting

Minutes • August 2, 2007

The Board met to discuss a draft of the Philanthropy Policy. After reviewing the document the Board voted: to modify Priority One to set aside \$8,000 in seed money to fund pre-Strawberry Century ride expenses such as the printing of brochures, advertising, park fees, etc., to modify Priority Two to contribute 35% of the net receipts from the Strawberry Century (up to \$3,000) to the Samaritan Lebanon Community Hospital, and to accept Priorities Three and Four as they are drafted. President Dennis Murphy will ask the general membership to assist in defining "expenses" as they are referenced in Priority Three. In addition, the head "Other" was reworded for clarification to "Procedure to Identify Other Projects. This Philanthropy Policy will be referenced in the Club By-laws.

Submitted by May Garland, Secretary



Columbia Gorge Ride

With Louie & Becky Berry •

September 8 (9), 2007

30 miles • 62 miles

Louie and Becky Berry want you to join them for a hearty ride that is sure to please. The 62 mile ride starts at 10 A.M. from Glen Otto Community Park at 1106 E. Historic Columbia River Hwy. in Troutdale, OR. This route is Terrain Category III and will follow the scenic highway through Corbett, Crown Point and Multnomah Falls. Bikers will rendezvous with the shorter ride at 17.7 miles at about 11:30 A.M.

The 30 mile ride starts from Multnomah Falls at 11:30 a.m. This route is Terrain Category II. The ride will be on bike path to Cascade Locks where there will be lunch at the Charburger.

Mary Ellen will be contacting club members by e-mail to find out your interest in this bike ride, or please call her if you want to go (738-8600). The driving time from Albany to Troutdale is about 2 hours. We want to know that there are club members who are willing to car pool and drive the distance for this ride. Please think about - would you like to stay overnight Saturday (camp or motel) in Troutdale and bike another route on Sunday?



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 _____

Fold here

Fold here



Santiam Spokes, inc.
c/o Lebanon Community Hospital
P.O. Box 739, 525 North Santiam Hwy.
Lebanon, Oregon 97356
www.santiamspokes.org

SEPTEMBER • OCTOBER 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.

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

Saturday, September 1, 2007 9 a.m.
WINERY RIDE

Park and start ride from under the Harrison Street Bridge in Corvallis. The route will start on Hwy 20 to Lewisburg Rd, then meander to the Springhill Cellars on Scenic Dr. in Albany. They will open early for us! We will return to the west side of Corvallis then on to Philomath to visit Spindrift Wine Cellars. After a few sweet tastes we travel back to Corvallis via bike path to the River Front. Sahalie Wine Cellars offers us sample of their Pinot Noir and lunch at their restaurant in the lower level of the Water Street Market. This tour will help you to discover several wineries "in our own back yard". Chuck Young will again provide

SAG support to carry what you choose to buy! Last year bikers were grateful that there was a way to purchase a bigger gulp of their favorites for later enjoyment.

Terrain Category II - many hills, mostly short. Approximately 45 miles.

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

Saturday, September 8, 2007 10 a.m. for 62 miles
COLUMBIA GORGE 11:30 a.m. for 30 miles

Louie and Becky Berry invite you to join them for a hearty ride with views that are sure to please. The 62 mile ride starts at 10 A.M. from Glen Otto Community Park at 1106 E. Historic Columbia River Hwy. in Troutdale, OR. This route is Terrain Category III and will follow the scenic highway through Corbett, Crown Point and Multnomah Falls. Bikers will rendezvous with the shorter ride at 17.7 miles at about 11:30 A.M..

The 30 mile ride starts from Multnomah Falls at 11:30 a.m. This route is Terrain Category II. Both groups will be on bike path to Cascade Locks where there will be lunch at the Charburger.

Ride leaders: Louie and Becky Berry, Ph. 503-252-6680
e-mail: mail@blueberryrides.com

Saturday, September 8, 2007 9 a.m.

