

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 18, No. 1 • October 2009



International Walk and Bike to School Day

October 7, 2009 is International Walk and Bike to School Day. It is a one-day, international encouragement event that celebrates making active trips to school. Held on the first Wednesday in October, Walk + Bike to School Day encourages students around the world to walk, bike, scoot or skate to school. Many schools in Oregon will be participating and could use volunteers to walk or bike with kids to school. Schools may register at www.walknbike.org.

In Albany, Tove Gilbert-Morgan, Safe Routes to School Coordinator has 5 schools registered so far and more will be added soon. Schools in Lebanon, Scio and

Jefferson may also register at the site. It is sponsored by the Bicycle Transportation Alliance (BTA).

Walking and biking to school is a great way to get kids more active, more involved, and helping to improve the environment. Obesity is a major health issue today and this is one way you can promote healthy activity for kids. For more information about Walk and Bike to School Day or Safe Routes to School, contact Bill Pintard, 967-3295, or Tove Gilbert-Morgan at tovegm@yahoo.com.

Article and Photo (below) submitted by Bill Pintard



6:30 pm

**Startin' early -
More time for Food!**



October Meeting October 1, 2009

Crater Lake Bicycle Tour & Potluck Meal!

Samaritan Lebanon Community Hospital 525 N. Santiam Hwy, Lebanon

October General Meeting & Potluck

Thursday, October 1, 2009 • 6:30 pm

A-L - Salad or Vegetable Dish

M-S - Main Dish

T-Z - Dessert

It's time for our annual October Meeting and Potluck. We will present a slideshow on the Crater lake bicycle tour from this past summer. The nominating committee will announce the new slate of officers for 2010, and of course there will be FOOD!

Be sure to note the early start time: 6:30.

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 an upcoming 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, Kari Kropf, and Chuck Young are not eligible. Please mail or bring your nominations to the next meeting, or mail them to the attention of Ken Orwick, c/o the Santiam Spokes.

Name: _____

Comments: _____

Name: _____

Comments: _____

Name: _____

Comments: _____

Wearing Layers In The cold Weather

By Ron Kropf

I know RON can say alot about layering! We like to take the little warmers. I put a pair in boots, above toes between shoes and boots. And I hold a pair in palm of hands under gloves. The biggest help for us is having recumbents with the windshields! It shields hands and feet/legs from wind and rain. I sometimes take an extra jacket in plastic bag that I can put on when we stop for lunch so I don't sit in wet clothes.

--Mary Ellen Lind

Hand warmers/toe warmers inside of lobster claw gloves and shoes with room for the toe warmers. As for snow, (since I have a lot of it, LOL) try a stationary bike near the stove.

--Al Randall

Just show that picture of my frozen legs on last winters ride and that ought to make people go get some gear!!! LOL

--Jerel Gall



You'll have to go to the online newsletter for the color version, but on that cold day Jerel had very red legs from the cold. Mary Ellen is right. Ron does have a lot of advice on layering...as well as a lot of layers. Read on...

kk



Anyone that has ridden with me knows that I wear lots of clothes in the cold weather. I'm very cold-blooded and have trouble keeping my upper body warm. I wear lots of clothes to stay warm. If I get cold, I'll start to chill. If I get too hot, I'll start to sweat and then I'll start to chill. I have to pay close attention to my body temperature, so I don't start chilling. If you start to chill in either circumstance, it's not a good thing. I'll try to explain my technique and what works for me.

I start out with a long-sleeved shirt made of merino wool. The second layer is a short-sleeved shirt with a windblocker front in it. The third layer is a long-sleeved bicycle jersey. The fourth layer is long-sleeved bicycle jersey made from a heavy material. The fifth layer is a long sleeved shirt made of fleece. The sixth layer is a vest made of fleece. The seventh layer depends on the weather. If it's not raining, I wear a windbreaker. If it's raining, I wear a raincoat. OK, I know, seven layers is a lot of clothes. But, remember, I said I'm very cold-blooded. Don't forget your panniers, you have to have some place to put all these clothes. One thing I've learned, is if you pedal faster, you'll create more body heat and won't have to wear so many clothes.

Now, I'll try to explain how I make it all work so I don't chill. If I start getting hot, I'll remove the long-sleeved shirt made of fleece. Unfortunately, I have to remove the outer layers to remove any of the layers underneath the outer layers. Then, I have to put the outer layers back on. After I start riding again, If I get hot again, I'll remove the vest made of fleece. The next layer I'll remove, if I start to get hot again, depends on the weather. If it's not raining, I'll remove the windbreaker. If it's raining, I'll remove is the long-sleeved bicycle jersey made from a heavy material. I usually don't have to remove any more layers. Keep in mind, if the weather turns colder, you may have to put layers back on.

