

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 16, No. 06 • March 2008

Lunar Eclipse

by Dennis Murphy, Santiam Spokes President

As I drove down Goodnight Avenue towards home tonight, I was greeted by a beautiful lunar eclipse. I heard some mention of it on the radio during my drive from Eugene, but was unable to see the moon until I headed east toward the river and home. As I walked towards the mailbox, I could not help but be fascinated by the number of stars that were out to compliment this lunar eclipse. I had been struggling with an idea for this month's newsletter, and thought that perhaps this eclipse and the star-filled evening sky held some answer for me.

It certainly brought back memories of the many summer bike tours that I have done since I met Mary Ellen. I have always enjoyed looking at the stars, and these tours have certainly provided some spectacular places to do so. Crater Lake Park, the Wallowa Mountains, the Rocky Mountains tour with the Ride to the Sun, and last years ride in eastern Oregon bring some of my fondest memories. I have always found it special to wake up at 2 or 3 in the morning, crawl out of the tent

and look up at all those stars. I am left with a sense of amazement and excitement as I crawl back into the tent and the warmth of the sleeping bag.

There are lots of things that I personally enjoy about a summer bike tour. As my work is usually very fast paced, it gives me the chance to slow down that us is refreshingly healthy for both my mind and my spirit. While riding, I often find myself meditating on all of the beauty that surrounds me while appreciating the quiet country roads that we are riding on. The pace is casual, so there is time to stop and admire the scenery, take a quiet break under a tree, or a refreshing swim in a local creek. I always enjoy the company of my fellow riders. We really are an entertaining group of individuals! And we must be, to be spending a week of our time riding around the countryside on two wheels, going up and down rather significant hills all day long, and having fun doing it. At the end of the day, tents are pitched, food is shared, stories are told, and of course laughter is heard. It is interesting, that once nightfall is upon us,



Photo courtesy of Dennis Murphy

Chocolate Treat at Loafers - After a beautiful, sunny ride out and around the Albany Area. Just about as perfect a ride day that you can get!

we seem to disappear into our tents rather fast and soon quiet falls upon the campground. The sounds of the cool breeze moving through the trees may be heard, or the quiet sounds of the water in a nearby stream. It is usually at this time, that I think with excitement, of what the night sky will look like in those early morning hours. Will I see a plethora of stars filling the sky? Will I see some of the constellations? Will I see a shooting star? How about a comet? Will the moon be out? Could perhaps there be a lunar eclipse?

Plans are progressing for the Santiam Spokes Northern Coastal Tour this summer. I encourage you to give it some thought and consideration to joining our group of bikers.



March Meeting

Thursday • 7:00 pm • March 6, 2008

Samaritan Lebanon Community Hospital

525 N. Santiam Hwy, Lebanon

Santiam Spokes General Meeting Minutes for Feb 7, 2008

MEETING CALLED TO ORDER: The meeting was called to order at 7:00 pm at Lebanon Community Hospital by Club president Dennis Murphy. Build Lebanon Trails representatives Nancy Kirks, Rod Sell and Mark Swenson gave a thank you card to Club President Dennis Murphy for Santiam Spokes funding assistance towards the RARE intern, Mark Swenson's work on the Lebanon trails project.

PROGRAM: Guest speakers were Sheila Lyons and Roger Guitierrez with the ODOT, Oregon Bicycle and Pedestrian Transportation program. The program discussed the ODOT program and their goal to "Provide a transportation system that supports livability and economic prosperity in Oregon". ODOT has 5 million dollar for transportation grants enhancement grants. Lebanon recently received a grant to construct a pedestrian bridge and sidewalks along Park Street close to the Chamber of Commerce.

APPROVAL OF JANUARY MINUTES: The January minutes were approved.

MEMBERSHIP REPORT (Ron Kropf): Membership Chairperson, reported we have 124 current members. He is finishing up the renewals. It was mentioned that we should update our current roster.

RIDE LEADER REPORT (Bev Henderson): Bev gave a report of the upcoming rides. Ride leaders are needed. Please check out the website for upcoming rides and check with Bev if you would like to lead a ride!

