

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 18, No. 11 • August 2010



LEST WE FORGET

By Jessica Ruef

Hwonka, hwonka, hwonka! Ring, ring! Hwonka! Ring, ring! I turned my head to glance back to see what the sudden explosion of noise was about. Was there a problem already? Just moments before, Bill and I had spoken to the group about the necessity of signaling when riding with others. Nope. No problem. Martin and Frank were expressing their joy and anticipation of fun as we headed out for a short ride on our bicycles by squeezing their air-horns and ringing bike bells.

On July 9th, Bill Pintard and I presented a Basic Bicycle Safety class to six residents of Lemuel Group Homes, Inc. Lemuel Group Homes, Inc., operates three

residence facilities in Lebanon for persons with developmental disabilities who are capable of limited independent living. The class had been requested by one of the residence managers. Tina Goff, the recipient of the new tricycle purchased by our club, was one of the participants. In order to obtain and retain the privilege of riding a bicycle, the residents are required to receive periodic bicycle safety lessons. The residents who are caught riding unsafely are “grounded” and may not ride their bicycles until they attended another bicycle safety class.

The class consisted of reminders about visibility, riding predictably, riding defensively and other safety

tips. After the lecture, the four residents who were going on our ‘check-out’ ride made sure their helmets were properly adjusted. Since it was a very hot day, I made sure everyone had a drink of water before we went outside to take a look at the bicycles. Bill and I spoke about what to do before one should hop on their bike and take off. This was almost more delay than some of the residents could bear... they were ready to ride! After some moments of making sure everyone’s tires were properly inflated, that brakes were working, safety triangles attached and, a reminder about the importance of signally, we finally went for a ride.

The enthusiasm was contagious. We all were smiling the entire time. Bill and I may have helped the group to remember some of the bicycle safety basics, but the group helped to remind me how joyful it is to simply get on a bike and ride. Thank you Martin, Frank, Tina and Rodney! Hwonka, hwonka! Ring, ring!

Bike Safety Class
and Jessica Ruef

Photographs courtesy of Bill Pintard



FROM THE NEW RIDE COMMITTEE

Did you know we have a ride committee? The Ride Captain, Al Rimer and Co-Captain, Jessica Ruef formed the ride committee in conjunction with the plan to get the rides updated and organized, creating continuity and, to recruit ride leaders. In addition to Al and Jessica, the members of this new committee are Brian Hubbard, Christine Lloyd and Carrie Simpson.

The committee will be meeting monthly to go through the old ride books, review rides, plan rides and update the ride data base. That's right, a ride data base! To meet the organizing and continuity goals, rides are being mapped on-line and an Excel data base is being created to keep track of the rides.

Maps and turn-by-turn directions will be available 24-7 so that members can preview ride routes or enjoy the rides on their own. In addition to the maps being available on-line, maps with turn-by-turn directions will be stored on CD, flash-drive and the good ol' fashioned way, hard copies in a binder. With the Excel data base, selecting rides will be much easier with the sort options available. This updating and organizing will take several months, but we are looking forward to the end results.

Which leads to the final goal... recruiting ride leaders?

We need folks to put the cleat to the pedal and help with leading rides. Leading a ride consists of committing to a Saturday of riding with the club, getting the ride waiver signed by all participants, providing safety reminders before the ride and, keeping tabs on the riders during the ride. Rider leaders may make up a ride, choose from existing club rides or have a ride chosen for them.



If you have a favorite ride, volunteer to lead it! If there is ride that you have enjoyed but it has been while since the club has done it, volunteer to lead it! If there is a ride that you have always wanted to do but just haven't done yet, here is your opportunity... volunteer to lead it!

You don't have to be a Lance Armstrong to lead a ride. The only qualifications necessary are:

- Willingness to share your time
- Ability to complete the ride
- A functioning bicycle
- A safety-rated bicycle helmet

The ride captain or co-captain can provide you with the cue sheet, ride waiver form and even a pen to get signatures.

If you have an interest in joining the ride committee or perhaps, possibly, maybe because of this gentle arm twist, leading a ride – get in touch with Al Rimer, (541) 928-3584 alrimr@gmail.com.



Left: Maurice, Barbi, Emma, and Al at McDowell Creek Falls. Above: McDowell Creek Falls.

