

# OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 17, No. 05 • February 2009

## State of the Club Message

by Dennis Murphy, Santiam Spokes Acting President

The January meeting of the Santiam Spokes was held on the second Thursday of January due to the first Thursday being a holiday, New Years Day. I thought it would be a good time to get the Strawberry 2009 committee together prior to the general meeting. Due to the fact that we had changed our meeting day, there was only a small conference room available. I had planned to announce that since we had no speaker for the meeting, I would show a couple more segments of the BBC series on Bicycling. However, knowing that we only had a small room, I decided not to make any reminder announcement to the club of either the meeting or the program. I also very sadly became aware that Thursday night was the BCS championship football game.

The Strawberry Committee meeting began on schedule at 5:30pm. It was a productive meeting, and I think things are coming together rather well. We are all volunteers, and we all have busy lives, so it was very rewarding to see almost the entire committee there. I want to encourage the entire membership of the Santiam Spokes to respond positively when ever any one of these committee members requests your

assistance or advice. I have already seen that happening, it makes me proud to see the general membership respond in that way. Good for us!

I only printed ten general membership agenda's and felt somewhat comfortable that a room designed for about 20 people would be plenty for us on this early January meeting. It was a cold damp night, with an exciting football game on television. As we finished up our Strawberry 2009 meeting, and 7pm started to roll around, the door opened and members started to show up. It quickly became apparent that we did not have enough chairs! Several of us quickly gathered more chairs from a local seating area. By the time the general meeting began, I we had almost 40 members in the room!

This filled room was a perfect environment to give Chuck Young the Jack Thomas award for 2008. Chuck missed the December gathering in which he was announced as the winner. I was very proud to be giving Chuck the award and happy that so many people were present to applaud his receipt of it. We took a brief break for snacks and socializing and then watched another two segments of the BBC series on Bicycling. Even though this series is a little

1 Cont. on page 5



Photograph courtesy of Ron Kropp

# RIDE WITH US!

Adair to Monmouth ~ Dennis & Mary Ellen near Suver. Jo and Dian in the background.

## **FEBRUARY MEETING**

**February 5, 2009**

**Thursday • 7:00 pm**

**Guest Speaker: Dr. Bill Origer  
Biking and Eating in Brazil!**

Dr. Origer has shown several presentations on some of the exceptional bicycling tours he has undertaken. Join us at the general meeting to hear about his latest adventure in Brazil.

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Samaritan Lebanon Community Hospital  
525 N. Santiam Hwy, Lebanon



On December 11th, 2008 Craig Eucken and I met with Bill Rauch. Mr. Rauch is the President of the LCH Foundation. We presented him with a check for \$3000 to be used by the Lebanon Community Hospital Foundation in their General Unrestricted Fund. Lebanon Community Hospital is the sponsor of the Santiam Spokes, and has provided our club with many services over the years of our existence.

– Dennis Murphy, Acting President 

## Peak Sports to Host Club Night

Nelson Sherry at Peak Sports has invited Santiam Spokes to a Club night on Wednesday February 18 from 6:15 PM to 8 PM. We will have an opportunity to work on our bikes using the shop's equipment. Their shop has 6 work stands and 4 truing stands available. There will be a mechanic available who can help you get started but it is not a class. Several of our club members may be able to assist with repairs as well. Whatever work is being done must be completed during the allotted time. For those in the club who might want to learn basic bike maintenance such as repairing a flat, oiling a chain, etc, Nelson has scheduled a Bike Maintenance Clinic on February 11 at the same times.

Please visit Peak Sports at [www.peaksportsorvallis.com](http://www.peaksportsorvallis.com) for a more complete schedule of Wednesday night events. Also, check out their twitter account. Peak will be advertising special sales, etc. on twitter. There is information about twitter on their website.

This is a great opportunity to work on your bike in a professional shop. If you are interested, please email Bill Pintard at [b.pintard@comcast.net](mailto:b.pintard@comcast.net) or call 541-967-3295.

– Bill Pintard 

## Bicycle & Pedestrian Map of Albany and the Mid-Willamette Valley Website

The Bicycle & Pedestrian Map of Albany and the Mid-Willamette Valley now has a website. It is: [www.co.linn.or.us/bikemap](http://www.co.linn.or.us/bikemap). This is an interactive bike map with almost 30 routes included so far. The routes are displayed on the map and can be printed out. You can also print the turn by turn cue sheets. You can pick a route by distance or by difficulty or destination.

One of the really fun features is you can isolate a particular area where you might like to ride and then find the routes that pass through the area. You can move the map around to display any section and then zoom in to see the roads in the area. There are links to the bicycle clubs, chambers of commerce, city, county and state parks. The map is designed for someone unfamiliar with the great cycling here could pick rides and find places to camp, motels, restaurants, etc.

