

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 18, No. 3 • December 2009



**SANTIAM SPOKES
ANNUAL HOLIDAY PARTY
Friday, December 11 at 6:00 p.m.
Santiam Place Event Hall
139 Main St., Lebanon**

All club members and their families are invited to come and enjoy the fun of scrumptious dining, happy conversation and white elephant gift exchange. Please join the potluck buffet by bringing a side dish to the delicious meat entre that Charles Taylor will bring.

If your last name begins with:

A - K bring a dessert

L - Z bring a salad or vegetable dish

The White Elephant gift is to be wrapped with no label. It can be a used item from home that you believe is funny or/and useful, and that your storage of it has exceeded its usefulness - like a used artificial knee!

Also this evening, President Ken Orwick will preside over a brief club business meeting. The annual Jack Thomas Award will be given to a club member who has given outstanding leadership and service to our club, the Santiam Spokes, and to the greater community of bicycling.

**COME HAVE SOME FUN WITH YOUR BIKE RIDIN' FRIENDS
WHEN THERE'S NO THREAT OF RAIN IN THE FORECAST!**

.....

Please bring food or clothing donations to the Christmas party on the 11th.
These donations will be taken to Lebanon Food Share program.

Thank You!

Albany Mid-Willamette Valley Map

The web site for the map is: www.co.linn.or.us/webmap/bikewv. It has been up since spring. We have an opportunity to add enhancements to the web map next year and I would like to have your ideas and suggestions. Some ideas being considered so far are: ability to map your own route; ability to "travel" the route with a video of the roads; ability to download to a GPS.

If you are aware of any road changes that have occurred since the paper map was made, please let me know those as well. They will be added to the web site map and also at the next reprint of the paper map.

Please send your suggestions to me by December 1, if possible.

Thanks for your past help and let's have some ideas.

Bill Pintard
Albany Bicycle and Pedestrian
Advisory Commission
b.pintard@comcast.net
541-967-3295

Looking Forward to the New Year

Chuck Dahlenbach will be our speaker for the January 7th meeting

Circumnavigation of Mount Adams on Skis

In April 2009, Chuck Daellenbach of Albany and his son, Keith of Portland, completed a circumnavigation of Mount Adams on skis. Starting on the south side, this 33 mile tour took five days and crossed nine glaciers. The counterclockwise route took them well above treeline at roughly 8,000' where they saw two separate populations of mountain goats and many spectacular hanging glaciers emanating from the summit ice cap high above. Please join Chuck as he presents their adventures on this stunning and remote volcanic peak of the Pacific Northwest.

Bio on Chuck

Chuck Daellenbach, of Albany, is 70 and has been an Oregonian since 1975 after leaving Minnesota. Chuck has had the privilege of sharing with Keith many of his climbing and XC skiing adventures. He and Keith have been exploring the Pacific Northwest on many multi-day backcountry ski tours for over two decades including Wallawas, Steens Mountain, Blue Mountains, circumnavigation of Crater Lake and Mt St Helens, traverses across Three Sisters, and Santiam Pass to Marion Lake. They have had two multi-week climbing and cross country skiing expeditions on the Juneau Ice Field in southeast Alaska.

Bill Pintard



*Mt Rainier over Keith's shoulder [taken high up on the north side of Adams].
Photo courtesy of Keith Daellenbach*

We Got Maps! - Local Bicycling Resources

GEARs Ride Maps

According to Eugene's GEARs newsletter, they now have over 100 rides posted on their website. It includes maps and turn by turn information. This is a great resource if you're looking for a ride in the Eugene area. Website: <http://www.eugenegears.org/ridelist>.

2009 Oregon State Bicycle Map

The 2009 Oregon Bicycle Map is now available. It can be obtained from ODOT bike/ped coordinator, Sheila Lyons. The phone number to call is: 503-986-3556 or visit the website at: www.oregon.gov/why/bikeped. Her email address is: Sheila.a.lyons@odot.state.or.us. Sheila is a member of our club.

