

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 16, No. 05 • February 2008

A GENTLE WIND ON OUR BACKS by Dennis Murphy, Santiam Spokes President

When it comes to February, my enthusiasm for bicycling begins to come out of hibernation, and my excitement for the coming season begins to grow. The Chocolate Ride on February 9th this year, usually brings out the club members, no matter what the weather is. The spirit of fun is in the air, and the weather isn't going to dampen our spirits as we look forward to a nice lunch and a delicious chocolate cake to be shared among friends. We will most certainly have a few more rainy day rides, but the temperature will not be quite so chilling, and most certainly, the wind will be gentle and always on our backs.

There does seem to be a gentle wind on the backs of the many club members who are working hard to get various important functions of the club successfully completed. The tour committee seems close to deciding on where and when the summer tour will be this year. The Strawberry Century committee has met a couple of times. While this is not any easy event to plan, we seem to be on the right track. With your help in the coming weeks and months, we will once again accomplish one of the major purposes of the Strawberry, to share this beautiful part of the Willamette Valley with as many of our fellow riders as possible. Our Saturday rides have been well

planned, and exceptionally well attended. Given the weather that we have been having it really is quite remarkable to see so many willing spirits, week after week. The attendance at the January meeting was also exceptional, as were the tales of riding across Russia that our speaker, Peter Davis, described to us.

Hardly a week goes by that I don't hear some compliment about our website. It most certainly has at times given that extra motivation needed for a rider to pull out the winter riding gear, load the bike up, and meet the rest of us on one of those delightful Saturday mornings that we get here in the middle of winter, in the heart of the Willamette Valley. If you haven't visited the website recently, take a look, it is something that we can all be very proud of.

Remember that our general meeting is on February 7th at 7:00pm. We expect to have a good program, followed up with an informative and efficient general meeting, allowing all of us to be on our way home by 9pm. Once again, remember that the wind will be gentle on our backs, Saturday morning, February 10th, as we begin the Chocolate ride from the Two Rivers Market!



Photo courtesy of Kari Kropf

Feasting time after the ride! Archive photo from the Coastal Summer Tour 2006. First nights dinner at Moonshine Park. L to R: Roger, May, Frank, Bill and Kari. Luxury suites in the background.

2008 SUMMER TOUR PLANS

An update about two routes and three dates was recently sent via e-mail to club members and they were asked to vote on their choice of route and date. If you haven't received the communication and want to receive a mailed copy, please call Mary Ellen Lind, the summer tour coordinator. Ph. 541-738-8600 or 541-231-6973.

February Meeting

Thursday • 7:00 pm • February 7, 2008
Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon

Guest Speakers: Roger Gutierrez and Sheila Lyons
See details on page 2.

**Minutes of General Business Meeting
Santiam Spokes Bicycle Club
January 3, 2008**

Meeting was called to order by Club President, Dennis Murphy.

Review of November, 2007 minutes. Addition to minutes: Philanthropy Committee volunteers were: Roger Gaither, Bill Pintard, Raylene Sell, Dian Gerstner and Ron Kropf. Minutes were approved as corrected

Membership report. Ron Kropf reported 131 club members.

Ride leader report. Bev Henderson reviewed rides arranged for January, February and March, 2008. Ride leaders were recruited.

Treasury report. Maurice Banning was absent and report was given to President. Money in treasury is \$17, 272.28. Report approved.

Summer tour report. Mary Ellen Lind repeated the information in January newsletter regarding developing choices for interested tour riders to select from. Members' choice will be solicited via e-mail communication and those without e-mail access are requested to contact Mary Ellen regarding the choices.

Strawberry Century report. Dennis Murphy reported that the duties of producing the SS event has been divided between 4 club members and supported by 2 mentors. They are as follows: Jerel Gall, Registration; Arnold Larson, Roads/maps; Charles Taylor, Publicity; Mary Ellen Lind, Food. Mentors were former SC coordinators: Bill Pintard and Dian Gerstner. The committee met one time in December to discuss the duties of coordination and will meet again in

January. Roger Gaither volunteered to also serve as mentor.

Other business. Bill Pintard discussed the revision of the Map of Albany & Surrounding Area. The map has been divided into grids that need to be scouted to determine accuracy, type of terrain and type of road (bike lanes or not), unsafe areas and anything else of interest. He requested members take sections of the grid to check out these details. Several members offered to participate. He requested the scouting out of grid segments be completed by March 1st.

Bill Pintard pointed out an article on Safety in the Jan/Feb, 2008 of the Bicycling Magazine, also refer to Bicycling.com. He will condense the article for the next club newsletter.

Submitted by Mary Ellen Lind, Acting Secretary



...and this little tube goes where? Ron and Dennis fixing a flat on the Lebanon to Brownsville Ride.

Photo courtesy of Kari Kropf



February Guest Speaker

**Rodger C. Gutierrez, EIT
& Sheila Lyons**

ODOT Pedestrian and Bicycle Facilities Specialists

Sheila Lyons and Roger Gutierrez with ODOT Bicycle and Pedestrian transportation will be speaking on what they do for ODOT and the cycling community.

