

# OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 18, No. 8 • May 2010



## SANTIAM SPOKES MEMBERSHIP MAKES DONATIONS

Submitted by Mary Ellen Lind

At our last club meeting, the Santiam Spokes membership accepted the Philanthropy Committee's recommendation to donate \$1,200 to the Build Lebanon Trails program and \$800 to the BTA for the Albany Bike Safety Education program.

The organizations were asked for a brief explanation about how the organization/group will use the requested funds to help us promote bicycling. The two responses were as follows:

Build Lebanon Trails is a volunteer group that is formed under the Community Health Improvement Partnership. It is working to design and build more than 50 miles of paths for cyclists and pedestrians to travel in and around Lebanon. Most of the trails will be paved and wheelchair accessible, along greenways and away from vehicle traffic. The trails connect parks and public facilities in the community while providing opportunities to improve health, fitness and overall wellness of body and mind. The trails promote the use

of cycling in the Lebanon community as a viable and safe method of travel.

The BTA's Bike Safety Education program is attempting to teach at least eleven classes in five Albany schools the 10 hour curriculum during the 2010-2011 school year. Our donation covers the cost of teaching the full curriculum to one class. The Bike Safety Education program empowers students with the knowledge to safely navigate their community by bike, introduces students to the fun and health benefits that come with biking, and reassures parents that their children have the skills they need to be allowed to make their own healthy transportation choices.

Our Annual Strawberry Century Event, this year on June 12, is the primary fundraiser whereby we are able to make these donations to communities in Linn County. Thank you to members and friends of Santiam Spokes for giving your time and energy that make our gifts possible.

*Tulip Festival Ride: Riders disembark from Willamette Mission Ferry*

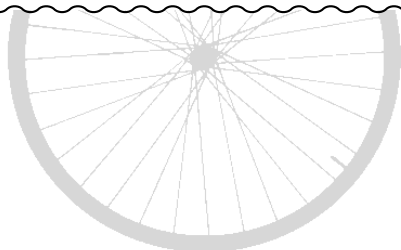


*Photographs courtesy of Kari Kropf*

**IF YOU PLAN IT, THEY WILL RIDE...  
(or MAKING A BRIEF CASE FOR SHORT  
RIDES)**

We would like to get more of our club members out riding! We would also like to encourage more folks to become club members as well. To meet these goals, we are scheduling shorter rides on Saturdays in addition to our regular longer rides. The shorter rides will allow folks to re-discover the joys of being out on a bicycle while building strength and endurance. The first short ride will be Waterloo Loop which is approximately 13 miles on May 29, 2010. The short rides will continue Saturdays (except 6/12 – Strawberry Century) through June and July. If you haven't been riding, please take advantage of this opportunity to get back on a bike. PS: Bring a friend too!

Thanks!  
Jess



**MAY Meeting**  
Thursday May 6 2010

**7:00 pm**  
Join us for a  
**Great Meeting!**

Samaritan Lebanon Community Hospital  
525 N. Santiam Hwy, Lebanon

**Monday, May 31st**

**Old McKenzie Highway Ride**

Santiam Spokes members are planning a group ride up the old McKenzie Pass, Monday, May 31st. The ride is a category III, better known as up, up, and did I mention the ride is uphill? (Oh, but the joys of the downhill when we return.)

The distance is about 45 miles. We will leave from the Paradise Campground on Hwy 126 at 9:00 a.m. The plan is to carry a lunch, eat at the top and ride back down.

If you are interested in riding please contact Raylene Sell at 541-979-1606 or email [rrsell@comcast.net](mailto:rrsell@comcast.net) for more information. She will be in contact with ODOT about the roads to make certain they will be passable on our two and three wheeled muscle building machines and that roads have not been opened to traffic. Stay tuned for more details. Keep those wheels a turnin'!