Travel Oregon Bicycle Website

Also, Travel Oregon has implemented a great new bicycle website at: www.rideoregonride.com. Check it out.

Bill Pintard

Santiam Spokes Bike Club - Meeting Minutes

November 5, 2009

The November meeting began with a presentation by Tove Gilbert-Morgan ("Ms. Gilmo"), Albany Public Schools Safe Routes to School Coordinator. She works with Albany school administrators, encouraging them to support students in walking and bike riding to school. Twenty to 25% of morning traffic is parents driving their kids to school. Benefits to be gained would be less traffic, resulting in better air quality, lessening the chances of children developing obesity and diabetes, increasing their self-esteem and sense of freedom, and helping to establish good lifetime habits.

More information may be found at www.saferoutesinfo.org and Tove may be reached at tove.gilbert-morgan@albany.k12.or.us.

The business meeting was called to order by Ken Orwick at 8:08 pm.

Minutes: The minutes from the October meeting were approved as printed in the November newsletter.

Treasurer Report: As Treasurer Maurice Banning was absent, there was no official report. We have approximately \$16,000 +/- in our account, and a motion was carried to donate \$3,000 to the Lebanon hospital for their ongoing support.

Membership: Our new membership coordinator, Jessica Ruef, is revamping the roster and updating member personal information. She has currently identified 42 individual memberships, 48 family memberships, and 151 registered riders. As of tonight eight individual riders and 15 families have not renewed their memberships. She has also printed up Santiam Spokes business cards that we can hand out to people to help publicize the club. (Thanks to Jerel Gall for this excellent suggestion!)

Ride Report: Jerel reported on November rides and those tentatively

planned for December. Rod Sell is planning to lead a ride December 19 that may require mountain bikes as it will feature the BLT trails. Please remember to bring canned goods to Roger and Mae's house on the Saturday before Thanksgiving, November 21st, which will be taken to the food bank.

Strawberry Century Note: Roger showed us his design for the SC T-shirts and brochure. Shirts this year will probably be an upgraded moisture wicking material versus plain cotton; design on safety green background for both items. Jerel has been offered shirts from the National Guard which would not cost us anything and we may give them away in "goodie" bags. The NG has also offered us a \$500 contribution, a water tank for the Pleasant Valley site, and they may sponsor a rider for the Century. Spirit Mountain casino is also a possible future sponsor.

Jack Thomas Nominations: Ken reminded people to get their nominations to him for the annual award to be given out at the Christmas party. This year's party will be Friday, December 11, at Sally Skaggs' business, Santiam Place. More information will be provided in the December newsletter regarding food, etc.

New Business: Bill Pintard proposed establishing a program or commission here in Lebanon as a bicycle/pedestrian advocacy group. The city council could be approached with BLT, hospital and Santiam Spokes representatives with suggestions on how this would benefit Lebanon. Barbi Thomson and Jessica Ruef have agreed to be involved, and anyone else would be greatly welcomed.

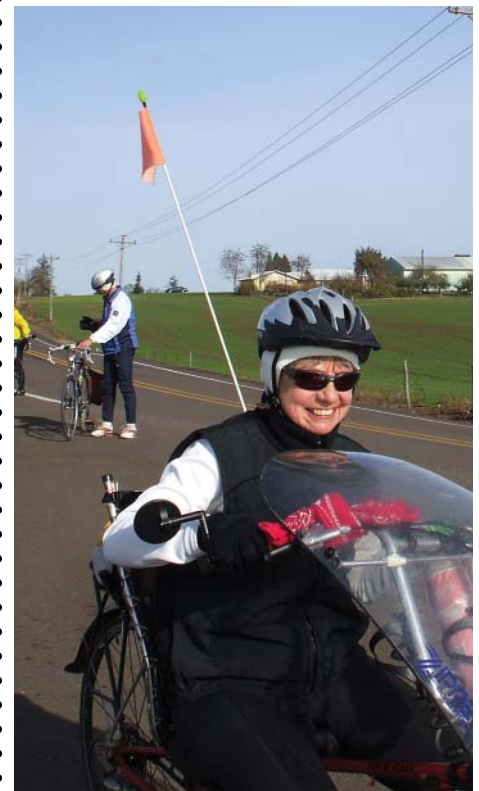
*The meeting was adjourned at 9:05 pm.
Respectfully submitted,
Barbi Thomson*