Photographs courtesy of Bill Pintard

**SANTIAM SPOKES BIKE CLUB
MEETING MINUTES
JULY 1, 2010**

President Ken Orwick called the meeting to order at 7:07 p.m. following a organizational meeting for those going on the San Juan tour. Representatives from FRS energy drink company, as well as Dr. David Keck who gave a presentation on ionized water, spoke on the benefits of staying properly hydrated while biking. Because the water ionizing machine was not working properly, Lebanon chiropractor Dr. Burdell offered 30 days of free water sampling; bring your own containers to his office on Grove Street.

The business meeting began with Ken thanking everyone for their help on the Strawberry Century ride. We had 687 riders register with 661 actually showing up and the club making an approximate \$5,000 profit.

Minutes: The minutes of the June meeting were approved with one correction: Bill Pintard will be helping with a safety presentation at the group home, not Al Rimer as recorded.

Treasurer's Report: No report this evening as Maurice Banning was out of town.

Membership: Jess Ruef said she has received 14 free membership applications, one is a repeat of last

year. To date we have 50 individual riders, 40 family memberships and a total of 140 riders registered with the club. Bill Pintard and Jess met with the manager of the group home where Tina Groff lives (the woman who received the bike from our club). The question was raised, would the club sponsor safety triangles for those who live at the home and ride bikes? A motion was unanimously passed to purchase 20 of the triangles for the club to give away at its discretion.

Jess also offered more Santiam Spokes business cards for anyone to take and distribute.

Old Business: Jess said that the Saturday short rides have been successful and she's received many good comments. She plans to continue them through July.

Ride Coordinator Al Rimer reviewed this month's rides and has roughed out an August schedule as well.

Jerel Gall asked if anyone was interested in doing a night ride in Portland on July 10.

Bill asked for three to four volunteers to help with registration for the Mid-Valley Club's Covered Bridge Ride in August as they supplied volunteers to help with the Strawberry Century.

Bill also talked about the upcoming Albany Criterium. He will have more information at the next meeting.

Strawberry Century Notes: Raylene Sell said that she had the checkbook for anyone needing to be reimbursed for Strawberry Century expenses.

Thanks were given to both Ken and Dian Gerstner for their aid in helping a SC rider who was seriously dehydrated following the ride, prompting tonight's topic by our visitors.

Jess and Rod Sell will check into getting more and improved signage for next year's ride and received approval to use reasonable expenses in purchasing materials.

New Business: Brian Hubbard will replace Steve Mitzel on the Lebanon Bike and Pedestrian Commission. Steve had to resign due to time conflicts.

The Santiam Spokes Chamber of Commerce Ambassadors' ribbon cutting ceremony will be tomorrow at 9:00 a.m. at The Oaks. Anyone is welcome to attend.

Meeting was adjourned at 8:55 p.m.

Respectfully submitted,
Barbi Thomson

August Meeting
Thursday August 5, 2010

7:00 pm
Join us for a
Great Meeting!

Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon

Thank You Raylene!

A big thank you to Raylene Sell for her work with tallying the Strawberry Century evaluations. This is quite a time consuming task. Raylene did an incredibly good job with tallying the different categories and quoting the comments. She also divided it into the four different routes and gave percentages.

AUGUST RIDES 2010

See our Website for the latest news
www.santiamspokes.org

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 Al Rimer (541-979-2764) to check on the possibility of the ride being cancelled. If the ride is cancelled it will be rescheduled later in the year.

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.

RIDES START AT 9:00 am - unless otherwise noted

Wednesday Wanderers ~ Every Wednesday

Start at the Linn County Fairgrounds parking lot at 10 AM. Call Jo and Ace Johnson at 541-327-2813 for more information.

August 7 9:00 am

Calapooia Caper

Start: Brownsville Post Office
 Ride Leader: Jessica Ruef, (541) 409-0005
 Distance: 35 miles Category: II

Start at the Brownsville Post Office for this out and back ride. We will be tracing a section of the Strawberry Century Tour as we meander along the Calapooia River. There are some short hills to climb in the early part of our ride and we will be riding a few miles along Hwy 228 on the way back. Bring a snack to enjoy as we dip our toes into the river at our turn around point. Lunch is available in Brownsville after the ride.