Remember, you don't want to start sweating. If you stop to take a break, don't stop too long, or you'll start to sweat. When the club starts for lunch, you have to remove all but a couple of the layers, or you'll start to sweat. A lot of times after lunch, I have to start out with all the layers, and go through the whole process again.

I know this sounds like a whole lot of work just to ride bike. Just remember, if you want to ride bad enough, it's worth it. Fortunately, most of you won't have to wear seven layers. My goal for sharing what I have to do to ride in the cold, is to give you an idea of how to ride in the cold.

SANTIAM SPOKES CLUB MEETING

Minutes, September 3, 2009

The meeting was called to order by Ken Orwick, President.

The August meeting minutes as they appear in the September issue of the Outspoken were approved.

Treasury Report

Maurice Banning, club treasurer, reported that he moved the club's money from Well's Fargo bank to OSU Federal Credit Union and opened both money market and checking accounts. Current balance is \$15,849.

Membership Report

Ron Kropf reported that the club has 152 members. He will soon be sending out reminders for membership renewal to those due in October.

Ride Report

Mary Ellen Lind reviewed Saturday rides planned for September as written in the Outspoken. The upcoming winery tour for September 5 will start in Amity and bike to at least 5 wineries. Sag support is provided.

Newsletter

Ken Orwick asked Kari Kropf to place form for recommendations for the annual Jack Thomas Award in the next issue of the Outspoken.

Philanthropy

Ken Orwick reviewed the members of the Philanthropy Committee. Jerel Gall is added and Bill Pintard has resigned. Other ongoing members will be contacted to meet soon, select a chairperson, and begin the process of distribution of Strawberry Century funds.

Nominating Committee

Ken Orwick asked for volunteers for the Nominating Committee. He asked Bill Pintard and Barbie Thomson to serve. He will contact additional members.

Old Business/reports

1. Bill Pintard reported on the recent 2nd annual Bicycle Criterium in downtown Albany. He said the event was very successful with a 350 riders in several races. Prizes were given for several categories of victory. A suggestion was made that the Santiam Spokes club consider offering a prize next year.

2. Vince Nowell reported on the 3-day Recumbent Retreat in Astoria, Fort Stevens State Park. He said there was a parade of a variety of recumbents. There were different choices of long or short rides. This is an annual event in early August.

3. Jerel Gall spoke about participating in the first bike parade at the State Fair on Friday night, the first day of the fair. This event was set up by Alex of Travel Oregon. There was a police escort of the bikers from the fairgrounds to the capitol. There were prizes for many unique reasons.

4. Bill Pintard reminded the group about September being Bike to Work month, and how to sign up to participate.

The October club meeting (October 1st) will be our annual club meeting and we will have our traditional potluck. The meal will begin at 6:30 p.m. followed by the annual meeting. New officers will be voted on and installed for the 2009/2010 year.

Ken Orwick announced that there will be a 30 minutes board meeting to precede the potluck, to meet at 6:00 on Thursday, October 1st.

Minutes submitted by Mary Ellen Lind

Nominating Committee for Club Officers

The nominating committee is Barbi Thomson, Bev Henderson and Bill Pintard. If any member would like to be a part of the board and help influence the club direction please contact one of the committee members.

Barbi Thomson
541-258-6482

Bev Henderson
541-513-3916

Bill Pintard
541-967-3295

The following is a list of the positions for the Santiam Spokes Board.

President:

Vice-President:

Touring Co-Captains:

Treasurer:

Secretary:

Membership:

Newsletter editor

Publicity chairperson:

Historian:

Strawberry Century
Coordinator:

Webpage Custodian

The nominating committee will announce the slate at the October meeting

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 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.

OCTOBER 3 9 a.m.
APPLE DAZE RIDE, Brownsville to Detering Orchards

Seasonal celebrations – see an array of pumpkins, apples (apple cider) and other harvest produce. Join the festivities of food and music. We are treated to free apple dumpling and ice cream! Park and start the ride from behind the post office in Brownsville. The orchards are off of Coburg road. The first stretch is hilly (Gap road) then levels out for a pleasant, flat ride until the finale of Gap road, again, going north! Terrain Category, combination of I and II. Approximately 45 miles.
 Ride Leaders: Ron and Kari Kropf, Ph. 541-401-7178

OCTOBER 10 9 a.m
LUCKIAMUTE LOOPS
 STAGE RIDE OPTIONS: 28 or 56 miles
 All rides start at Monmouth's City Park off of Main Street. Park on east side of park.

