

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 16, No. 12 • September 2008

Sharing The Road

by Dennis Murphy, Santiam Spokes President

The light had turned green and I was accelerating my car into the intersection when the bicycle rider swerved by my front bumper. He continued racing down Chambers street, briefly glancing back at the intersection where he had almost died. For a few brief moments time seemed to have stopped. No cars moved, no horns honked, I just sat there and tried to grasp how close I had come to being part of another dramatic tragedy where a bicyclist would have lost his life. He wasn't wearing a helmet, he had run the red light at a high speed after having come off a small hill in Eugene, known as the Chambers Street connector. He wouldn't have had a chance to make it through if I had entered the intersection just a little faster, or if my peripheral vision had not caught something approaching to my left side which caused me to hit the brakes. He would have hit the side of my car and have flown over the car, most likely landing in a way that his brain would have been destroyed by the impact.

People seem to want to get worked up about a proposed law that would require everyone riding a bicycle to wear a helmet. In replaying this near accident, I am not sure that a helmet would have saved his life. It most certainly would have increased his chances of survival. As the driver of the vehicle, regardless of this bicyclist's carelessness, I would much rather that he would survive then to spend the rest of my life replaying that moment of impact that caused his death.

A fellow employee asked me about the requirement of helmets being an infringement on our rights. I explained to him that I was probably not the right person to ask. I have had the unfortunate opportunity to see on a very personal level the absolutely soul crushing and emotionally draining results of brain injuries to those who survive an accident. I don't need a law to tell me to wear a helmet. Understanding the potential consequences of a brain injury, I am confused as to the logic of someone not wanting to wear a helmet. Perhaps this



Enrique and Kay Semadeni in New Zealand
photograph courtesy of Enrique Semadeni

Enrique and Kay Semadeni's Bicycle Tour of New Zealand

In February and March of 2008 Enrique and Kay Semadeni spent nine weeks touring in New Zealand. They covered both islands traveling 2000 miles, by train, bus and bicycle, bicycling most of the way. Join Santiam Spokes at the September meeting for a presentation of the Semadeni's bicycle tour of New Zealand.

More photos on page 3.

September Meeting

Thursday • 7:00 pm • September 4, 2008

Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon

Guest Speaker: Enrique and Kay Semadeni

**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.

Ron Kropf
Maurice Banning
Raylene Sell

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

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, the 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, Roger Gaither, Bill Pintard, Dian Gerstner, Mary Ellen Lind and Kari Kropf are not eligible.

Please mail or bring your nominations to the September or October meetings, or mail them to the attention of Dennis Murphy, c/o the Santiam Spokes.

Name: _____

Comments: _____

Name: _____

Comments: _____

Name: _____

Comments: _____



Enrique and Kay Semadeni



Bicycle Touring in



New Zealand

photograph courtesy of Enrique Semadeni

Join us at the September Meeting for a presentation of Enrique and Kay's nine week tour of New Zealand.



Cont. from page 1

helmet issue would be a little clearer if people were required to take a tour of a local rehabilitation center where brain injury people are trying to discover who they are and trying to put their lives together again.

Let's not forget that the bicyclist ran a red light. Now there is another issue to get worked up about. Believe me when I tell you that anger was one of those emotions that I felt in those surreal moments of quiet in the intersection. This is what gives bicyclists a bad name. Bicyclists need to obey the laws like everyone else who "shares the road". People who ride without respect for the laws need to understand that it is not just the emotion of anger but also fear at the realization of how close one can come to a fatal accident. A careless, unsafe bicycle rider can cause a lot of unnecessary stress to a lot of people. Such behavior is selfish and unacceptable. Running through red lights in automobiles has reached epidemic proportions; it is sad to see that this dangerous behavior is now spreading to bicyclists.

