

# OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 17, No. 11 • August 2009

## How to Eat for Endurance

By Fred Matheny for [www.RoadBikeRider.com](http://www.RoadBikeRider.com)

The key to riding long distances is food and drink.

Sure, training is important—but nutrition and hydration are even more vital. According to ultramarathon rider and coach John Hughes of Boulder, Colorado, “Nutrition, not necessarily training, is the limiting factor in endurance cycling.”

The reason? Even the best-trained riders pack only enough muscle fuel (glycogen) for a couple of hours of hard cycling. Fluid stores vanish even faster.

For everything from century rides to multi-day tours, remember these time-tested tips:

**Enjoy the Last Supper.** Eat aggressively the night before a long ride so your muscles are crammed with glycogen the next morning. Emphasize carbohydrates such as pasta, vegetables, bread, whole grains, and fruit. Don't forget dessert!

**Don't Skip Breakfast.** Cycling's smooth pedaling motion means you can eat just before a long ride without risking stomach upset. You'll need a full tank. Cycling consumes about 40 calories per mile, or 4,000 calories in a century ride.

**Three hours before the start,** eat about 60 grams of carbohydrate if you're an average-sized woman, 80 to 100 if you're a man. (Cereal, skim milk, a banana, and a bagel with jam equals about 90 grams of carb.) Many riders find that adding some protein and fat, like scrambled eggs or an omelet, keeps their stomach satisfied longer.

**Prehydrate.** Fluids are as important as food. Drink at least eight big glasses of water the day before the ride. If you don't, your performance and comfort may plummet by mile 50. During the hour before the ride, sip 16 ounces of a sports drink.

**Eat and Drink During the Ride.** Drink before you feel thirsty. Your sensation of thirst lags behind your need for liquid, so grab your bottle every 15 minutes and take a couple of big swallow (about four ounces). About every 30 minutes, eat 20 grams of carbohydrate—the equivalent of half an energy bar, several fig bars or half a banana. Some riders prefer smaller portions more frequently.



**Above:** Riders at Kings' Valley Church. Jim Scoble, Dennis Murphy, Ron Kropf.

*Photo courtesy of Kari Kropf*

### **August Meeting**

**August 6, 2009  
Thursday • 7:00 pm**

**Guest Speaker: Bill Pintard**

**Samaritan Lebanon Community Hospital  
525 N. Santiam Hwy, Lebanon**

Join us for a presentation by Bill Pintard that will highlight his trip to France this past March.

Details on page 2

## Minutes for Santiam Spokes General Meeting July 2, 2009 - 7:00 pm

The meeting was called to order at 7:00 pm by President, Ken Orwick.

The June minutes were approved as printed in the newsletter.

**Treasury Report** (Maurice Banning): Maurice provided a profit and loss statement October 2008 through July 2, 2009 as well as a Balance Sheet as of July 2, 2009. He explained the Profit and Loss report and answered any questions.

Maurice made a motion to pay the Mennonite Church an additional \$100 for the use of the church for the Strawberry Century. The motion was seconded and approved. Maurice made a motion to place \$10,000 in an interest bearing account. The motion was seconded. Discussion took place and it was voted to keep the amount at \$8,000.

Another motion was made and seconded to place \$8,000 in an interest bearing account. The motion was passed. Dennis commented to keep the money in a local bank. Maurice will find a local bank to deposit the funds.

Discussion about the success of the Strawberry Century took place. A committee is currently being formed for the 2010 Century.

**Membership** (Ron Kropf): 155 current members.

**Ride Leader Report** (Mary Ellen and Bev): The newsletter explains the upcoming rides. If you would like to lead/co-lead a ride please give Mary Ellen or Bev a call!

There is a position open on the Philanthropy Committee. Jerel has offered to serve on that committee to replace Bill Pintard.

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*Submitted by Raylene Sell*

**Below:** Bill and Betsy at La Cabanarie

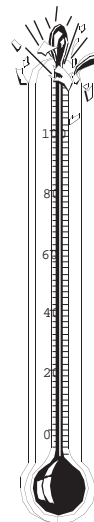
**Lower Right:** Pope's palace



## General Meeting August 6 • Thursday • 7:00 pm Guest Speaker: Bill Pintard

Bill Pintard will show pictures of his trip to France in March to learn more about his family history. He visited Avignon, Nimes, Marseille, La Rochelle and Paris. He visited his 15th century ancestral home in the Cevennes Mountains, an area in Southern France where the Huguenots (French Protestants) met in clandestine assemblies to avoid persecution after the revocation of the Edict of Nantes in 1685.

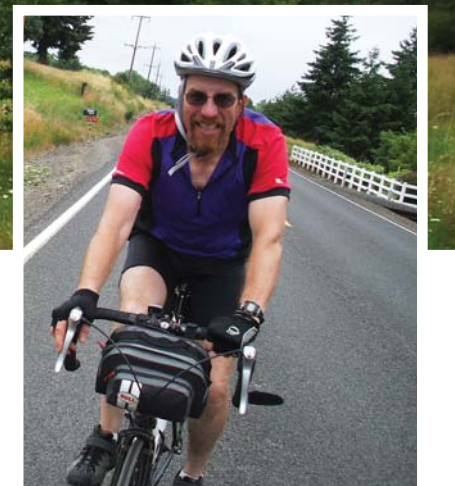
*Photographs courtesy of Bill Pintard*





# King's Valley Ride

The weatherman predicted hot weather, but the clouds hung on to keep the temperature comfortable for the whole ride. It doesn't get better than this!



**Above Left:** Jim Scoble, Mary Ellen Lind, Ron Kropf, Mark Newsome, and Dennis Murphy at the intersection of Maxfield Creek Road and Airlie Road.