If you have a favorite ride that you would like to see included, please send it to Bill Pintard at [b.pintard@comcast.net](mailto:b.pintard@comcast.net) and it will be added to the site.

– Bill Pintard 

## Announcement Of Vote on BLT donation request

There will be a Board meeting on Thursday February 5th beginning at 6pm. The philanthropy committee has recommended to the board approval of a donation request by Build Lebanon Trails. This recommendation of approval included detailed documentation regarding the BLT organization, and why such a donation will be beneficial to the local community and to bicycling. Copies of this documentation will be brought to the meeting and be available for review. Pending approval of that request by the board, the membership that is present at the meeting will be asked to give their final approval.

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## Minutes of the General Meeting January 8, 2009

### Welcome:

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

### General Meeting

#### Approval of November minutes:

Minutes were approved

#### Membership Report (Jo Johnson):

147 current members

#### Ride Leader Report

#### (Bev and Mary Ellen):

Check out the newsletter or website for upcoming rides. We are always looking for ride leaders! Give it a try!

*Continued on page 7*

# And The Wheels Keep Turning



*Lebanon to Crabtree, from left: Dennis, Mary Ellen, Ace, Ron, Kari, Bev and Jo. Regroup near Griggs*

## ... into 2009!

Happy New Year and welcome to our new members. It's been some time since I've reported from the road. The past year has brought many new trails, experiences, places to see and people to meet.

My personal highlight for the year was the summer tour in the northwest corner of Oregon. Fair weather, good roads, quiet mountaintops (and there were a lot of them!), mostly considerate drivers, nice places to stay. Oh, there was so much. One funny story, although Rod, Raylene and I didn't think it was funny at the time was at Fort Stevens State Park. We all set up our tents and started exploring the area. I noticed that there was a particularly pesky squirrel hanging around our spot. He would climb up my tent under the rain fly, race down and then go over to the Sells' tent. After all was said and done I had a hole in the mesh about an inch or so, but the Sells' tent had a much bigger hole. They patched it up with some band-aids, which I thought was quite appropriate. Jerel became the s'mores savior when he went to the store and purchased the

needed supplies and the look on Mary Ellen's face was priceless. No one got seriously lost, well, one person got sort of on the wrong road. Actually that person didn't make the turn and kept going up over the top of the hill and down to the other side. I, uh, that person found a winery and a road on the route sheet that no one else could find. Guess they should have stayed with me, oh, that other person. We all had way too much fun, had a great ride and I'm looking forward to the next tour.

Another observation from last year is about the weather. Last year at this time we had already had several wet rides. Could it get any worse? Snow and ice in January cancelled one ride in Corvallis, snow kept everyone from traveling to Eugene for another ride, snow and ice cancelled more rides in Albany and Corvallis in December. The first ride for 2009 was dry, no rain, some wind and my record for 2009 is intact. When I'm ride leader it doesn't rain on my rides. We had a good ride from Lebanon to Crabtree and back. I wasn't sure I was up to hills, but I did them and it was good! It was just the kind of ride that reminds me why I

do this kind of activity and why I ride with this club. The laughter, companionship, fun times together, looking out for each other is something very precious and needed in our busy lives. Someone asked me why I drive from Eugene to ride with the Santiam Spokes. The drive is a chance for me to have some quiet time and I enjoy the people I ride with. I've discovered in the other groups I ride with occasionally that there is a common bond that keeps each of us together. I look forward to riding with this group. They're a fun bunch of merry misadventurers.

One last thought - Corvallis to Newport and back. Last weekend in April. The weather will be, well, whatever it will be. Logsden Pass will be there waiting. The Siletz River and the bay front. Rogue's Ale Brewery. Need I say more?