Rodger was born in sunny, warm, Anchorage Alaska, but has lived in Oregon since 1980. He grew up in Salem and has always been interested in transportation, including planes, trains, automobiles and of course... bicycles. He first decided he wanted to design automobiles and began an engineering program at Kettering University (Flint, Michigan), formerly General Motors Institute. He discovered that transportation facilities make the real difference and pursued a Civil Engineering degree at Portland State University. He graduated with a degree in Civil and Environmental Engineering in 2005. He has worked in traffic engineering for 4 years between the private and public sector as a roadway designer, traffic analyst and currently as the facilities specialist in the pedestrian and bicycle program at the Oregon Department of Transportation.



LEBANON TO BROWNSVILLE RIDE • DECEMBER 2007

The last ride of 2007. Weather was brisk as we started at Lebanon Samaritan Community Hospital and headed west out of Lebanon. Eventually we turned south and rode Seven Mile Lane into Brownsville. Lunch was at the Corner Cafe, one of the cutest cafes we visit. They were ready for us, with tables and chairs pushed together. Sometime during lunch somebody came in to tell us one of the bikes had a flat. It turned out to be Mary Ellen's bike. After lunch, Dennis and Mary Ellen ventured outside to work on the flat. Everyone chipped in to help, by cheering them on from our warm seats in the restaurant. Eventually we all made our way outdoors to help or to gather up our bikes and get ready for the ride back to Lebanon.

Left: Ace, Jerel, Arnold, Dian and Bev ready for lunch.

Left below: The toasty warm view of Dennis and Mary Ellen changing the flat.

Below: Gathering up bikes and gear for the return trip to Lebanon.

photos courtesy of Kari Kropf



MONMOUTH-ADAIR “HOT CHOCOLATE” RIDE

Quite a number of riders turned out for a ride that looked to be rather wet and cold. Brave cyclists! The group headed out of Monmouth, down toward Independence. We past a large group of fire fighters who were having a burn training session that day. Once we were out of town there were lots of hills to start climb, and a little rain to keep us refreshed. By the time we stopped for hot chocolate the sky was looking pretty good. May drove along the route to keep us filled with hot chocolate - thanks May! We continue on towards Adair and more hot chocolate. Once we arrived at Hwy. 99 we got one good soaking. By the time we arrived at Helmick park the skies had cleared, or at least quit dumping buckets on us. Short break at Helmick then onto the last leg back to Monmouth.

Right: Dennis taking a break at the first Hot Chocolate stop.

Below Right and left: Group gathered for hot chocolate. Somewhere in there is a little red car with May and hot chocolate.

photos courtesy of Kari Kropf



AND THE WHEELS KEEP TURING...

By Beverly Henderson



Greetings to everyone. It's the start of a new year and what a start we have had. Last year we were so very fortunate to have very few wet Saturdays and so far this year the Saturdays have been mostly damp. Oh well. That's the way it is here in the Willamette Valley. The weather forecast should be "if you wait five minutes, it will change." The first ride of the year started out wet and rainy, then just got cold. The second ride of the year started out wet and rainy, then got (you guessed it) cold! Will that be the pattern for the rest of the year, at least until July? Just wait and see. The good thing is, when I'm the ride leader it doesn't rain. It might be misty, foggy, drizzling, but never raining.

Some thoughts about last year's rides: Not a bad ride anywhere. They were challenging, fun, exciting, wonderfully scenic, thought-provoking and always enjoyable. I heard some great stories about the summer tour in the Ochocos, a few of us had a great deal of fun riding to Newport and back and we even got to have some first events on club rides.

As you might have seen in last month's Outspoken, Rod Sell discussed the opening of the new Mark Slough trail in Lebanon. The ride was going to be just a simple ride from Lebanon to Albany when we ended up taking a side trip to the new trail. What I did not realize at that time was

that we were the first ones on the trail just after it opened. As Rod described it to me, they had just finished with the opening ceremony when a group of bicyclists appeared and it was the Santiam Spokes! It is a lovely trail and will add much to the livability of the Lebanon area.

The next week we were on a Head to Shedd ride when we stopped at the new heritage site in Oregon. The Thompson Mill Heritage Site on Boston Mill Road was scheduled for a grand opening on Sunday December 16, but the interpretive assistants were quite willing to give us an abbreviated tour of the mill. The mill is one of two grain mills of its type that are remaining in Oregon. The mill itself dates from the late 1800's and is the second mill to be built on that site after the previous one burned. That seems to be a hazard with grain mills in wooden buildings. The silo dates from the 1940's and the mill was in continuous operation until the 1980's. What a fascinating event that was!

One of the final rides for 2007 was, well, interesting to say the least. The Santiam Spokes as a club is a supporter of Build Lebanon Trails project. I asked Rod Sell if he could put together a ride in the Lebanon area showing where the current bike trails and lanes are as well as proposed trails. He led us on a twisting ride around Lebanon, over Burkhardt Creek (several times), pointing out where the proposed trails will be, how they will connect with other trails and some of the obstacles to getting the right of way for the future trails. People of Lebanon, you are in for a wonderful treat when these trails are all built. There will be ways to get around the

community and not have to ride on the busy streets, going from one wildlife area to another, seeing parts of the area that you can't see from the car. I am excited for you, because I know how much fun it is to ride along the river and enjoy the wildlife and scenery.