PHILANTHROPY REPORT

The 2009-10 Philanthropy Committee is Roger Gaither, Ron Kropf, Jerel Gall, Dian Gerstner, Raylene Sell, Maurice Banning and Mary Ellen Lind. Mary Ellen was asked to be the chairperson.

In support of the Club's Objectives and Purposes, the remaining funds from the Strawberry Century event will be distributed to groups/organizations that have specific projects that support bicycling. The committee presently is working on an application form. The deadline for submitting applications will be March 1, 2010. We invite club members to advocate for groups/organizations to apply for funds for their bike-friendly projects. Please give name and contact information to Mary Ellen at melind@peak.org.

Mary Ellen Lind



Above: Mary Ellen Lind, Loop the Buttes Ride

Photographs courtesy of Kari Kropf

Scio Ride

The weather report predicted terrible weather. The reality...not bad! Sunny though crisp and cool. A brisk wind, but it gave us a nice tailwind later in the ride. We visited several area covered bridges and small communities along the route. Most riders rode a 21 mile route, but Bev and Dian opted for the full 32 mile route - Way to go Bev and Dian!



Above: Roger, Ken and Ace heading toward Gilkey Bridge. Gilkey Bridge was built in 1939 and crosses Thomas Creek.



Above: Regroup just outside of Crabtree, right by the mailbox that the postman wants to reach.



Above: Ron and Bill exit Gilkey Bridge.

Right: Riders ride through Hoffman Bridge on Hungry Hill Road. Hoffman Bridge is a 90 foot span over Crabtree Creek. It was built in 1936



KEY FOR ROUTE DESCRIPTION

Cat I	Flat to rolling hills. Easy pedaling.
Cat II	More frequent rolling hills, possible several short, steep hills. A hearty workout.
Cat III	Moderate, longer hills, with a few steep climbs. Need to be experienced and in good biking condition.
Cat IV	Frequent hills, some long and steep climbs. These are tough rides that require 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 Jerel Gall (541) 258-8945 to check on the possibility of the ride being cancelled. If the ride is cancelled it will be rescheduled later in the year.

PLEASE NOTE WINTER START TIME
RIDES START AT 10:00 am

DECEMBER 5 10:00 am
Albany to Shedd
Start Location: South Albany High School
Lunch in Shedd
Category I
Ride Leader: Bill Pintard
The 30-mile route will be mostly flat and heading in a counter clockwise direction, which is a little differently scenery as this route is typically clockwise. Stopping in Shedd for lunch.

DECEMBER 12 10:00 am
Lebanon to Albany
Start Location: SLCH
Category II
Rider Leader: Jerel Gall (541) 258-8945
This ride will travel along Tangent Dr then to Albany for lunch before returning along Spicer Road to Lebanon. Approximately 30 miles along this flat route.

DECEMBER 19..... 10:00 am
Lebanon Trail System (Build Lebanon Trails)
Start Location: SLCH
Ride the Lebanon Trails
Category I
Ride Leader: Rod Sell
The December 19th Santiam Spokes Saturday bike ride will visit many of the existing and proposed trail heads in the planned 50 mile Lebanon Trail System. The course will include asphalt, gravel, and a few dirt trails. Traction tires are recommended with mountain bikes a good idea. The route is about 18 miles long, mostly flat, and will take a few hours to complete. The route will take you on a clockwise route around Lebanon including visits to Cheadle Lake, Marks Slough Trail phase 1& 2, West River Trail, Oak Creek Trail and the Burkhart Creek Trail.

