

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 17, No. 04 • January 2009

TOO MANY BALLOONS!

by Dennis Murphy, Santiam Spokes Acting President

I have long been curious as to what is a pound of carbon dioxide (CO₂). A short trip on the internet gave me some answers that I thought I would share with the readers of the Spokes Newsletter. Think of carbon dioxide as being trapped in a balloon. A one-pound balloon of CO₂, would be about 2.5 feet in diameter. Now think about the fact that each of us, on an average, generate about 47 pounds of CO₂ per day. So imagine putting 47 of those 2.5 ft diameter balloons in your homes every day. Now remember that is 47 balloons for each person living in the home.

I have also been curious as to how do we create so much of this CO₂. I drive my car from Corvallis to Eugene and back almost every working day of the year. This equates to about 3 gallons of gas per day. Carbon footprint calculators tell me that this drive generates about 76 pounds of CO₂ each working day. As I do additional driving once I am at work, the number is probably closer to 100 pounds that I single handedly produce of CO₂ per day. That is enough to fill my house

up with balloons without doing anything else! How can this be possible? A gallon of gas weighs about 6 pounds. Even if I use 4 gallons a day, how can I be creating 100 pounds of CO₂?

Here is how a gallon of gas can generate 25 pounds of CO₂. A gallon of gas is 85% carbon. Therefore there are 5.25 pounds of carbon per gallon of gas. Each carbon atom combines with two oxygen atoms when it burns. This adds 14 more pounds, giving us a total of 19.25 pounds. Now to manufacture gas in the first place creates an additional 6.05 pounds of CO₂, giving us a total of 25.3 pounds of CO₂ for each gallon of gas consumed. Four times 25.3 is 101.2 pounds on average per day.

The whole global warming issue affects our lives in different ways according to our choices of work, play and overall lifestyle. What is continuing to happen to me on a personal basis, is my increasing level of awareness that everything that I do has an impact on the world that I live in. Every time I make the decision to hop in my car and drive somewhere when

1 Cont. on page 2

JANUARY MEETING PLEASE NOTE: NEW DATE

Because of the holidays we will meet on the 2nd Thursday in January. This is for the month of January only.

January 8, 2009

Thursday • 7:00 pm • January 8, 2009

Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon

FIRST MEETING OF THE NEW YEAR!



RIDE WITH US
Peoria Ride ~ Ace and other riders somewhere on the backroads
between Peoria and Shedd
Photograph courtesy of Kari Kropf

Cont. from page 1

I could have taken my bike or used public transportation or combined the trip with other errands, I am adding a little bit more CO2 to our atmosphere. I know of more and more people who have gone "car free". When visiting Guelph, Canada a few months ago, I became aware of the Guelph Community Car Cooperative. Roughly 30 Co-operative members, including individuals, families, and corporations, rent a car by the hour for quick trips around the area, for a run to the airport to pick up Grandma, or for a sales call to the client not well served by public transit.

I believe the global warming issue is very real. I believe that each of us will become more and more aware of the impact that our daily activities has on this problem. As our awareness increases, we will take more and more steps to modify our activities in a way that reduces the number of one pound CO2 balloons that we create. Some of those changes in our lifestyles may be difficult to accept. I am however, very excited about the solutions that we as bicyclists are advocating through our own club, and the other organizations that we support. In time, the impact of bicycle advocacy programs, will have a very positive impact on the livability of our communities. It will also dramatically reduce the number of CO2 balloons being released into the air we breath!

I used information from two websites in writing this article:

<http://www.thegreenguide.com>

<http://ward2guelph.wordpress.com/>

<http://guelphcitizenaction.ca/directory/guelph-community-car-co-operative/>

CRANKSGIVING REPORT

By Beverly Henderson

"Cranksgiving. What in the world is that?" It is a fun ride and an opportunity to help the community, that's what it is. There were about 14 riders all together and we had a great, dry ride. After much discussion back and forth between Dennis and myself, we decided to have people bring canned food items to the start of the ride and I would get it to the food locker. I was astonished at the generosity in the amount of food that was donated. You (and you know who you were) are all most special, warm, generous and gracious people. The only glitch in the day was the fact that Lebanon Gleaners was not open when we got done with the ride. So there I was with a car full of canned food items. What to do? Well, the next day (Sunday) was Cornucopia Day at my church. All of the food donated by the club members went to church with me and was then distributed to Food for Lane County.

