

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 18, No. 6 • March 2010



Lebanon to Brownsville



Brownsville Ride: Roger, May, Carrie, Jessica, Jim, and Tom at the ride start.

Photographs courtesy of Ron Kropf

A Final Reminder... Outspoken is going Digital

The Santiam Spokes will be making a leap or perhaps I should say, executing a shift, to keep up with the pace of the 21st century. Starting in February you will be receiving an email notification when the Santiam Spokes newsletter is posted to our website.

If you do not receive the email notification in February and March, that means we do not have a valid email address for you.

Beginning in April, we will only mail newsletters to those members who have not provided us with a valid email address.

We are attempting to reduce our impact on the environment (using less paper) and to show respect for the generosity of Samaritan Lebanon Community Hospital who pays the postage for all of our mailings; one of the many ways they support our club.

Please support this endeavor by making sure that we have your current email address.

If you have a family membership, we will send a notification to each email address that has been provided – we will be happy to send a notification to each rider!

You may update your email address, or add an email address, by emailing the information to JessRRf@centurytel.net - *be sure to include your full name with your email address and to include Santiam Spokes in the subject line.*

If you have any questions regarding membership, please feel free to contact me!

Jessica Ruef
Membership Chair
JessRRf@centurytel.net
(541) 451-3338



Ankeny Wildlife Refuge

Looking for Eagles: Tom, Jo, Barbi, and Ace

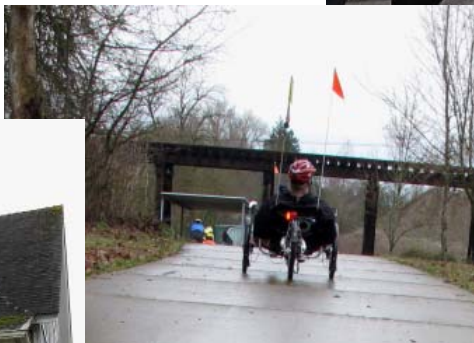
Chocolate and Bicycling and Chocolate ...and more Chocolate

Do you see a theme? On February's Chocolate ride we didn't make it out of the parking lot without our first chocolate of the day. In fact we had two chocolate treats before heading out on the road. Steve brought chocolate cookies and Roger brought bagsful of valentine candies and chocolates.

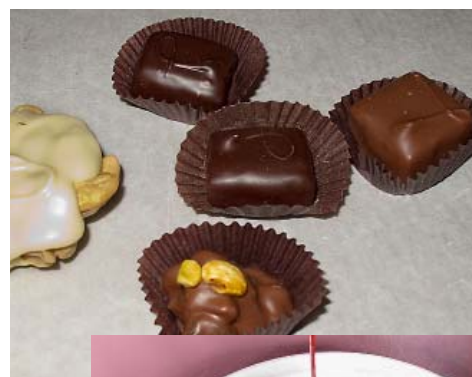


Below Middle: Rolling along Dave Clark bike path.

Below:
Chocolate Boutique and
Peddler's Boot



Above: Riders at the start of the ride.



We had a great ride east of Albany after which we rode back into Albany to our first stop, Chocolate Boutique and Peddler's Boot, 320 6th Ave. in Albany. This neat little historic house is chock full of wonderful handcrafts, collectibles and chocolate. What a fun place to visit!



Lunch was at Szabos in Albany. Everyone had a delicious lunch and finished with cake and ice cream. Chocolate of course! Should have been there!



Above: The bents park in formation

Right: Lunch at Szabos

**SANTIAM SPOKES BIKE CLUB
MEETING MINUTES, FEBRUARY 4, 2010**

The meeting was called to order by Ken Orwick at 7:00 pm. The first hour was spent preparing the Strawberry Century brochures for mailing.

Minutes: With a correction made to the total number of paid memberships in the January minutes, they were approved as written.

Treasurer Report: Maurice Banning reported a current bank balance of \$11,806.31. He also said that half of the cost of our new letterhead had been charged to the club, and half to the Strawberry fund.

Membership: Jessica Ruef reported that what the January newsletter should have read was: 76 total paid memberships, which consists of 37 individual memberships and 39 family memberships, with a total of 123 riders. She has received two positive reviews of the emailed newsletter and is proposing adding a corporate membership for companies as another source of revenue. This could get them a business card size ad in our newsletter. She asked if there is any budget for the "getting back in the saddle" classes she will be leading, possibly to begin every other week starting in April, and requested \$250. Motion passed unanimously to grant her these funds.

Ride Report: Jerel Gall had contacted Al Rimer about taking over the ride planning for March but Al's unable to fully commit at this time. Bill Pintard has agreed to help out. The starting place for the February 13th Chocolate Ride has been changed from South Albany Pool to Two Rivers Market.

Strawberry Century Note: Jerel said he will contact Lebanon High School tomorrow to be sure we can again use the facility as our starting point.