2008 will be a fun-filled year of bike riding in the mid-Willamette valley. Some of us are assisting Bill Pintard and Jim Lawrence with a re-mapping project of the valley. There are plans afoot for another summer tour that should be just as much fun, if not more, than last year's tour. The Strawberry Century will be bigger and better. We will be riding many of the classic rides we all enjoy (Daffodil Ride, Head to Shedd) as well as new rides. I have a brief explanation about the upcoming Boot Hill Ride. This will be the same route as the Cemetery Ride that is traditionally done in October. I've done that ride before and enjoyed it a lot, but the past few years I've not been able to do this ride because of another commitment (UO Ducks football at home in Eugene). So, I've scheduled this ride to be done twice this year. If anyone else has a favorite ride, let me know and I will try to get it in the schedule.

One final note – I'm excited to be your ride coordinator this year. I hope that you will all be pleased with the variety of rides that will be scheduled and the many different places we will be exploring on our two (or three) wheeled steeds. Happy trails to all. Beverly Henderson



FEbruary RIDES 2008

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.

In case of freezing rain, snow, flooding, earthquakes, fire, tsunamis or other extreme weather conditions, please call the ride leader or Bev Henderson (541-513-3916) to check on the possibility of the ride being cancelled. If the ride is cancelled it will be rescheduled later in the year.

February 2, 2008 10:00 am **Lebanon/Lacomb/Scio**

45 miles. *Category II.*
Ride Leader – Bill Pintard, ph: 541-967-3295
Start at Lebanon Community Hospital.

This ride will take you over flat roads between fields, up some hills and down some more hills as we wind our way to Scio for lunch. Part of this ride is the new loop added to the Strawberry Century for the 100-mile riders and was very well received by the riders

February 9, 2008 10:00 am

Chocolate Ride

25 miles. *Category I.*
Ride Leaders – Roger Gaither & May Garland
ph: 503-394-3696
Start at Two Rivers Market (park close to the street)

Ride with us and celebrate all the things we love about life, food, bicycling, chocolate, friends, desserts and good times. Lunch will be at Loafers with a scrumptious chocolate cake provided by the club.

February 16, 2008 10:00 am

Lebanon to Sweet Home

35 miles. *Category II*
Ride Leader – Jerel Gall, Ph: 541-258-8945
Start at Lebanon Community Hospital

Over the meadows and through the woods, on winding roads to the sweet community of Sweet Home we go. We'll go through Pleasant Valley, over the top of Foster Dam, then back to Lebanon.

February 23, 2008 10:00 am

Jefferson to Stayton

35 miles. *Category I and II*
Ride Leader – Lloyd Lambert, ph: 541-327-2815 or Dian Gerstner, ph: 541-926-1188
Start at Jefferson Middle School

Mostly flat, but there are some hills. There is a great view of the valley and Richardson's Gap.

Volunteer to Lead a Ride!

If you would be interested in leading a ride please contact: Bev Henderson, phone number 541-513-3916

DIRECTIONS TO START LOCATIONS

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 the flagpoles.

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.

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.

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.

Two Rivers Market,

300 2nd Ave SW Albany
From I-5 take exit 233 merge onto hwy 20 Head west into Albany. Take the US-20 ramp toward ALBANY / CITY CENTER / CORVALLIS. Turns into Lyons St. Left onto 3rd ave. Right onto Broadalbin SW. Park at Two Rivers Market.

February 2008 Cycling • Santiam Spokes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Saturday Feb 2, 2008 10:00 am Lebanon/Lacomb/Scio Starting Location: Lebanon Community Hospital Distance: 45 miles Description: Cat. II Ride Leaders: Bill Pintard, ph 541-967-3295	
3	4	5	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 Feb 9, 2008 10:00 am Chocolate Ride Starting Location: Two Rivers Market (park close to the street) Distance: 25 miles Description: Cat. I Ride Leaders: Roger Gaither & May Garland ph: 503-394-3696	
10	11	12	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	14	Saturday Feb 16, 2008 10:00 am Lebanon to Sweet Home Starting Location: Lebanon Community Hospital Distance: 35 miles Description: Cat. II Ride Leaders: Jerel Gall, Ph: 541-258-8945	
17	Please submit material for Outspoken by today to Kari Kropf: kropfrk@comcast.net PO Box 1183 Lebanon, OR 97355 541.451.4446	19	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	21	Saturday Feb 23, 2008 10:00 am Jefferson To Stayton Starting Location: Jefferson Middle School Distance: 35 miles Description: Cat. I and II Ride Leaders: Lloyd Lambert, ph: 541-327-2815 or Dian Gerstner, ph: 541-926-1188	
24	25	26	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	28	Visit our website: www.santiamspokes.org	



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