This was our first attempt and next year will be even better. The general consensus from the group was that we should do this again. The format of bring the food items to the start of the ride seems to work best for our group. We do like to bike for food and we like helping others. We will have better arrangements for distribution of the food items, and we may even have so much that we'll need two cars. What a wonderful problem to have! Thank you all.

See you next year for the 2nd Annual Santiam Spokes Cranksgiving Ride, sometime in November 2009.



Photograph courtesy of Ace Johnson

Santiam Bluffs Riders: Dennis, Mary Ellen, Jo, Ace, Kari and Ron.

Santiam Bluffs Ride Report

By Ron Kropf

Kari and I were the ride leaders for this ride. The weather conditions contained the terrible three; cold, wet and windy. It was 36 degrees, raining with a 10 mph wind and gusts at about 20mph. This weekend was the beginning of that cold snap we had. We got there early and were waiting, with mixed emotions, for people to show up. We were wondering how many would arrive, and almost hoping (due to the weather) that no one would. Sure enough, the die-hard riders started showing up. Right at 10:00, Ace and Jo Johnson showed up. Shortly after that, Dennis Murphy and Mary Ellen Lind came rolling in. Kari and I were glad to see them. OK, I admit, kind of glad to see them. Anyway, to make a long story short, we had a good time and you all missed out. After all, the Santiam Bluffs ride is a great ride. Maybe next year, weather permitting, we will actually ride it.

Christmas Party



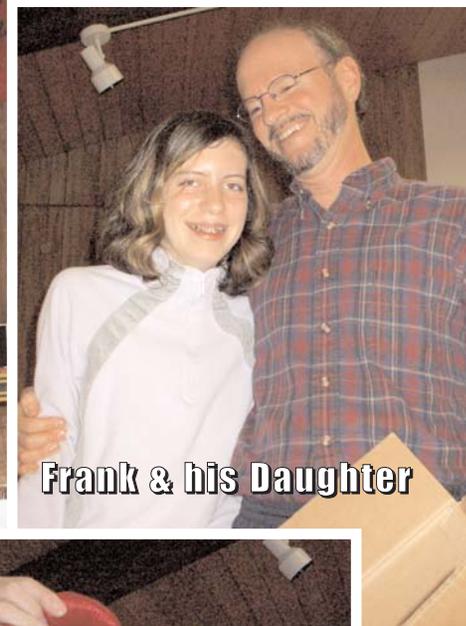
Christy



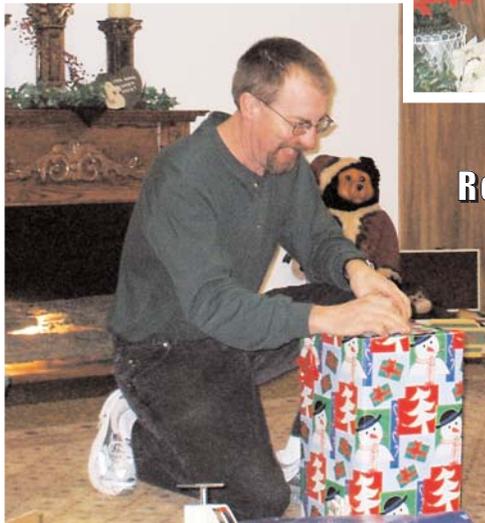
Barbi



Bill



Frank & his Daughter

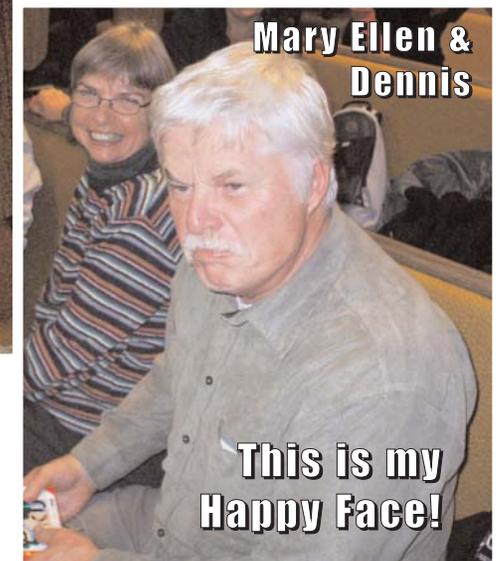


Ron

**What could it be?
... A KNEE!**



Maurice



Mary Ellen & Dennis

This is my Happy Face!