Philanthropy: Mary Ellen Lind has sent out five applications with an April 1st deadline for those organizations wishing to be considered for a donation from us and suggested we keep the money locally in Linn County.

Old Business: Bill reviewed what was discussed at the City Council meeting regarding the proposed Bike and Pedestrian Commission. City Attorney Tom McHill will prepare an ordinance for the Council to vote on at its next meeting. Maurice has contacted our web master, Vince Nowell, about putting the Strawberry Century information on the website.

Planning will begin in earnest for this summer's tour. Mary Ellen and Barbi Thomson will make reservations for camping on San Juan Island, food planning, etc. Anyone interested in helping to plan will be most welcome.

New Business: Bill asked if anyone would be interested in attending the Northwest Bike Show in Portland that will be held February 20th-21st. Contact him if interested in carpooling.

Donna Short has an appointment with Sweet Home School Superintendent on Monday to talk about the Safe Rides to School program; more info on this next month.

Jerel asked about our joining the Chamber of Commerce; motion made and unanimously passed to do so. He will check into whether there is a reduction in membership fees for nonprofit organizations.

The meeting was adjourned at 9:12 pm.

Respectfully submitted,
Barbi Thomson

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: **Lebanon Bicycle and** :
: **Pedestrian Advisory Board** :
: The Lebanon City Council approved an :
: ordinance on February 10 to establish a bicycle :
: and pedestrian advisory board. The board will :
: advise the Mayor and Council on issues involving :
: bicycle and pedestrian safety and access within :
: the city. It will also act as an advocacy group :
: to promote cycling and pedestrian travel and :
: recreation in the city. :
: Rod and Raylene Sell, Jerel Gall and Barbi :
: Thomson are already involved, although Rod :
: cannot be on the board as he is a city employee. :
: The Mayor announced at the Council meeting :
: that he would like residents to contact him by :
: email if they wish to be on the board. I have not :
: seen the ordinance yet but it was modeled after :
: the Albany Bicycle and Pedestrian Advisory :
: Commission ordinance. The Mayor's email :
: address is: mayorken@centurytel.net. :
: If you know someone within the city who would :
: like to be on the board, please have them contact :
: the Mayor. You may contact me or Rod Sell if :
: you have any questions regarding the board :
: and its purpose. :
: Thanks, :
: Bill Pintard :
: b.pintard@comcast.net :
: 541-967-3295 :
:

SANTIAM SPOKES SUMMER TOUR
SAN JUAN ISLANDS
Nights of July 26 thru July 30, 2010

PRELIMINARY PLANS:

Sunday, July 25: By 6 p.m. deliver to Chuck's house the bags that the SAG driver will transport. Bikers must arrange to transport their bike and whatever is carried on the bike.

Monday, July 26:

Start early in the day to drive 8+ hrs to Anacortes, WA. Park car at ferry landing (costs about \$40/week per vehicle). Take bike onto the Ferry. When on Ferry, pay for round-trip biker fare for Anacortes to/from Friday Harbor, San Juan Island, about \$15.00. Travel time is about 2 hrs. At Friday harbor, bike about ½ miles to San Juan County Fairgrounds. This will be our camping location for the week.

Tuesday, July 27:

Enjoy biking and other events on San Juan Island.

Wednesday, July 28:

Ferry to Lopez Island. Bike loop around island, about 35 miles. Enjoy village, other activities. Ferry to Shaw Island and bike loop around the island, about 11 miles.

Thursday, July 29:

Ferry to Orcas Island. Bike island, about 50 miles. Option to bike up Mt. Constitution.

Friday, July 30:

Another day to enjoy biking, kayaking, whale watching etc. on San Juan Island.

Saturday, July 31:

Several options include repeat visit to Lopez, Shaw or Orcas islands; ferry to Sidney, BC (need passport) and bike about 18 miles to Victoria, BC; Ferry back to Anacortes and drive home.

Estimated cost per individual, including parking, ferry and camping, \$100 (doesn't include food). Club treasury will pay the cost of sag vehicle and driver. Chuck Young will again be our sag driver. Participants must be Santiam Spokes club members.

Maximum participants, 15. This number is set due to the capacity that the SAG vehicle/trailer can carry. Register early!

Plan to attend a meeting scheduled in early July for those who have registered for the tour. At that meeting we will offer directions to Anacortes, route maps, arrange car pooling, give a list of items to bring and other details. We will decide if we want some group meals. If so, you are asked to volunteer to help purchase and prepare the food and/or clean up. For more information contact Mary Ellen Lind, Barbi Thomson or Maurice Banning.

REGISTRATION FORM

Deposit, \$25, make check out to Santiam Spokes.