It seemed that all the vehicles in the intersection were waiting for me to move. I released my foot from the brake, and continued across the intersection. Time began moving once again. Today we were all lucky, the bicycle rider would reach his destination and I had been given a topic for the September newsletter. There is a growing need to emphasize the importance of wearing helmets and safe bicycle riding. I applaud the school programs that are in place that are expanding to educate the young riders of the future. I feel that there is more that the Santiam Spokes and the other regional bicycle clubs can do to promote safe riding habits with the increasing number of riders who are sharing the roads due to the high cost of gasoline. With education programs, billboard and radio advertising, articles in newspapers and any number of creative ideas we can promote safe bicycling and really save lives. Whether you are behind the wheel of your car or riding your bicycle, please pay attention to what is happening around you -- be safe while you are out there sharing the road.





Good Oysters!

Photographs courtesy of Dennis Murphy

**2008 Santiam Spokes Summer Tour,
July 13 - 19 or 20
Northern Coastal Route**

This is an account of one day of the Santiam Spokes Summer Tour. Fourteen bikers biked from Carlton, Oregon north to Vernonia then to Astoria and south down the coast, turning inland at Beaver, Oregon, July 13 - 19. You may have read about the other days in the August issue of the Outspoken; this is a continuation of the descriptions written by several tour bikers. If you didn't read the last issue, this account by Bev Henderson will give you a glimpse into a very eventful, fun and safe week of biking. This was Bev's first tour, and she as you will read, she'll probably bike a tour again! After this day of biking we knew that the next day would be our final ascent/descent over the coastal mountains to our vehicles that were parked at Carlton. Some of us opted to camp along the Nestucca River for one extra night of relaxation then biked the final trek into Carlton on July 20. --Mary Ellen Lind.

*Captain's log: Stardate 071808. Location:
Somewhere between here and there*

Our mission began this date in Nehalem Bay and the destination was Cape Lookout. We were following the coastline south, when the cold and damp air forced us into a coffee shop. I was riding through Rockaway Beach when I saw several riders ahead crossing the road. I crossed also and had some most welcome and tasty (not as good as Lloyd's) coffee and pastry.

After we were all warmed up we got back on the road, heading south. I kept the ocean on my right so as not to get lost. I don't get lost because I know where I am, just sometimes not where I should be. But, oh, the adventures I have and the places I see.

I was riding along by myself for the most part, which is okay. My trusty steed and I stopped at a historical marker that talked about Captain Gray and

Cont. on page 5

One of the great memories that I will always treasure from this tour is the nights around the campfire. Marshmallows and s'mores were always a favorite, but the oysters really took the prize! -- Dennis





Marshmallows

the Lady Washington stopping on the bay and the difficulties he had with the natives. Our experiences with the natives in the area were quite the opposite. They were all friendly, helpful, gracious. Captain Gray should have been on a bicycle, instead of a ship, but then history might have been different.

We arrived at our second stop of the morning - Tillamook Cheese Factory. As we spread out through the site we explored the many samples of cheese, fudge, ice cream and even had some good food. Again, everyone we encountered was kind and helpful.

After lunch we headed south over hill and dale towards Cape Lookout. Finally, the sound of the ocean waves crashing on shore welcomed us to what would be the last campsite for some of us. Home, sweet tent one more time. The trip is almost done. For our dinner that night we had fresh salmon, fresh oysters, chicken stir-fry, minestrone, beer and s'mores. What a way to end the week.

All in all I had a great time. The roads were nice, the food was good, the companionship was wonderful, the coffee each morning was fantastic. Would I do this again? You betcha! I had fun! Happy trails, Bev.



**Santiam Spokes
General Meeting, August 7, 2008
Submitted by Raylene Sell**

Dennis called the meeting to order at 7:00 pm.

Approval of Minutes:

June minutes were seconded and approved.

Ride Leader Report: Bev Henderson

There are several upcoming rides that need ride leaders! Your involvement is needed. If you haven't led a ride before, and you would like to, please contact Bev.