It's Time To Party!

Many thanks to Charles and Connie for cooking up wonderful main dishes, and to Sally for providing a great place to meet - Santiam Place. And to everyone who brought salads or desserts ... YUM! The white elephants showed up, but as usual, someone's white elephant is another one's treasure. Some gifts were hard to hang onto, and others were tough to pass on to others.



←
*Flat Tire on the
backroads to Shedd*

→
*Lunch at Brownsville
Tavern: Bill, Ron,
Mary Ellen, May
and Roger.*



Peoria Road Ride



Brownsville to Holley



Strawberry 2009 Committee

By Dennis Murphy

The Strawberry coordinating committee held its first meeting on December 11th. At that meeting we assigned coordinator responsibilities. Due to the enthusiastic support, each coordinator, has an assistant! These individuals will be reaching out to us for volunteer support both before and on the day of the event, June 13th, 2009. This event can only be successfully achieved with the broad support of the members of the Santiam Spokes. When you see these people, please express your appreciation to them for their extra effort, and of course, please offer your assistance to them!

Strawberry 2009 Coordinators

Publicity: Craig Eucken with Dian Gerstner as assistant
Roads and Maps: Rod Sell with Frank Gaillardet as assistant
Registration: Maurice Banning with Jerel Gall as assistant
Food : Raylene Sell with Mary Ellen Lind as assistant.

Jack Thomas Award Winner

Chuck Young

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.

This year's award winner was announced at our annual Christmas Holiday Party. Chuck has been involved with the Santiam Spokes for as long as I have been associated with the club. He has willingly volunteered to help in every way possible for the Strawberry Century. That is not only on the day of the Century, but also in those planning meetings that are essential to a successful event. He has also been a tireless, thoughtful, and compassionate SAG support driver for every ride from the weekend Newport ride, to the summer tours, and to even special Saturday rides. Chuck was not present to receive the reward, so we will hopefully catch up to him at the January 7th meeting, and honor and thank him personally for his years of service to the Santiam Spokes at that time!

By Dennis Murphy, Acting President

Donation Acknowledgements

By Dennis Murphy

In keeping with the Santiam Spokes Philanthropy policy, we have recently made a number of financial donations to organizations that advocate and promote goals that are in keeping with the objectives and purposes of our club. Recently, a number of those organizations have sent letters of appreciation and acknowledgement. We have received a letter of appreciation from Scott Bricker, Executive Director of the BTA for our donation of \$665.00. We have received a letter of appreciation from Jim Sayer, Executive Director of Adventure Cycling for our donation of \$200.00. Keith Laughlin, the President of the rails-to-trails conservancy, has also acknowledged our donation of \$200.00.



JANUARY 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

January 3, 2009 10:00 a.m.

LEBANON TO CRABTREE

Ride starts at Samaritan Lebanon Community Hospital back parking lot. Ride east on Mt. Hope Rd, over beautiful hilly country, then north into Crabtree. After regrouping, the route will return to Lebanon over flat terrain including Tennessee Rd. This road makes five 45 degree turns over a 6 mile stretch, brings you to Brewster Road and back to Lebanon where we'll have lunch. Category II at the beginning of the ride and cat. I at the end of the ride. Approximately 25 miles.
Ride Leader: Beverly Henderson, Ph. 541-513-3916

January 10, 2009 10:00 a.m.

ADAIR TO MONMOUTH LOOP

Park in the area of E.E. Wilson Wildlife Refuge on Camp Adair Road. You may enjoy visiting this refuge before or after the ride. The route will be on HWY 99W for a short time then side roads into Monmouth. In Monmouth we'll bike through the University campus and north towards Rickreall. We take the bike path along HWY 99W back towards Monmouth then east to Independence for lunch at the local airport restaurant. Finally, bike over rolling hills back to Adair. Category II. About 32 miles.
Ride leaders: Frank Gaillardet, Ph. 541-812-1565

January 17, 2009 10:00 a.m.

CORVALLIS TO PHILOMATH

Start in Corvallis under the Harrison St. Bridge. Bike on Hwy 99W for a short time. Depending on the weather, ride over Decker Road to Philomath for lunch. Or, we may encircle Corvallis on alternate roads then back to Corvallis for lunch. Category I or II. Approximately 30 miles.
Ride Leader: Mary Ellen Lind, ph. 541-738-8600.