**Middle:** Riders leaving King's Valley along Maxfield Creek Road. Great Scenery!

**Above Right:** Ron Kropf along Maxfield Creek Road. Below Right: Ron along King's Valley Road.

*Photo courtesy of Kari Kropf*



# AUGUST RIDES 2009

## 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.

**August 1** 9:00 am

### **Head to Shedd**

Start at SLCH. Category I. Distance 35 miles. This ride is a club favorite, taking us past grass fields, clover fields, over rolling hills as we roll into the small town of Shedd. There may be a lunch stop or not, at the group's decision. Ride leader - to be determined.

**August 8** 9:00 am

### **Stage ride: Albany to Jefferson to Dever-Connor**

(40 Miles) and Jefferson to Dever-Connor (22 miles).

Category I. Long riders start at The Beanery near Hwy 20 and I-5 8:30 and short distance riders start from Jefferson Middle School at 9:30. We will have a combination of hills, flat roads and great scenery. Ride leader - Bev Henderson (541-513-3916).

**August 15** 9:00 am

### **Corvallis/Decker Road/Smith Loop**

Start at Harrison St. Bridge. Category II. 35 miles. The route will go counter-clockwise, ending up with Smith Loop at the end. Lunch will be in Corvallis, place to be decided on by the group. Ride leader - to be determined.

**August 22** 9:00 am

### **Jefferson to Mehama**

Start at Jefferson Middle School. Category III. Distance 53 miles. This ride will be for those club members not able to go on the summer tour. We can't let them have all the fun on the hills, can we? Ride leader - to be determined.

**August 29** 9:00 am

### **Peoria Road**

Start at Harrison St. Bridge in Corvallis. Category I. Distance 45 miles. The route will include Peoria Road, Nicewood Road, Tangent Road and other roads as we wind our way past farms, fields, streams to the Corvallis Bakery for delicious cinnamon rolls and back to Corvallis. Ride leader - Mary Ellen Lind

## 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 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.

### **The Beanery**

1852 Fescue St SE, Albany, OR 97321

**From North:** take I-5 exit 233. Cross hwy 20 onto Fescue St. Pass Home Depot. The Beanery is on the right facing the freeway.

**From South:** take I-5 exit 233. Go east on hwy 20. Right on Fescue St. past Home Depot.

### **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.

Volunteer to Lead a Ride!

If you would be interested in leading a ride please contact: Bev Henderson, phone number 541-513-3916, or Mary Ellen Lind, ph. 541-738-8600.

[www.santiamspokes.org](http://www.santiamspokes.org)



# August 2009 Cycling • Santiam Spokes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>For the latest information visit our website:  <a href="http://www.santiamspokes.org">www.santiamspokes.org</a></p>					<p>Saturday Aug 1, 9:00 am <b>1</b>  <b>Head To Shedd</b>                      Start Location: Lebanon Samaritan Community Hospital                      Distance: 35 miles.                      Description:                      Ride Leaders: to be determined</p>
<b>2</b>	<b>3</b>	<b>4</b>	<p><b>5</b>  <b>Wed. Wanderers</b>                      No host rides will generally start at the Linn County Fairgrounds parking lot at 10 AM. Call Bill Pintard @ 541-967-3295 for information.</p>	<p><b>6</b>  <b>CLUB MEETING</b>                      7:00 pm                      Samaritan                      Lebanon Community Hospital                      525 N. Santiam Hwy.                      Lebanon</p>		<p>Saturday Aug 8, 9:00 am <b>8</b>  <b>Albany-Jefferson-Dever Conner</b>                      Start Location: The Beanery / Jefferson Middle School (short)                      Distance: 40 / 22 miles.                      Description: Cat I                      Ride Leaders: Bev Henderson (541-513-3916).</p>
<b>9</b>	<b>10</b>	<b>11</b>	<p><b>12</b>  <b>Wed. Wanderers</b>                      No host rides will generally start at the Linn County Fairgrounds parking lot at 10 AM. Call Bill Pintard @ 541-967-3295 for information.</p>	<b>13</b>		<p>Saturday Aug 15, 9:00 am <b>15</b>  <b>Corvallis/Decker/Smith Rd. Loop</b>                      Start Location: Harrison St. Bridgel                      Distance: 35 miles.                      Description: Cat. II                      Ride Leaders: To be determined</p>
<b>16</b>	<p><b>17</b>                      Please submit material for Outspoken by today to Kari Kropf:                      bluekat78@comcast.net                      PO Box 1183                      Lebanon, OR 97355                      541.401-3349</p>	<b>18</b>	<p><b>19</b>  <b>Wed. Wanderers</b>                      No host rides will generally start at the Linn County Fairgrounds parking lot at 10 AM. Call Bill Pintard @ 541-967-3295 for information.</p>	<b>20</b>		<p>Saturday Aug 22, 9:00 am <b>22</b>  <b>Jefferson to Mehama</b>                      Start Location: Jefferson Middle School                      Distance: 53 miles.                      Description: Cat. III                      Ride Leaders: To be determined</p>
<b>23</b>	<b>24</b>	<b>25</b>	<p><b>26</b>  <b>Wed. Wanderers</b>                      No host rides will generally start at the Linn County Fairgrounds parking lot at 10 AM. Call Bill Pintard @ 541-967-3295 for information.</p>	<b>27</b>		<p>Saturday Aug 29, 9:00 am <b>29</b>  <b>Peoria Road</b>                      Start Location: Harrison St. Bridge, Corvallis                      Distance: 45 miles.                      Description: Cat. I                      Ride Leaders: Mary Ellen Lind</p>