TREASURER REPORT (Maurice Banning): Treasurer, reported the checking account balance at \$16, 742 and 363 pay pal. (Ron and Kari please confirm the account balance)

There was a discussion on interest bearing accounts. A motion to open an interest bearing account was made and withdrawn and tabled after discussion. The board

will discuss the feasibility of the account at upcoming board meetings.

TOUR COMMITTEE REPORT (Mary Ellen):

Northern Coastal Route on July 13 was discussed as the most popular choice. More information will be coming soon.

STRAWBERRY CENTURY UPDATE

(Dennis Murphy): The committee will meet in January. All permits and all ground work is laid.

Concerns were:

- Limited volunteers available.
- Properly marking of routes.

Build Lebanon Trails representatives were present and shared that BLT will provide as many volunteers as needed.

It was suggested the committee this year should send out post cards to ask recipients to save the date for the century and then refer to online registration with a brochure to follow up prior to the event.

Roger and Kari designed the new logo for the century and will have it on the web page.

All 4 routes and registration will be the same. There was a suggestion to have club members lead and follow the family riders with a few different start times possibly starting at 10am. (Last year a few family groups got off course even though the routes were well marked.)

NEW BUSINESS: Bill Pintard continues to work on updating the current Mid Willamette Valley Bike map. The map has been divided into segments and participants are asked to ride or drive a segment to check out routes, verify the ride-ability and report back to Bill before March 1st. The City of Albany is funding the maps and will print them in July.

ADJORN MEETING: The meeting was adjourned at 9:03.

Submitted by Raylene Sell, Secretary

SANTIAM SPOKES SUMMER TOUR NORTHERN COASTAL ROUTE

Our summer tour dates are set for the week of July 13 through 19, (Sunday through Saturday). The route will start inland, probably at Carlton, loop north to Astoria, south along the coastline past Tillamook, inland at Beaver then back to Carlton. An estimate of the total mileage is about 260 miles, an average of 45 miles/day. Mary Ellen Lind, Kari Kropf and Larry Fratkin plan to drive the route in March. Then they can report the Terrain Category that you need to be prepared to ride. There will be many hills and this ride will demand considerable endurance -- and the awesome sights of Oregon will be worth it all! Chuck Young has consented to be our SAG driver so you won't need to carry your gear. We plan for the overnight stays to be in a campground with some group meals. In order to make campground reservations we need to know the size of our group. Please let Mary Ellen Lind know as soon as you decide to ride the tour, or no later than May 1st - melind@peak.org. or call 738-8600. A ride list will be kept according to the time that you give notice in case there is need to limit the number. COME ENJOY THE TOUR WITH US!

*Mary Ellen Lind, Summer Tour
Committee*





*Lebanon to Sweet Home Ride
From Left: Bill, Roger, May, Jerel, Lin, Seph, Ace, Lloyd and Ron.*

Photo courtesy of Kari Kropf

Bike Smarts

A recent article by Christine Mattheis in the January/February issue of *Bicycling* magazine entitled "broken" discussed bicycle crashes and what we as cyclists can do to help. It tells how bike accidents affect not just the rider but their families as well. It also addresses the view of the courts as respects bicyclist/motorist accidents. See www.bicycling.com.

The statistics and categories below come from another interesting site: www.bicyclinginfo.org/bc.

Let's be careful out there. Take every opportunity to educate other bicyclists on how to ride safely.

The most common types of bicycle/motor vehicle crashes cited in the article are the following:

1. Motorist failed to yield right-of-way at a junction

21.7% of all crashes, according to www.bicyclinginfo.org.

Almost a third (37.3%) of these crashes involved a motorist violating a sign or signal.

Avoid it: Ride defensively. Don't assume that the motorist will see you. Try to make eye contact with the driver.

2. Bicyclist failed to yield right-of way at an intersection.

16.8% of all crashes.

Within this category, 38% involved a bicyclist who had

stopped for a sign or signal and then rode into the intersection and was struck by a motorist.

Avoid it: Stop at stop signs and red lights. Look both ways to make sure the intersection is clear before moving through it, even if the light is green.