LEBANON TO BROWNSVILLE

(Local ride for bikers not going on the Columbia Gorge ride)

The ride starts at the Samaritan Lebanon Community Hospital, crosses to the west side of Lebanon, and follows the simple route of Sand Ridge Dr. all the way to Brownsville. You'll work a bit on smaller hills then enjoy a bigger climb up Washburn Heights. We'll have lunch in downtown Brownsville then return to Lebanon over an interesting round-about route. The travels will be through open agricultural country settings. Come enjoy the sights of bringing in the harvests in the mid-Willamette Valley.

Terrain Category, II. Approximately 35 miles.

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

Saturday, September 15, 2007 9 a.m.

OKTOBERFEST RIDE

Revel in the Bavarian charm of Mt. Angel's annual Oktoberfest. Mr. Angel, Oregon was founded over a century ago by German

Monks. Every year the town has an Oktoberfest celebration. This ride will start at Maud Williamson State Park on Wallace Road west of Salem. It crosses the Willamette on the Wheatland Ferry then heads northeast to Mt. Angel. Craig says this is one of his favorite event-rides of the year and he willingly lead the group again. The enticement of this ride for him is "to enjoy German-style culture: beer and real German-style bratwurst! There is only one booth selling real bratwurst (he describes where it's at). The dancing and singing, German bands in the "garten" are excellent . . . come along for a chance to see some real German culture without having to do the 10 hour flight across the Atlantic." We spend an hour + at the event then continue the bike ride. Craig rides this mostly flat route on his low recumbent in hopes that it won't be a rainy day. Let's join him! Terrain Category, I. Approximately 35 miles.
Ride Leader: Craig Eucken, Ph. 503-394-2384

Saturday, September 22, 2007 9 a.m.

MONMOUTH LOOP

This is a new route to our club although we ride segments of it on other routes. It's selected for this time of year with the anticipation of beautiful autumn colors. The ride starts at the city park in Monmouth. Park on the street. The route is quite hilly as we ride into Pedee and the historical Kings Valley town. We'll have a rest stop at the Helmick Park then ride back to Monmouth for lunch at the end of the ride.

Distance approximately 47 miles. Terrain Category, II.

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

Saturday, September 29, 2007 9 a.m.

QUARTZVILLE ROAD TO YELLOW BOTTOM

Park in front of Wiley Creek Community Assisted Living facility located on the eastern edge of Sweet Home, right off of HWY 20 (see directions). Ride to Foster, over Foster Dam and follow North River Rd. to Quartzville Rd.. Pass Green Peter Dam, circle around the large reservoir and up the Santiam River. Water, woods, cliffs and camping areas are common sights along this most beautiful route. Bring a bag lunch to enjoy at the Yellow Bottom Park before we return via same route. Terrain

Cont. from page 8

includes several long hills and many smaller rolling hills. The ride up to Yellow Bottom is a long ascent, and the return route is a powerful descent.

Terrain Category III. Distance: 50 miles
Ride Leader: Mark Donnelly. Ph. 541-259-3784

OCTOBER RIDES, 2007 (tentative)

6	Apple Daze - Detering Orchards
13	Lebanon to Scio via Lacombe
20	Albany to Dallas
27	Cemetery Ride

DIRECTIONS TO START LOCATIONS

Samaritan Wiley Creek Community

5050 Mountain Fir Sweet Home, OR 97386
Take I-5 exit 228 or 233 to Lebanon. On Hwy. 20 (Main St.) go south, then east to Sweet Home (13 miles). Right on 49th. Left on Mountain Fir to the Center. Park in front lot most distant from the building.

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.

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.

Maud Williamson Recreation Site

From I-5: take exit number 263, towards Brooks. Turn left onto Brooklake Rd. Turn right onto Wheatland Rd N. Turn left onto Wheatland Ferry Rd. Cross on the ferry and continue on to Wallace Rd. Turn right onto Wallace Rd NW. Park at Maud Williamson Recreation site.
From Hwy 22, west of Salem: Head north on Hwy 221. Drive about 12 miles to Maud Williamson Recreation Site.