DECEMBER 19 10:00 am
Keizer Christmas Lights Ride - (Depending on Weather)
Start Location: 5240 Autumn Leaf Ct N, Keizer, OR
Directions to follow.
Category I
Start Time: 6:30 PM
Ride Leader: Jerel Gall (541) 258-8945

LIGHTS REQUIRED!!! LIGHTS REQUIRED!!!

This flat course of approximately 10 miles will take us through the annual Keizer Christmas Light neighborhood. The roads are mostly flat and the route is well marked for bicycle travel. Martin Gall, our Strawberry Century parking lot attendant will host, with cookies, coffee and hot chocolate at his home, the start/finish position.

Directions: Take I-5 North to Chemawa Rd Exit. Turn Left. Chemawa becomes Lockhaven Dr. Continue to the End of Lockhaven Dr. Turn Left on Windsor Island Rd. Turn Right on Willow Lake Rd. Turn Right on Autumn Leaf Ct.

DECEMBER 26 10:00 am
Lebanon to Crabtree
Start Location: SLCH
Category II
Ride Leader: Ron and Kari Kropf, 541-401-7178, 401-3349
This route will travel north on Brewster Road, Cold Springs Road and return via Tennessee Road. This mostly flat route is approximately 20 miles. Lunch will be in Lebanon.

JANUARY 2 10:00 am
Corvallis Loop
We will have Dennis and Mary Ellen lead us on a loop around Corvallis. More in the next newsletter.

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 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.

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.

Keizer Lights Ride Start
Directions: Take I-5 North to Chemawa Rd Exit. Turn Left. Chemawa becomes Lockhaven Dr. Continue to the End of Lockhaven Dr. Turn Left on Windsor Island Rd. Turn Right on Willow Lake Rd. Turn Right on Autumn Leaf Ct.

December 2009 Cycling

Santiam Spokes

SUN

MON

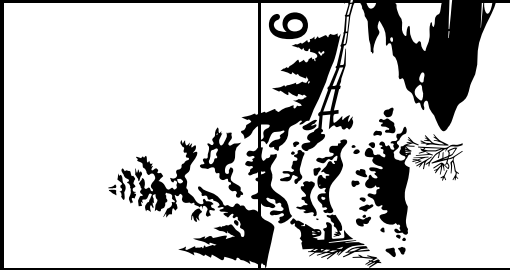
TUE

WED

THU

FRI

SAT



	<p>1</p> <p>Holiday Party Friday December 11th 6:00 pm See page 1 for details!</p>	<p>2</p> <p>Wed. Wanderers No host rides will generally start at the Linn County Fairgrounds parking lot at 10 AM. Call Bill Pintard at 541-967-3295 for more information</p>	<p>3</p> <p>No Club Meeting See page one for details on the club meeting and Holiday Party.</p>	<p>5</p> <p>Saturday Dec 5 10:00 am Albany to Shedd Start Location: South Albany High School Distance: 30 Miles Description: Cat I Ride Leader: Bill Pintard</p>
<p>6</p>	<p>7</p>	<p>9</p> <p>Wed. Wanderers No host rides will generally start at the Linn County Fairgrounds parking lot at 10 AM. Call Bill Pintard at 541-967-3295 for more information</p>	<p>10</p>	<p>12</p> <p>Saturday Dec 12 10:00 am Lebanon to Albany Start Location: Samaritan Lebanon Community Hospital Distance: 30 miles Description: Cat II Ride Leader: Jerel Gall (541) 258-8945</p>
<p>13</p>	<p>14</p> <p>Outspoken Submissions Please submit material for Outspoken by today to Karl Kropf: bluekat78@comcast.net PO Box 1183 Lebanon OR 97355</p>	<p>16</p> <p>Wed. Wanderers No host rides will generally start at the Linn County Fairgrounds parking lot at 10 AM. Call Bill Pintard at 541-967-3295 for more information</p>	<p>17</p> <p>Saturday Dec 19 6:30 pm Keizer Lights Ride Start Location: 5240 Autumn Leaf Ct N., Keizer, OR Distance: 10 miles Description: Cat I</p>	<p>19</p> <p>Saturday Dec 19 10:00 am Lebanon Trail System Start Location: Samaritan Lebanon Community Hospital Distance: 18 miles Description: Cat I Ride Leader: Rod Sell</p>
<p>20</p>	<p>21</p>	<p>22</p> <p>Wed. Wanderers No host rides will generally start at the Linn County Fairgrounds parking lot at 10 AM. Call Bill Pintard at 541-967-3295 for more information</p>	<p>24</p> <p>Saturday Dec 26 10:00 am Lebanon to Crabtree Start Location: Samaritan Lebanon Community Hospital Distance: 20 miles Description: Cat II Ride Leader: Ron & Karl Kropf 541-401-7178</p>	<p>26</p>
<p>27</p>	<p>28</p>	<p>30</p> <p>Wed. Wanderers No host rides will generally start at the Linn County Fairgrounds parking lot at 10 AM. Call Bill Pintard at 541-967-3295 for more information</p>	<p>31</p>	<p>Saturday Jan 2 10:00 am Corvallis Loop Ride Leader: Dennis Murphy & Mary Ellen Lind More in the next newsletter...</p>