Option 1 (terrain category III) goes west out of Monmouth and returns to Monmouth for lunch. After lunch you may stop or continue to bike. Option 2 (terrain category II), goes east and returns to Monmouth. Option 3 – bikers may choose to join the group lunch at about 12:30 then ride east with the option 2 folks. Each option is about 28 miles. Probably the weather will help us make riding decisions on this day!
 Ride leader: Mary Ellen Lind, Ph. 541-738-8600

OCTOBER 17 9 a.m
CORVALLIS TO ALBANY
 This route will be the reverse of our July daVinci day ride. It starts under the Harrison bridge in Corvallis, goes north and east into Albany. After lunch in Albany, we'll return to Corvallis via Riverview Road. Approximately 40 miles. Terrain Category II.
 Ride Leader: Bev Henderson, Ph. 541-684-5007

OCTOBER 24 9 a.m
McDOWELL CREEK RIDE plus Berlin Hill option
 Park and begin ride from Samaritan Lebanon Community Hospital. This

is a delightful ride that travels over Berlin Road then McDowell Creek road to beautiful water falls. Bring your own lunch to eat at the park that is down-creek from the falls. Ken strongly encourages you to hike with him the short distance to see the double falls. He says the bridge that crosses the creek at the falls is now repaired. On the bike trip back, those who wish for a quick Category IV challenge may add a 5 mile loop by turning left (south) off of McDowell Creek Road to scale the "in" famous Berlin Hill. Terrain category, II (IV). Approximately 35(40) miles.
 Ride Leader: Ken Orwick, Ph. 541-451-2945

OCTOBER 31 9 a.m
ANNUAL CEMETERY RIDE
 This ride starts at the South Albany Community Pool parking lot and takes you past 7 cemeteries, over murder creek road, and at every corner, a spook. Did someone say, "all clear"? Be cautious! This ride may cause your hair to stand on end (under helmet, of course). Terrain Category I and II. Approximately 44 miles.
 Ride Leader: Bill Pintard, Ph. 541-967-3295

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.

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

Monmouth's City Park
 (off of Main Street in Monmouth)
 Located next to Main Street in Monmouth.

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.

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.

October 2009 Cycling

Santiam Spokes

SUN

MON

TUE

WED

THU

FRI

SAT



				<p>1</p> <p>Club Meeting 6:30 pm Samaritan Lebanon Community Hospital 525 N. Santiam Hwy Lebanon</p>	<p>3</p> <p>Saturday Oct 3 Apple Daze Ride Start Location: Behind the Brownsville Post Office Distance: 45 Miles Description: Cat I & II Ride Leader: Ron and Kari Kropf, Ph. 541-401-7178</p>
4	5	6	<p>7</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>8</p> <p>Saturday Oct 10 Luckiamute Loops Stage Ride Start Location: Monmouth's City Park Distance: 28 or 56 miles Description: Ride Leader: Mary Ellen Lind, Ph. 541-738-8600</p>	
11	12	13	<p>14</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>15</p> <p>Saturday Oct 17 Corvallis to Albany Start Location: Harrison bridge in Corvallis Distance: 40 miles Description: Cat II Ride Leader: Bev Henderson, Ph. 541-684-5007</p>	
18	<p>19</p> <p>Outspoken Submissions Please submit material for Outspoken by today to Kari Kropf: bluekat78@comcast.net PO Box 1183 Lebanon OR 97355</p>	20	<p>21</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>22</p> <p>Saturday Oct 24 McDowell Creek Ride Start Location: Samaritan Lebanon Community Hospital Distance: 35(40) miles Description: Cat II (IV) Ride Leader: Ken Orwick, Ph. 541-451-2945</p>	
25	26	27	<p>28</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>29</p> <p>Saturday Oct 31 Annual Cemetary Ride Start Location: South Albany Community Pool Distance: 44 Miles Description: Cat I and II Ride Leader: Bill Pintard, Ph. 541-967-3295</p>	

Visit our website for the latest information on rides: www.santiamspokes.org

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. 2006/7 Club officers are: Membership > Jo Johnson, 541-327-2813; President > Ken Orwick, 541-451-2945; Ride Captain > Beverly Henderson, 541-513-3916 & Mary Ellen Lind, 541-738-8600; 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.

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



October General Meeting & Potluck Meal

October 1, 2009
6:30 pm

Presentation:
Crater Lake Bicycle Tour 2009

Samaritan Lebanon
Community Hospital

525 N. Santiam Hwy, Lebanon

Area Events for October

October 4

Kitsap Color Classic

Seattle, WA;

www.cascade.org/EandR/kitsap
events@cascadebicycleclub.org

October 10

Harvest Century

Champoeg State Park, OR;

Rebecca Miller (503) 292-4964 ext. 116

www.harvestcentury.org
rmiller@cvision.org

October 31-November 1

2009 Oregon Handmade Bicycle Show

Staver Locomotive

2537 NW 29th Ave

Portland, OR 97210

<http://www.oregonframebuilders.org/>

In This Issue:

- Nomination Committee for the 2010 Club Officers
- Jack Thomas Award Nomination Form
- International Walk and Bike to School Day.