

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 18, No. 10 • July 2010



Bicycle Friendly Community

Albany, OR | Bronze Level

Community Highlights:

Through the work of the bicycle advisory committee, the Bicycle and Pedestrian Commission and community members, Albany has incorporated numerous bicycle infrastructure projects and bike education programs into the city. Albany's complete streets policy ensures a linked city-wide network of bicycle facilities comprised of on-street bike lanes and multi-use paths. The City's development regulations promote compact growth and ensure that all new developments are "bike friendly". The Police Department actively engages in enforcement and education activities, and the Bicycle and Pedestrian Commission works hard on bike education and advocacy issues within the community and makes bicycle safety education available to each 5th grade student. The Albany Police Department works with Oregon Bicycle Racing Association and local bicycle enthusiasts to bring statewide bike races to Albany. The department also works with the local cycling community to co-teach bike safety and provide bike safety inspections.

The City's land use policies and regulations encourage compact and dense growth, together with development of a multi-modal transportation system. Together, those policies are intended to over time reduce dependency on the automobile and encourage other modes such as bicycling, walking, and transit.

Most Recent Bicycle-Related Accomplishment:

Albany recently created an extension of a collector street with bike lanes to a new elementary school on the east side of the City. They have also worked on the development of an update to their Transportation System Plan with identification and inclusion of new bicycle system projects. The recent Transportation System Plan update expands on the City's previous efforts by planning and identifying funding to develop a system of bicycle boulevards and multi-use paths. These 34 bicycle-specific infrastructure projects will link to the City's existing network and also connect Albany to the neighboring communities of Corvallis and Lebanon.

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League of American Bicyclists

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<http://www.bikeleague.org/> • http://www.bikeleague.org/programs/bicyclefriendlyamerica/communities/bfc_albany.php#

Thank you Bill Pintard for sending in the article

SHORT RIDE UPDATE

Well, so far so good! The club has had two of the scheduled short rides and people have shown up! We excited about this. The club would like to see more of our members out on rides and we would like to encourage others to join our club. The short rides, so far, seem to be working.

We had 13 riders on the first short ride 5/29 and 4 riders on 6/5. The mix has been good; we have had club members, guests, children, elders and those who haven't been riding.

There are short rides scheduled every Saturday through the end of July. These rides are set up to encourage bicycle riding, to build endurance, get experience and, hopefully, help people develop an enthusiasm for getting out on a bicycle.

Short ride details can be found on the ride calendar, both in the newsletter and on the website!

If you have ridden lately, come join us and bring a friend!

Jessica Ruef

Riders at the Pleasant Valley Water Stop



JULY Meeting

Thursday July 1, 2010

7:00 pm
Join us for a
Great Meeting!

Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon

Meeting Presentation:

Will you be properly Hydrated for optimum performance?

come learn about effective hydration

Essential Topics to be presented by Dr Dave Keck

- 46 Reasons Your Body Needs Water Every Day
- Signs of Dehydration Other Than "Dry Mouth"
- Reasons Good Athletes Drink Restructured Ionized Water
- Surprising Facts About Bottled Water And Other Drinks We Often Choose
- The Benefits of Optimal Hydration



Thursday Evening, July 01th @ the conference center, Lebanon Community Hospital, Santiam Spokes Bicycling Club Meeting

Contact Diane Jewell @ 541 405-1300 Dr. Mark Burdell @ 541-223-5331 or Dr. Dave Keck @ 503-703-0091

A Big Thank You!

To all the GREAT volunteers who helped to make this Strawberry Century possible. Without you, there would be no Strawberry Century.

SANTIAM SPOKES BIKE CLUB MEETING MINUTES, JUNE 3, 2010

The meeting was called to order by Ken Orwick at 7:02 p.m. The main focus of tonight's meeting was planning for the Strawberry Century.

Minutes: The minutes of the May meeting were approved as written.

Treasurer Report: Maurice Banning reported that as of 4:00 p.m. today we have 254 preregistered for the Strawberry Century ride. Total number of riders last year was 735 so we are hoping to have around that same amount this year. We have received \$7,330 so far towards the Century. This includes ride fees, sponsor contributions and T-shirt fees. We basically break even on the T-shirts since we give about half of them away to volunteers. Assets include \$14,248 in the bank.

Membership: Jessica Ruef reported the current membership at 40 individual and 38 family memberships for a total of 78 memberships and 126 individual riders. Snail mailing of newsletters is down to 66. She said there will be 30 free memberships offered at the Strawberry ride.

Also, a woman named Carol from the group home where Tina, the gal who received the bike from the club lives, has asked for someone from the club to do a bike safety presentation to them. Jess and Al Rimer are working on this.