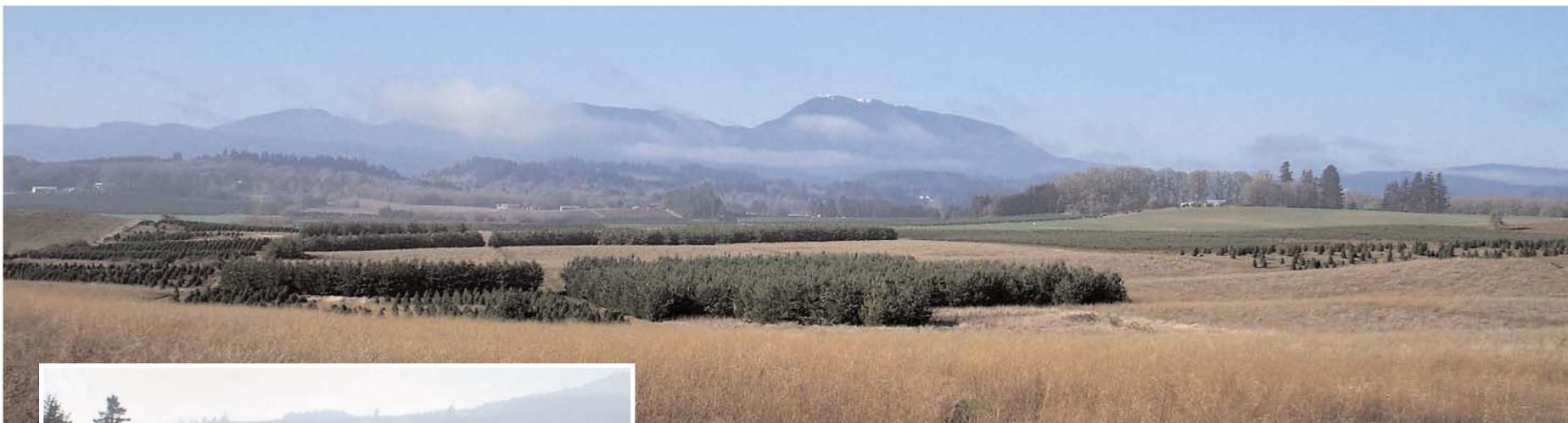
*Happy trails to all and to all - see you next ride.  
Bev Henderson.*



*Lebanon to Crabtree: Dennis and Bev at the intersection of Griggs Drive and Brewster Road.*



*Photographs courtesy of Kari Kropf*



## Corvallis to Philomath Ride featuring Decker Road

Today we rode Decker Road route backwards, with the return on Bellfountain Road instead of Highway 99. **This is how Decker Road should be ridden!**

Decker is steeper but shorter this way - **Much better!** And I liked the hills on Bellfountain. Good job on the route Mary Ellen!

We all stopped at Old World Deli for lunch, and as a treat we had a guitarist playing live music.

Sunny, cold, but no wind! Did I mention I like riding Decker in this direction?

– Kari

*Above: Panorama of Mary's Peak from Bellfountain Road. Gotta say it – We have the Best views!*

*Middle: Bev and Kari climb a hill on Bellfountain.*

*Right: Mary Ellen and Dennis climb the same hill.*

*Photographs courtesy of Ron Kropf*

Continued from page 1

out of date it is filled with great information and everyone seemed to enjoy it. There are two episodes left to show at a future meeting.

The Tour committee is moving along with the planning for this years tours, and it appears that there may be two, one week tours available to you this summer! I am not aware that the club has ever had two tours in one summer before. Exciting stuff!

The Saturday morning rides that I have been able to attend have had more riders then I typically remember seeing in the winter months. The rides have been very well planned, and in my opinion, and appropriate for the time of year. Good job to our ride captains and to those who volunteer to be ride leaders each week. Not only has the ridership been good, but even more importantly, the efforts to ride safely have visibly improved. There are more hand signals and more vocal warnings of "slowing" or "car back" then I have ever seen. Let's continue that safety awareness!

The website is back up and running! Vince Nowell has done a wonderful job with it. The newsletters on the website go back to 2002. There is a section for upcoming announcements, and another new section for a club forum. In this area there are two current topics. One topic is on winter clothing and the other on a new club jersey. I encourage you to visit the website regularly and to participate in the forums and look for announcements.

The club membership as of January 3rd stands at 141 members! Jo Johnson is now in charge of membership. We have been working hard to keep email addresses up to date as well as postal addresses. If we receive a newsletter back from the post office we take that person off of the mailing list until we have been able to verify the correct address. Please keep Jo up to date on any changes!

In total, I see that the Santiam Spokes is a healthy Cycling Club, growing in membership, developing its leadership base, and actively growing in participation in all of the club activities. Our newsletter continues to reflect the spirit of the club in the pictures and articles that are presented. I am proud of what we have accomplished. A new club jersey would also represent this healthy state of our club, and it is certainly time that we get going on that project.



## Adair to Monmouth Ride

We started at E.E. Wilson Refuge. We headed to Helmick park where we stopped to use the restrooms.

They were on a little island surrounded by flood water. Oh well. So we were off to Monmouth where the restrooms were locked. I'm starting to see a pattern here and it doesn't bode well. Rode out through the campus and over to the airport for lunch. The food was great & the place, busy. The bathrooms were available – Whew! We wound our way through Independence and back via Independence highway.