**Area Events**

May 8, 2010

**Lewis County Historical Ride**

Chehalis WA

email: [lchr@cyclelewiscounty.org](mailto:lchr@cyclelewiscounty.org)

web: [www.cyclelewiscounty.org/lchr/](http://www.cyclelewiscounty.org/lchr/)

May 15, 2010

**Reach the Beach**

Portland-Grande Ronde-Salem to Pacific City

Website: [rtb.kintera.org/faf/home/default.asp?ievent=294027](http://rtb.kintera.org/faf/home/default.asp?ievent=294027)

[rtb@lungoregon.org](mailto:rtb@lungoregon.org)

May 28-31 2010

**Century Ride of the Centuries**

4-day ride, Pendleton OR

Phone: (800)863-9358

website: [www.cyclependleton.com](http://www.cyclependleton.com)

**Saturday, May 1st**

**Bike Rodeo & Ride to Corvallis**

Our club will be promoting bike safety for children and families in Lebanon at the Fire Department's open house which starts at 10 AM. The ride will start at 11 AM. Hotdogs are usually available but we will stop again in Corvallis for lunch. Members are asked to bring tools and help with bike repairs, fitting helmets, etc. The fire station is located at 1050 Oak St., Lebanon.

SANTIAM SPOKES BIKE CLUB  
MEETING MINUTES, APRIL 1, 2010

The meeting was called to order by Ken Orwick at 7:08 p.m. Visitor Skip Volkman gave a special slide presentation of his honeymoon. He and his wife spent five months on bikes in Australia 18 years ago. Skip also became our newest club member at the meeting.

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

**Treasurer Report:** Maurice Banning reported that to date he has received \$365 in dues; \$48.48 interest income; \$1,303 so far in Strawberry Century income (registrations, t-shirt preorders and sponsor donations) giving us \$12,248.60 in the bank.

**Philanthropy Report:** Mary Ellen Lind said that the Committee was recommending about \$2,000 be donated to bike-related causes: \$800 to be given to the Albany Bike Safety Program which would cover the cost to teach one class of their bike safety curriculum; and \$1,200 to be donated to Build Lebanon Trails. Her recommendations were passed unanimously.

**Membership:** Jessica Ruef reported we currently have 38 individual memberships (prior to Skip joining) and 41 family memberships, and our hard copy mailing list is down to 63 at this time. She has taken Spokes' brochures to the Chamber of Commerce office for display there. The Chamber is doing a Business Expo on April 20 and the Spokes will be sharing a table with BLT. She has also added her name and Barbi Thomson's as Chamber contacts.

Jess also had samples of the sign-up forms that she has delivered to the local bike clubs advertising the Bicycle Basics Classes she will be conducting in May.

The Corporate Membership option has been tabled for now.

**Ride Report:** Al Rimer reviewed May rides and possibly doing stage rides with the Bicycle Basics Classes members. Raylene Sell will firm up plans for a May McKenzie Pass ride like we did last year.

**Strawberry Century Note:** About 45 registrations have been received so far. We will be preparing brochures for mailing again at our May meeting.

**Summer Tour:** Mary Ellen Lind said that we have reached our limit of 15 people who will be able to use the sag vehicle for our tour this summer. This does not necessarily mean that more people cannot make their own plans for the San Juan trip, as there is still room at the campground where we will be staying.

**Bike Rodeo:** Bill Pintard proposed gathering at 9:00 a.m. at the fire station on May 1 to help with the annual Bike Rodeo, then riding at 11:00 with the Bicycle Basics Class.

**Old Business:** Barbi said that she had just found out she had been appointed to the new Lebanon Bike & Pedestrian Advisory Board, along with Steve Mitzel.

**New Business:** Bill asked if anyone would be interested in attending the Oregon Bike Summit in Portland on June 4. Registration fee is \$50, but \$100 in club funds has been set aside for two people to attend.

Rod Sell noted that Seven Oak Middle School has been identified as the first school that will be receiving attention addressing bike and pedestrian trails.

The meeting was adjourned at 9:04 pm.