2. Motorist turning or merging into the path of a bicyclist

(12.1% of all crashes)

a. Left Cross

(48.8% of turning crashes)

A motorist fails to see a cyclist and makes a left turn--it accounts for almost half of all bike-car crashes, according to the Pedestrian and Bicycle Information Center (PBIC).

Avoid it: If you see a car turning into your path, turn right into the lane with the vehicle. "Don't creep into the intersection at red lights to get a head start," says Laura Sandt, program specialist for the PBIC.

b. Right Hook

A motorist passes a cyclist on the left and turns right into the bike's path.

Avoid it: Passing stopped or slow-moving cars on the right places you in a driver's blind spot. Take the lane--it's your right in all 50 states. "If you're in the lane, the driver will slow down and stay behind you and wait to make the turn," says Preston Tyree, who runs the Community Mobility Institute, in Austin, Texas.

Bicyclist failed to yield right-of-way at a midblock location

(11.7% of all crashes)

Almost half of these crashes, (43.4%) involved a bicyclist riding out into a roadway from a residential driveway.

Avoid it: Stop and look both ways for a clear opening before entering a roadway.

3. Motorist overtaking a bicyclist

(8.6% of all crashes)

A motorist hits a cyclist from behind.

Avoid it: "Make yourself as visible as possible and ride predictably," Sandt says. Use reflectors and lights on your bike at night; when moving to the left, signal with your arm; and hold a straight line while checking traffic over your shoulder, because even the most diligent driver could hit a swerving bike.

4. Bicyclist turning or merging into the path of a motorist

(7.3% of all crashes)

60% of all crashes of this type involve a bicyclist making a left turn in front of a motorist traveling in the same direction.

Avoid it: Look behind for oncoming traffic, signal your turn and move to your left in the traffic lane.

5. Doored

A cyclist traveling next to parked cars lined up on the street strikes a car door opened by the driver.

Avoid it: "Always be looking several cars ahead," Sandt says. Ride at least 3 feet from parked cars, taking the lane if necessary. Be prepared to stop suddenly. Keep your weight over your rear wheel and apply strong force to the front brake lever, with moderate force to the back.

6. Parking lotted

A motorist exits a driveway or parking lot into the path of a bicyclist.

Avoid it: No bike-handling tricks can overcome the danger of riding on a road with numerous parking-lot exits. Just take a less-direct route. If you don't change routes, follow the law and ride fully in the road. Most of all: Stay off the sidewalk--motorists aren't looking for you there, Sandt says.

Submitted by Bill Pintard, Safety Committee





Louie Berry helps Dian Gerstner with her squeaky brakes on the Chocolate Ride. Photograph courtesy of Kari Kropf

“A bicycle ride is a flight from sadness.”
James El Stars, The Literary Cyclist.

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, 541-401-7178; **President** > Dennis Murphy, 541-738-8600; **Vice-President** > Bill Pintard, 541-967-3295; **Ride Captains** > Beverly Henderson, 541-513-3916; Roger Gaither, 503-394-3696 **Secretaries** > Raylene Sell, 541-258-8328; **Treasurer** > Maurice Banning, 541-928-6311; **Historian** > Connie Taylor, 541-258-1850; **Newsletter** > Kari Kropf, 541-401-3349; **Publicity** > Charles Taylor, 541-258-1850; **Web Master** > Roger Gaither, 503-394-3696. **Strawberry Century** > Membership information and form are posted on our web site (santiamspokes.org), or call any of the officers.

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)

MARCH 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.

NOTE: Rides will start at 9:00 beginning March 1, unless otherwise noted.

March 1, 2008 9:00 am

Boot Hill Ride

44 miles. Category I.

Ride Leaders – Ron & Kari Kropf. ph: 541-401-7178, 401-3349

Start at South Albany High School/Pool

This is the same route as the Cemetery Ride we do around Halloween each year.

March 8, 2008 9:00 am

King's Valley Ride

50 miles. Category II

Ride Leader – Dennis Murphy, ph: 541-738-8600

Start at parking lot under Harrison Street Bridge, Corvallis

This ride will take us through the Wren, towards Peedee, past an old church as we wind our way back to Philomath for lunch at Paul's Place, then back to Corvallis.