Ride Report: Al reviewed the rides currently scheduled for June and mentioned they are also on the website. Dian Gerstner will lead this Saturday's pre-Strawberry Century ride starting at 9:00 a.m. from the hospital. Those who wish to ride the Strawberry Century route in reverse will leave Sunday at 7:00 a.m. from the high school.

Strawberry Century Note: The Menonite church will be available to us on the Friday prior to the ride for setup. Volunteers with trucks are to be to the church by 9:00 a.m. Rod Sell and Al

Rimer will transport items from Al's house to the church. Mega Foods has committed to 350 lbs. of strawberries and have not said anything about not being able to provide that amount due to recent weather conditions

Registration will begin at the high school at 7:00 a.m. Roger Gaither will provide the evaluation forms for riders to complete after their ride. Reminder to keep bikes and vehicles away from the ambulance doors at the Brownsville sag stop. Bill Pintard will contact the county to see if they can sweep the roads in specific areas due to rock and glass problems, and he advised everyone to bring a broom and pump to all sag stops.

Summer Tour: Mary Ellen Lind reminded everyone there will be a 6:00 p.m. planning meeting prior to the July regular Club meeting to help finalize preparations for those going on this summer's Tour.

Old Business: Bill gave an update on the Bike and Pedestrian Commission's

recent meeting. He will be the guest speaker at their June 24 meeting.

Safe Routes to Schools has prepared a \$100,000 grant proposal to hire a coordinator and build a trail from Seven Oak Middle School to Wagon Wheel Drive.

Bill also mentioned that Albany has been awarded Bronze status as a bike friendly city from the League of American Bicyclists.

New Business: Ken handed out a blue ribbon to Maurice for his recent age group first place finish in the Lebanon Sprint Triathlon. He also acknowledged our Southern Tier riders (Roger Gaither, Ace and Jo Johnson) who have returned safe and sound from their cross country trip.

Our Chamber of Commerce ribbon cutting will be 9:00 a.m. July 9 at The Oaks. Anyone from the Spokes is welcome to attend.

Respectfully submitted,
Barbi Thomson

We were told there was a Bride (or maybe two) and some Bride's maids riding in the Strawberry Century. They said the Fiance didn't want to ride. Let's hear it for the Brides and Brides's Maids!



JULY RIDES 2010

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

RIDES START AT 9:00 am - unless otherwise noted

July 3 9:00 am

Long Ride: Head to Shedd
Start: Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon. Park in back
Ride Leader: To be decided
Distances: 35 miles, Cat.: I

Ride south across flat country, over plainview, Boston Mill and cross over I-5. Lunch will be at either the Shedd store or the café across the street. Return Wirth road to Tangent Dr. Lots of agriculture.

Short Ride: Pedal around Peterson's Butte
Start: Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon. Park in back
Ride Leader: Jessica Ruef, 541-409-0005
Distances: 16 miles, Cat II

We ride around Peterson Butte, the easier way. The ride will take us southwesterly around Peterson Butte. This is the direction with more downhill than uphill. Trust me on this. Ride pace will be approximately 10 miles per hour. Rest stops and actual pace will be determined by the composition of the group.

July 10 9:00 am

Long Ride: Tangent to Brownsville
Start: Al Rimer's House, Tangent Oregon,
33225 hwy 99E, Tangent, OR.
Ride Leader: Al Rimer
Distances: 42 miles, Cat.: II

Pretty much flat to Brownsville lunch on main street at the soup and sandwich place. Return over Washburn Heights, to Manning to Plainview, to Sand Ridge and back to Tangent. To get to Al's house, go a 1/2 mile south on Hwy 34 on east side of hwy. There will be a bright yellow and white pickup parked out front take the driveway on the north side of the house. Proceed to the back.

Short Ride: Tangent to Thompson Mill State Park
Start: Al Rimer's House, Tangent Oregon
33225 hwy 99E, Tangent, OR.
Ride Leader: Jessica Ruef, 541-409-0005
Distances: 17 miles, Cat I

The only hills on this ride will be the overpasses we use to cross I-5. A nice flat ride to try increasing our ride pace. We will ride south to Thompson Mill State Heritage Park, spend a short time inspecting the old mill building and equipment, then head back north to our starting location. Ride pace will be approximately 12 miles per hour. Rest stops and actual pace will be determined by the composition of the group.