Treasurer Report: Maurice Banning

Balance as of today \$21,891.57 in checking.

Strawberry Report: Dennis Murphy

A. Financial Report: Earned \$18,860.50, Spent \$11,811.14, Netted \$7,049.36

B. Evaluations: Dennis passed around a very thorough report Raylene put together from the rider evaluations. Discussion of how we can make some needed improvements for next year's event.

C. Strawberry Committee: Dennis would like to put together a Strawberry Committee for the 2009 year! If you are interested please contact Dennis!

D. Donations to Xi Beta Zeta and Southside Church: Discussion

E. Donations to others? Holly School? Pleasant Valley? Discussion

Post Tour Leader Report: Mary Ellen Lind

Thanks to Larry Fratkin for putting together the maps of the tour. Thanks to Raylene for preparing some of the meals. There were 14 riders and 2 sag vehicles, Chuck Young and Dave Gregory. The night Rod cooked oysters over the open flame in the fire pit was a big hit and we can't forget the stories shared over s'mores at the campfire! It was a safe and fun trip. Everyone had a wonderful time of riding, whining (up the hills) and laughing together!

SEPTEMBER 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.

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

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

September 6 9:00 am

Head to Shedd

Start at SLCH. 40 miles. Category I. After the busy summer it's good to start winding down with an easy, flat ride past the harvested grass and hay fields. Ride leader – to be determined.

September 13 9:00 am

Mt. Angel Oktoberfest Ride

Start at Maud Williamson Park, near Salem. 35 miles. Some hills, some thrills, good music, food and company. Come and join us for a traditional ride to Mt. Angel for the annual Oktoberfest. This is as close to the real deal in Munich as we can get. Ride leader – Bev Henderson (541-513-3916)

September 20 9:00 am

Brownsville to Lebanon

Start at the post office in Brownsville. Category II. 40 miles. Hilly on the way to Lebanon, flat on the return trip. Lunch in Lebanon at group's discretion. Ride leader – to be determined.

September 27 9:00 am

Winery Ride

Start at Harrison Bridge in Corvallis. 40 miles. Category II. This ride is the same route as the King's Valley Ride with several stops along the way to sample wines from the local wineries. Stops will include Airlie and Cardwell Hill Cellars. The trees will be changing colors for the season, the weather will be perfect, the route beautiful as always. Ride leader – Bev Henderson (541-513-3916)

October 4 – Apple Daze Ride.

October 11 – Albany to Jefferson/Adair Wildlife Refuge Ride

October 18 – Corvallis via Springhill Rd.

October 25 – Halloween Cemetery Ride.

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.

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.

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

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.

See our website for the latest information and any updates:
www.santiamspokes.org

August 2008 Cycling • Santiam Spokes

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1	2	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 Sep 6, 2008 9:00 am Head to Shedd Starting Location: Samaritan Lebanon Comm. Hospital Distance: 40 miles. Description: Cat. I Ride Leaders: to be determined.	6	
7	8	9	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	11	Saturday Sep 13, 2008 Mt. Angel Oktoberfest Ride Starting Location: Maud Williamson Park, near Salem Distance: 35 miles Description: Some hills Ride Leaders: Bev Henderson (541-513-3916)	13	
14	Please submit material for Outspoken by today to Kari Kropf: kropfrk@comcast.net PO Box 1183 Lebanon, OR 97355 541.401-3349	16	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	18	Saturday Sep 20, 2008 9:00 am Brownsville to Lebanon Starting Location: Brownsville Post Office Distance: 40 miles Description: Cat. II Ride Leaders: to be determined.	20	
21	22	23	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	25	Saturday Sep 27, 2008 9:00 am Winery Ride Starting Location: Harrison Street Bridge, Corvallis Distance: 40 miles Description: Cat. II Ride Leaders: Bev Henderson (541-513-3916)	27	
28	29	30	For the latest information visit our website: www.santiamspokes.org				