March 15, 2008 9:00 am

Daffodil Ride

33 miles. Category II

Ride Leader – Bev Henderson, ph: 541-513-3916

Start at Riverfront Park, Harrisburg

A club classic and favorite ride, we will ride along roads lined with daffodils of all shapes and colors to the Long Tom Grange for homemade cinnamon rolls, music, looking at classic cars and then back to Harrisburg.

March 22, 2008 9:00 am

Peoria Loop

45 miles. Category I

Ride Leader – Mary Ellen Lind, ph: 541-738-8600

Start at parking lot under Harrison Street Bridge, Corvallis

This is a flat Valley ride that will take us through rich agricultural country. One of the treats on this ride is a stop at the family-run Country Bakery a little way beyond the town of Peoria. After delicious cinnamon rolls and brief browse at the gift store of home-made goods, we continue east on many side roads to the town of Shedd for lunch. We return over more open countryside to Peoria road and back to Corvallis.

March 29, 2008 9:00 am

Mohawk Valley Loop

Approx. 45 miles. Category I & II

Ride Leader – Bev Henderson

Start at Alton Baker Park, Eugene.

This will be a new ride for most of the club, even though part of the ride will be repeated in a couple of weeks. We will mosey and meander over McKenzie View Drive and Marcola Road through the Mohawk Valley to the town of Marcola. There will be food stops and surprises along the way as we make our way on the back roads to Shotgun Creek and back to Alton Baker Park.

Visit our website at
www.santiamspokes.org

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.

Alton Baker Park

I-5 south to exit 194B. I-105/OR-126 to Coburg Rd/Downtown exit.

Take Coburg Rd ramp. Left onto Coburg Rd. Right on MLK Blvd/Centennial Loop (Kendall Subaru dealership). Left on Club Rd, then left at the light. Cross under bridge. Right on Day Island/Alton Baker Park.

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.

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.

Volunteer to Lead a Ride!

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

March 2008 Cycling • Santiam Spokes

Sun

Mon

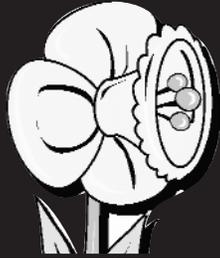
Tue

Wed

Thu

Fri

Sat



Visit our website:
www.santiamspokes.org

Saturday Mar 1, 2008 9:00 am
Boot Hill Ride
 Starting Location: South Albany High School/Pool
 Distance: 44 miles
 Description: Cat. I
 Ride Leaders: Ron & Kari Kropf. ph: 541-401-7178, 401-3349

2	3	4	<p>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</p>	<p>CLUB MEETING 7:00 pm Samaritan Lebanon Community Hospital 525 N. Santiam Hwy. Lebanon</p>	<p>Saturday Mar 8, 2008 9:00 am King's Valley Starting Location: Harrison Street Bridge, Corvallis Distance: 50 miles Description: Cat. II Ride Leaders: Dennis Murphy, ph: 541-738-8600</p>
9	10	11	<p>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</p>	13	<p>Saturday Mar 15, 2008 9:00 am Daffodil Ride Starting Location: Lebanon Community Hospital Distance: 33 miles Description: Cat. II Ride Leaders: Bev Henderson, ph: 541-513-3916</p>
16	<p>Please submit material for Outspoken by today to Kari Kropf: kropfrk@comcast.net PO Box 1183 Lebanon, OR 97355 541.451.4446</p>	18	<p>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</p>	20	<p>Saturday Mar 22, 2008 9:00 am Peoria Loop Starting Location: Harrison Street Bridge, Corvallis Distance: 45 miles Description: Cat. I Ride Leaders: Mary Ellen Lind, ph: 541-738-8600</p>
23	24	25	<p>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</p>	27	<p>Saturday Mar 29, 2008 9:00 am Mohawk Valley Loop Starting Location: Alton Baker Park Distance: 45 miles Description: Cat. I & II Ride Leaders: Bev Henderson, ph: 541-513-3916</p>