No later than June 1st, submit form and deposit to Maurice Banning, 1214 NE Springwood Dr., Albany, OR, 97321

DATE: _____

NAME: _____ Phone: _____

E-mail address: _____

Emergency Contact Person (someone not on the ride): _____ Phone: _____

MARCH RIDES 2010

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

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 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.

PLEASE NOTE WINTER START TIME RIDES START AT 10:00 am

March 6th 10:00 am
Jefferson Ride
Start Location: Jefferson Middle School
Distance: 36 miles, Category II
Ride Leader: Tom and Barbara Thompson

March 13th 10:00 am
Rolling to Lacombe
Start Location: SLCH
Distance: 34 miles, Category II
Ride Leader: Jim and Jessica Ruef

Life is full of ups and downs... It is time to flex our hill muscles. The ride has plenty of rollers complemented by one or two early season challenges to test our mettle. For those with test anxiety, you can skip the longest steepest climb and take a more gradual uphill option. We will cover some familiar ground (portions of the Strawberry Century) and some territory that might be new to some of our club members. We'll enjoy some sweet down hills and plenty of beautiful scenery. After lunch at Mallard Creek Golf Course we'll follow the Santiam River downstream for a few miles before returning to SLCH.

march 20th 10:00 am
Daffodil Ride
Start Location: Riverfront Park, Harrisburg
Distance 35 miles, Category II
Ride Leader: Bev Henderson, 541-513-3916,
fiddler1955@comcast.net

Daffodil ride ,Harrisburg to Longtom Grange
This is an annual club favorite ride and one of our classic rides. We will start at Riverfront Park in Harrisburg (look for the gazebo). The

route will take us past fields ready for planting as we make our way to Ferguson Road, the start of the Daffodil Drive. We will continue along the daffodil-lined roads, heading to the Long Tom Grange for warm home-made cinnamon rolls. There will be craft booths, old car show, quilt exhibit and music for our enjoyment. Afterward we will return to Harrisburg. There will be an opportunity for lunch at the Grange, or you might wish to wait until returning to Harrisburg.

March 27th 10:00 am
Kings Valley Ride
Start Location: Harrison St. Bridge Corvallis
Distance: 50 miles, Category III
Ride Leader: Mary Ellen Lind

Kings valley pack food and water. This ride will take Hwy 20 for a few miles, turn onto Independence Hwy, and cross Hwy 99W to Airlie Rd. About half way there are steeper, longer coastal foothills after the route turns onto Maxfield Creek Rd. We again follow Hwy 20 and enter Philomath.

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.

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.

Harrisburg Riverside Park
1st Ave, Harrisburg. From I-5 exit 209 head west toward Harrisburg/Junction City. Turn right onto Diamond Hill Dr.

Turn left onto N 7th St. Turn right onto N Territorial St. Turn left on 1st avenue. Park in Riverside Park parking lot.

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.

March 2010 Cycling

Santiam Spokes

SUN

MON


TUE

WED

THU

FRI

SAT

	<p>1</p>	<p>2</p>	<p>3 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>4 Club Meeting 7:00 pm Samaritan Lebanon Community Hospital 525 N. Santiam Hwy Lebanon</p>	<p>6 Saturday Mar 6 Jefferson Ride Start Location: Jefferson Middle School Distance: 36 Miles Description: Cat II Ride Leader: Tom and Barbara Thompson</p>
<p>7</p>	<p>8</p>	<p>9</p>	<p>10 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>11</p>	<p>13 Saturday Mar 13 Rolling to Lacombe Start Location: SLCH Distance: 34 Miles Description: Cat II Ride Leader: Jim and Jessica Ruef</p>
<p>14</p>	<p>15 Outspoken Submissions Please submit material for Outspoken by today to Kari Kropf. bluekat78@comcast.net PO Box 1183 Lebanon OR 97355</p>	<p>16</p>	<p>17 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>18</p>	<p>20 Saturday Mar 20 Daffodil Ride Start Location: Riverfront Park, Harrisburg Distance: 35 miles Description: Cat II Ride Leader: Bev Henderson, 541-513-3916</p>
<p>21</p>	<p>22</p>	<p>23</p>	<p>24 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>25</p>	<p>27 Saturday Mar 27 King's Valley Ride Start Location: Harrison St. Bridge Corvallis Distance: 50 miles Description: Cat III Ride Leader: Mary Ellen Lind</p>
<p>28</p>	<p>29</p>	<p>30</p>	<p>31 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>		

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. 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



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



March Meeting Thursday Mar 4, 2010

Friendship! Food! Fun!

I ♥ Bicycling!

7:00 pm

**Join us for a
Great Meeting!**

**Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon**

Area Events

March 13-14, 2010

Seattle Bike Expo

Smith Cive Cruise Terminal, 91, Seattle, WA

www.cascade.org/EandR/expo

March 20, 2010

McClinchy Mile

20, 34, 47, 100 miles

Arlington, WA, Snohomish

www.bikesclub.org