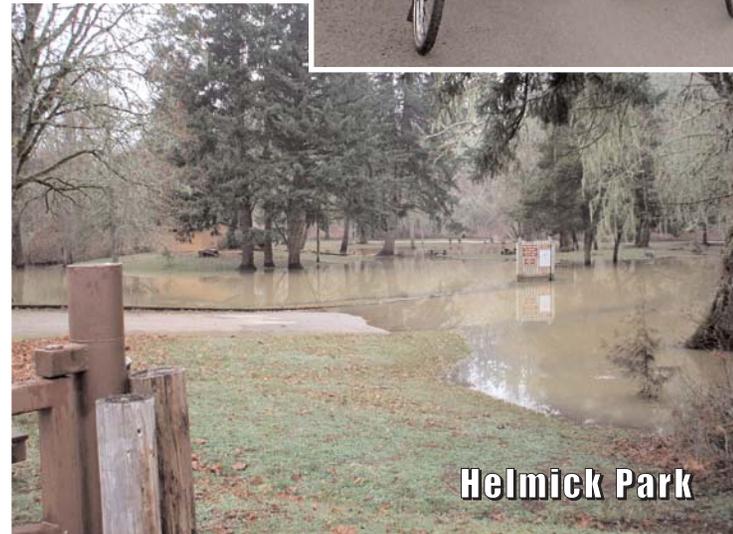
– Kari



Suver regroup



Jo and Dian



Helmick Park

# FEBRUARY 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.

## 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.

**Rides start at 10:00**

Hello all. Here are the February Fun Frolics Favorite rides. All rides start at 10:00. Distances are approximate.

**February 7 10:00 am**

### Head to Shedd

Start at SLCH. Distance 35 miles. Category I. Ride leader – Bev Henderson.

We're starting February with a favorite, flat, frolicsome ride from Lebanon to Shedd. Food stop in Shedd, lunch if group desires.

**February 14 10:00 am**

### Chocolate Ride

Start at S. Albany H.S. Distance about 25 miles. Category I. Ride Leader – Bill Pintard.

This is a ride created by Roger Gaither and May Garland to celebrate this festive day and all the things we enjoy best about biking – chocolate, food and fellowship! It has become a club favorite and we invite you to join us. The route will be in and around Albany, with lunch (and chocolate) at Szabo's.

**February 21 10:00 am**

### Albany to Corvallis

Start at S. Albany H.S. Distance 40 miles. Category I. Ride Leader – Jerel Gall.

Another club favorite flat frolic, we will go over Riverside Drive to Corvallis for lunch, then back to Albany by way of Tangent Road. This ride was scheduled in December, but cancelled due to freaky weather conditions.

**February 28 10:00 am**

### Jefferson to Stayton

Start at Jefferson Middle School. Distance 35 miles. Category I and II. Ride leaders – Ace and Jo Johnson. As we finish February's frolics, we finally get some hills. The route is mostly flat, but there are some hills. There is a great view of the valley and Richardson's Gap when you get to the top. It is worth the climb! There can be a lunch stop if group decides.

## 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.

### 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.

### 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.

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



# February 2009 Cycling • Santiam Spokes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	<p><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>CLUB MEETING</b> 7:00 pm Samaritan Lebanon Community Hospital 525 N. Santiam Hwy. Lebanon</p>	<p>Saturday Feb 7, 2009 10:00 am <b>Head to Shedd</b> Starting Location: Samaritan Lebanon Community Hospital Distance: 35 miles. Description: Cat. I Ride Leaders: Beverly Henderson, Ph. 541-513-3916</p>	7
8	9	10	<p><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>Peak Sports Bike Clinic</b></p>	12	<p>Saturday Feb 14, 2009 10:00 am <b>Chocolate Ride</b> Starting Location: S. Albany H.S. Distance: 25 miles Description: Cat I Ride Leaders: Bill Pintard</p>	14
15	<p>Please submit material for Outspoken by today to Kari Kropf: bluekat78@comcast.net PO Box 1183 Lebanon, OR 97355 541.401-3349</p>	17	<p><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>Peak Sports Club Night</b></p>	19	<p>Saturday Feb 21, 2009 10:00 am <b>Albany to Corvallis</b> Starting Location: S. Albany H.S. Distance: 40 miles Description: Cat. I Ride Leaders: Jerel Gall</p>	21
22	23	24	<p><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>	26	<p>Saturday Feb 28, 2009 10:00 am <b>Jefferson to Stayton</b> Starting Location: Jefferson Middle School Distance: approx 35 miles Description: Cat I and II Ride Leaders: Ace and Jo Johnson</p>	28
<p>For the latest information visit our website: <a href="http://www.santiamspokes.org">www.santiamspokes.org</a></p>						



**Santiam Spokes, inc.**  
c/o Lebanon Community Hospital  
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[www.santiamspokes.org](http://www.santiamspokes.org)