July 17 9:00 am

Long Ride: Winery Ride
Start: Amity High School, 503 Oak St, Amity, OR
Rider Leader: Brian Hubbard, 541-619-3006
Distance: 35 miles, Cat.: II

This ride will take us to 5 wineries where we will be stopping for tastings. We will have a S.A.W. vehicle (Support and Wine) along for this ride so that people may purchase wine if they wish. We will be visiting Witness Tree Vineyard, Cristom Vineyards, St. Innocent Winery, Bethel Heights Vineyard, and Bryn Mawr Vineyards. All of these wineries will charge a \$5 tasting fee that is often refundable with purchase, except for Bryn Mawr which offers a complimentary tasting. There will be beautiful picnic areas to enjoy at each stop, so pack a snack or two to enjoy along the way.

July 17 9:00 am

Short Ride: Covered Bridge Sample Tour
Start: Crabtree Tavern, 37627 Crabtree Dr., Crabtree OR
Don't park in tavern parking lot! Find parking near by.
Ride Leader: Jessica Ruef, 541-409-0005
Distances: 13 miles, Cat II

Bring your cameras! On this short ride, we will encounter two covered bridges, Hoffman and Gilkey. This ride will also be our introduction to hills which will help build up our leg muscles. After the ride, you can reward yourself for your bicycling efforts with a cheeseburger for lunch at the tavern! Ride speed will be approximately 10 mph (when not on a hill), though actual speed will be determined by group composition. It would be prudent to be familiar with how to shift gears effectively prior to this ride.

July 24 9:00 & 10:30 am

Long Ride: Waterloo Stage Ride / 9:00 am
Start: The Beanery, 1852 Fescue St. SE, Albany, OR
Rider Leader: To be arranged
Distance: 50 miles, Cat.: I

Ride from The Beanery to the Lebanon Hospital where we pick up the short spokes, then to Waterloo. Take a break and return on River Road and and do lunch at the Big Town Hero. Maybe we'll have a mystery dessert at the Hero.

Short Ride: Waterloo Stage Ride / 10:30 am
Start: Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon. Park in back
Ride Leader: Jessica Ruef, 541-409-0005
Distances: 13 miles, Cat I

We'll fall in behind the main ride as it passes through Lebanon on the way to Waterloo Park, join in the picnic fun and then pedal back to SLCH. The speed for this group will be approximately 10 mph, though speed and frequency of stops will depend on group composition.

July 31 9:00 am

Long Ride: Short Ride Around Lebanon
Start: Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon. Park in back
Rider Leader: No ride Leader assigned
Distance: 25 miles, Cat.: I

Leave Hospital and cycle out Gore drive to Red bridge Road, Stutzman Drive, and Goltra Road. Cross Hwy 34 onto Tangent Drive down Parker and return on Sand ridge Road and Oak street. Short gravel on Webber hardpack with short steep hill (paved)

Short Ride: Larwood Loop
Start: Roaring River Park. 42000 Fish Hatchery Drive,
Scio, Oregon, Park, at the point where the road splits.
Ride Leader: Jessica Ruef, 541-409-0005
Distances: 13 miles, Cat I

This ride will show you some of the beautiful area the Strawberry Century 100 mile riders enjoy. There will be small rolling hills to keep our legs busy while our eyes take in the scenery. There are two special treats on this ride; Larwood Covered Bridge and a wonderful long downhill on the way back to our starting location.

Bring your camera if you like covered bridges. If you like picnics, bring a lunch for after the ride and enjoy either Roaring River Park or the Larwood Covered Bridge Wayside. Ride speed will be approximately 10 mph, though speed and number of stops will depend on group composition.

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

July 2010 Cycling

Santiam Spokes

SUN

MON

TUE

WED

THU

FRI

SAT

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Club Meeting 7:00 pm Samaritan Lebanon Community Hospital 525 N. Santiam Hwy Lebanon	3 Saturday July 3 9:00 am Head to Shedd / Pedal Around Peterson's Butte Start: location: Samaritan Lebanon Community Hospital Long Ride: 35 miles, Cat I Short Ride: 16 miles, Cat II Ride Leader: Long: To be arranged Short: Jessica Ruef, 541-409-0005	
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18	19 Outspoken Submissions Please submit material for Outspoken by today to Kari Kropf: bluekat78@comcast. net, PO Box 1183 Lebanon OR 97355	20	21	22	24 Saturday July 24 9:00 long / 10:30 short Waterloo Stage Ride Start: locations: The Beahery, Albany / SLCH Long Ride: 50 miles, Cat I Short Ride: 13 miles, Cat I Ride Leader: Long: To be arranged Short: Jessica Ruef, 541-409-0005	
25	26	27	28	29	31 Saturday July 31 9:00 am Ride Around Lebanon / Larwood Loop Start: locations: SLCH / Roaring River Park Long Ride: 25 miles, Cat I Short Ride: 13 miles, Cat I Ride Leader: Long: No ride leader assigned Short: Jessica Ruef, 541-409-0005	

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



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