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 1st member	Date
Signature of 1st member	Date
Signature of 1st member	Date

Complete all sections of this form and mail it with your check to

Santiam Spokes, Inc.
c/o Samaritan Lebanon Community Hospital
PO Box 739, Lebanon, Oregon 97355

You're now a member. We'll send you membership materials and 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.

Name of 1st member		
Name of 2nd member		
Name of 3rd member		
Name of 4th member		
Mailing Address		
City	State	Zip
Home Phone	Work or Cell Phone (if available)	
Email		

Sign Liability Release To The Left

.....Optional Information Below.....

[_____] Age of 1st member	[_____] Age of 2nd member
[_____] Age of 3rd member	[_____] Age of 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:

- | | |
|---|---|
| <input type="checkbox"/> Easy, 3-15 mi. | <input type="checkbox"/> Sport, 20-50 mi. |
| <input type="checkbox"/> Tour, 30-80 mi. | <input type="checkbox"/> Competitive, 40-100 mi. fast |
| <input type="checkbox"/> Off-road, i.e. mountain biking | |

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. 2009/2010 Club officers are: Membership > Jessica Ruef, 541-541-451-3338; President > Ken Orwick, 541-451-2945; Vice President > Bill Pintard, 541-967-3295; Ride Captains > Al Rimer, 541-928-3584, Jerel Gall, 541-258-8945; Secretary > Barbi Thomson, 541-258-6482; Treasurer > Maurice Banning, 541-928-6311; Historian > Dennis Murphy, 541-738-8600; Newsletter > Kari Kropf, 541-401-3349; Publicity > Roger Gaither, 503-394-3696; WebMaster > Vince Nowell, 541-928-7594; Strawberry Century > Jerel Gall, 541-258-8945

Santiam Spokes, Inc.
c/o Samaritan Lebanon Community Hospital
P.O. Box 739, 525 North Santiam Hwy.
Lebanon, Oregon 97355
www.santiamspokes.org



December Meeting **FRIDAY** Dec 11, 2009
Quick Meeting & **HOLIDAY PARTY**

6:00 pm

Join us for a
Great Time!

Good Food & White Elephant Gift Exchange

Santiam Place Event Hall

139 Main St., Lebanon

Read more on page one.

Area Events for December

December 5, 10-5

Bike Craft

420 NE 9th Ave., Portland

Showcases local, handmade, bike-themed arts,
fashion, crafts

<http://bikeportland.org/bikecraft/>

December 7, 2009, 6-9 pm

Pedal Past the Lights II

Special bike tour through Portland's Jubitz Winter
Wonderland. Bikes only night

Portland International Raceway

Pedal Bike Tours

503-916-9704

todd@pedalbiketours.com

December 10-13, 2009

Cyclo-cross National Championships

4 Days of Epic Racing

Bend Oregon

<http://www.usacycling.org/events/2009/cxnationals/>

<http://www.visitbend.com/>