August 14 9:00 am

Scandinavian Festival

Start: Brownsville Post Office
 Ride Leader: Brian Hubbard (541) 619-3006
 Distance: 55 Miles, Category III

We will be riding to Junction City's Scandinavian Festival. It is free admission to the festival but you may want to bring some money along if you wish to enjoy some of the food and beverage vendors. The festival features many booths of different handicrafts such as pottery, needle work, wood crafts, drawings, paintings, and watercolors. The ride is mostly flat, with one gentle climb in the beginning.

August 21 New Start Time: 8:00 am

Kings Valley Loop

Start: Harrison Street Bridge, Corvallis
 Ride Leader: Dennis Murphy 541 738 8600
 Distance: 50 Miles, Category III/III

Everybody take note we're starting earlier than usual. A little cooler for these hot August days. Bring food and water. Kings Valley Store has food and drinks it's about one hill and a mile from where we usually turn.

We'll ride clockwise to Philomath then Hwy 20 up the hill. Turn on Kings Valley Road out through Suver. Lunch in Corvallis after the ride

Don't be late!!!! This is a great ride!!!

August 28 9:00 am

Mountain Home Road

Start: Tom and Barbi's house, 36835 Edgemont Dr., Lebanon
 Ride Leader: Tom Thomson, 541-258-6482
 Distance: 32 Miles, Category IV

Mountain Home is a long Hill but other than that nothing more than what we've done before. Bring lots of water and some snacks. No restaurants on this route. Waterloo Store is it.

Thomsons house to Sodaville cutoff. Straight thru Sodaville and up the hill(short but very steep) to Waterloo Sodaville Dr. Cross hwy 20 to Old Santiam Hwy, then to Waterloo. Leave Waterloo cross the bridge, right on Berlin Rd and left on Bellinger Scale Rd. Left again on Mt. Hope Dr. and continue on to Golden Valley Road. Bring plenty of snacks and water. Lunch will be determined by riders. Back to Tom and Barbi's house for watermelon and beer.

Directions to start: Hwy. 34 to Denny School Road. Take Denny School until it turns into Airport Road, then turn right (south) on Stoltz Hill at Grandpa's market. Follow Stoltz Hill to the end where it connects into Rockhill. Turn left (east) and go a mile or so to S. 5th. Right on S. 5th then left on Edgemont Dr. From the Albany area: South Main St. in Lebanon to Rockhill Rd. Turn right (west), go to S. 5th and turn left. Go to top of hill and turn left on Edgemont.



Brian and Christine at Cristom Winery.
 Photographs courtesy of Bill Pintard

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

Please check one

I/We would like to receive newsletters via:

Email Mail

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:

Easy, 3-15 mi. Sport, 20-50 mi.

Tour, 30-80 mi. Competitive, 40-100 mi. fast

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

August 2010 Cycling

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 Wed. Wanderers Start at the Linn County Fairgrounds parking lot at 10 AM. Call Jo and Ace Johnson at 541-327-2813 for more information	5 Club Meeting 7:00 pm Samaritan Lebanon Community Hospital 525 N. Santiam Hwy Lebanon	7 Saturday August 7 Calapoola Caper Start: location: Brownsville Post Office Distance: 35 miles, Cat II Ride Leader: Jessica Ruef, (541) 409-0005	7
8	9	10	11 Wed. Wanderers Start at the Linn County Fairgrounds parking lot at 10 AM. Call Jo and Ace Johnson at 541-327-2813 for more information	12	14 Saturday August 14 Scandinavian Festival Start: location: Brownsville Post Office Distance: 55 miles Cat III Ride Leader: Brian Hubbard (541) 619-3006	14
15	16 Outspoken Submissions Please submit material for Outspoken by today to Kari Kropf: bluekat78@comcast.net. PO Box 1183 Lebanon OR 97355	17	18 Wed. Wanderers Start at the Linn County Fairgrounds parking lot at 10 AM. Call Jo and Ace Johnson at 541-327-2813 for more information	19	21 Saturday August 21 Kings Valley Loop Start: location: Harrison Street Bridge, Corvallis Distance: 50 miles, Cat III Ride Leader: Dennis Murphy 541 738 8600	21
22	23	24	25 Wed. Wanderers Start at the Linn County Fairgrounds parking lot at 10 AM. Call Jo and Ace Johnson at 541-327-2813 for more information	26	28 Saturday August 28 Mountain Home Road Start: location: Tom and Barbi Thomson's house Distance: 32 miles, Cat IV Ride Leader: Tom Thomson, 541-258-6482	28
29	30	31				

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



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