January 24, 2009 10:00 a.m.

LEBANON TO SWEET HOME LOOP

Start at Samaritan Lebanon Community Hospital, ride to Sweet Home via Berlin Rd. then North River Rd. We will have lunch in Sweet Home and return on Fairview Rd. and Sodaville/Rock Hill Road back into Lebanon. This route follows the South Santiam River for many miles and includes crossing the Foster Dam. We ride away from busy highways except for the ride through the main street of Sweet Home. Category II. About 45 miles.
Ride Leader: Rod and Raylene Sell, ph. 541-979-1606

January 31, 2009 10:00 a.m.

SANTIAM BLUFFS

This ride is the repeat of a route that was scheduled in December and due to threatening winter weather "drove" us back into our vehicles. The route starts at the South Albany Pool parking lot, goes north out of Albany then east towards Jefferson. You'll probably have a lot of fun climbing up and descending down Scrael Hill(s) before returning to Albany. Lunch at The Beanery then bike a short distance back to our cars. Category II. About 32 miles. Ride Leaders: Ron and Kari Kropf, ph. 541-401-3349 or 541-401-7178

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.

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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.

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.

E.E. Wilson Wildlife Area

Camp Adair Road

I-5 exit 228. East to Corvallis. Travel 10 miles north of Corvallis on Hwy. 99W. Turn east on Camp Adair Road. Park at the bird cage area.

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

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** > Jo Johnson, 541-327-2813; **President** > Dennis Murphy, 541-738-8600; **Vice-President** > Ken Orwick, 541-451-2945; **Ride Captain** > Beverly Henderson, 541-513-3916; **Secretary** > Raylene Sell, 541-258-8328; **Treasurer** > Maurice Banning, 541-928-6311; **Historian** > Historian needed; **Newsletter** > Kari Kropf, 541-401-3349; **Publicity** > Craig Eucken, 503-394-2384; **Web Master** > Vince Nowell, 541-928-7594; **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)

January 2009 Cycling • Santiam Spokes

Sun

Mon

Tue

Wed

Thu

Fri

Sat

For the latest information visit our website:
www.santiamspokes.org

				1	Saturday Jan 3, 2009 10:00 am Lebanon to Crabtree Starting Location: Samaritan Lebanon Community Hospital Distance: 25 miles. Description: Cat. II then I Ride Leaders: Beverly Henderson, Ph. 541-513-3916
4	5	6	Wed. Wanderers No host rides will generally start at the Linn County Fairgrounds parking lot at 10 AM. Call Bill Pintard @ 541-967-3295 for info."	7	Saturday Jan 10, 2009 10:00 am Adair to Monmouth Loop Starting Location: EE Wilson Wildlife Refuge Distance: 32 miles Description: Cat II Ride Leaders: Frank Gaillardet, Ph. 541-812-1565
11	12	13	Wed. Wanderers No host rides will generally start at the Linn County Fairgrounds parking lot at 10 AM. Call Bill Pintard @ 541-967-3295 for info."	14	Saturday Jan 17, 2009 10:00 am Corvallis to Philomath Starting Location: Harrison St. Bridge, Corvallis Distance: 30 miles Description: Cat. I or II Ride Leaders: Mary Ellen Lind, ph. 541-738-8600
18	Please submit material for Outspoken by today to Kari Kropf: bluekat78@comcast.net PO Box 1183 Lebanon, OR 97355 541.401-3349	20	Wed. Wanderers No host rides will generally start at the Linn County Fairgrounds parking lot at 10 AM. Call Bill Pintard @ 541-967-3295 for info."	21	Saturday Jan 24, 2009 10:00 am Lebanon to Sweet Home Loop Starting Location: Samaritan Lebanon Community Hospital Distance: approx 45 miles Description: Cat II Ride Leaders: Rod and Raylene Sell, ph. 541-979-1606
25	26	27	Wed. Wanderers No host rides will generally start at the Linn County Fairgrounds parking lot at 10 AM. Call Bill Pintard @ 541-967-3295 for info."	28	Saturday Jan 31, 2009 10:00 am Santiam Bluffs Starting Location: South Albany Pool parking lot Distance: approx 32 miles Description: Cat II Ride Leaders: Ron and Kari Kropf, ph. 541-401-3349
31					