Monmouth's City Park off of Main Street

Located next to Main Street in Monmouth.

For more information, see our website at: www.santiamspokes.org

Regional Events SEPTEMBER

Oregon Coast Cycling Festival

September 8 • 3, 10, 25, 60, 100 miles,
Gold Beach, Oregon • 541-251-0063
web www.oregoncoastcyclingfestival.com

Siskiyou Century

September 8 • 37, 64, 100 miles
Yreka, CA • 530-842-1649
www.siskiyoucentury.com

Cycle Oregon

September 8-15 • 503-287-0405
www.cycleoregon.com

Group Health MS150 Bike Tour

September 8-9 • 50-175 miles
La Conner, WA • 206-284-4254 ext. 800
www.nationalmssociety.org/was/home/

Headwaters Century

September 9 • 45, 65, 100 miles
Enumclaw, WA • www.twbc.org
headwaters@twbc.org

Trek Tri-Island

September 15-17 • 150 miles
Edmondsto LaConner WA
800-732-9339 • www.alaw.org

Cascade Spawning Cycle

September 16 • 6, 14, 33, and 44 miles
Seattle • 206-522-BIKE
www.cascade.org

Tour de Whidbey

September 22 •

25, 50, 100 miles • Whidbey Island, WA
360-678-7656 ext 4020 •
www.whidbeygen.com

Ride the Rogue

September 22 • 4, 30, 62, 100 miles
Rogue River, OR • www.ridetherogue.org
gmoneyfrank@hotmail.com

Peach of a Century

September 23 • 62, 100 miles
Salem, OR • www.salembicycleclub.org,
gonespinning@msn.com

Dam 2 Dam, Thumbs Up Bike Tour

September 29 • 25, 50, 100 miles
Wenatchee, WA • 800-294-4683,
www.mikeutley.org

LIVESTRONG Ride

September 29-30 • Portland, OR
888-424-2553 • www.livestrongride.com

Kiwanis Wine Country Trek

September 29-30 • 120 miles in two days
Yakima to Prosser, WA and back
509-972-8803 • www.desertvalley.com/rides/

OCTOBER

Kitsap Color Classic

October 7 • 14 to 64 miles
Seattle • Cascade Bicycle Club
206-522-BIKE • www.cascade.org

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

September 2007 Cycling • Santiam Spokes

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Visit our website:
www.santiamspokes.org

Saturday Sep 1, 2007 9:00 am
Winery Ride
 Starting Location: Harrison Street Bridge in Corvallis
 Distance: 45 miles
 Description: Cat. II
 Ride Leader: Bill Pintard, ph. 541-967-3295

Saturday Sep 8, 2007 10:00/11:30 am
Columbis Gorge
 Starting Location: Glen Otto Community Park / Multnomah Falls
 Distance: 30/62 miles • Description: Cat. II / III
 Ride leader: Louie and Becky Berry, Ph. 503-252-6680

Saturday Sep 8, 2007 9:00 am
Lebanon to Brownsville
 Starting Location: Samaritan Lebanon Community Hospital
 Distance: 35 miles • Description: Cat. II
 Ride leader: Mary Ellen Lind, ph. 541-738-8600

Saturday Sep 15, 2007 9:00 am
Oktoberfest Ride
 Starting Location: Maud Williamson State Park
 Distance: 35 miles
 Description: Cat. I
 Ride Leaders: Craig Eucken, Ph. 503-394-2384

Saturday Sep 22, 2007 9:00 am
Monmouth Loop
 Starting Location: city park in Monmouth
 Distance: 47 miles
 Description: Cat. II
 Ride Leaders: Jo and Ace Johnson, ph. 541-327-2813

Saturday Sep 29, 2007 9:00 am
Quartzville Rd to Yellow Bottom
 Starting Location: Wiley Creek Community Assisted Living facility
 Distance: 50 miles
 Description: Cat. III
 Ride Leaders: Mark Donnelly, Ph. 541-259-3784

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



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