Respectfully submitted,  
Barbi Thomson



*Tulip Festival Ride. Dennis and Mary Ellen enjoying the tulip gardens*

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

May 1st 10:00 am  
**Bike Rodeo and Corvallis Ride**  
 Start: Lebanon Fire Dept.  
 Ride Leader: Bill Pintard, 541-967-3295  
 Distance: 46 miles, Level I

Our club will be promoting bike safety for children and families in Lebanon at the Fire Department's open house which starts at 10 AM. The ride will start at 11 AM. Hotdogs are usually available but we will stop again in Corvallis for lunch. Members are asked to bring tools and help with bike repairs, fitting helmets, etc. The fire station is located at 1050 Oak St., Lebanon.

May 8th 9:00 am  
**Corvallis Loop-Decker Road and Bellfountain**  
 Start: Harrison Street Bridge in Corvallis  
 Ride Leader: Dennis Murphy and Mary Ellen Lind, ph. 541-738-8600  
 Distance: 31 miles, Level II

Park and start ride from under the Harrison Street Bridge in Corvallis. The route will go counterclockwise from the direction that we usually take. Ride the Corvallis-Philomath bike path; take Hwy 34 to Decker Rd; return to Corvallis via Bellfountain Rd. Lunch in Corvallis at Old World Deli.

May 15th 9:00 am  
**Lamb and Wool Festival Ride**  
 Start: Samaritan Lebanon Community Hospital  
 Ride Leader: Ken Orwick  
 Distance: 45 miles, Level II

This is a traditional ride to the Linn County Lamb and Wool fair and Northwest Champion Sheepdog Trools. The rout will take us through Lacombe over Larwood Bridge to Richardson Gap into Scio. Some hills on the way to Scio flat on the return.

May 22 9:00 am  
**Brownsville-Coburn-Marcola Ride**  
 Start: Brownsville Post Office  
 Ride leader: Al Rimer  
 Distance: 60 miles, level II/III

Rolling challenging hills south of Brownsville then flat to Coburg. A store store at the park in Colburg and

scenic to Marcola. We'll do lunch at the restaurant in Marcola. Then it's the big hill and flat back to Brownsville. There's another store Right after we turn west onto hwy 228.

May 29 9:00 am  
**Lebanon to Brownsville Via Fern Ridge - Long Ride**  
 Start: Samaritan Lebanon Community Hospital  
 Ride leader: Brian Hubbard, (541)619-3006, brianhubbard\_1@yahoo.com  
 Distance: Aprox 50 miles, Cat III

We will start with the group doing the short ride. We will part ways at waterloo. Fern Ridge is hilly with beautiful views of the valley. Lunch is in Brownsville. After lunch we will enjoy a nice flat ride back to Lebanon. Saving most of our legs for those of us that are riding the Mckenzie Pass on Monday.

May 29 9:00 am  
**Waterloo Loop - Short Ride**  
 Start: Samaritan Lebanon Community Hospital  
 Ride leader: Jessica Ruef, (541) 409-0005, jessrff@centurytel.net  
 Distance: 13 miles, Cat I

Nice short, flat bike ride along the South Santiam River to Waterloo and back. Speed for this group ride will average 10 mph and may be adjusted, depending on group composition. Short breaks will be taken as needed and for re-grouping.

May 31st (Monday) 9:00 am  
**Old McKenzie Pass**  
 Start: Paradise Campground on Hwy 126  
 Ride Leader: **Raylene Sell; 541-979-1606; rsell@comcast.net**  
 Distance: 45 miles, Level III

Santiam Spokes members are planning a group ride up the old McKenzie Pass. The ride is a category III, better known as up, up. The plan is to carry a lunch, eat at the top and ride back down. **If you are interested in riding please contact Raylene Sell at 541-979-1606 or email rsell@comcast.net for more information.**

## 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

**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.

**Lebanon Fire Dept • Oak Street,**  
 From 1-5 take exit 228 onto Hwy 34, go EAST toward Lebanon. Turn right onto Denny School Rd. (Truck Route exit). Turn Right onto Oak Street. Turn Right into Fire Dept. Parking area.

# 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.**

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Name of 1st member

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Name of 2nd member

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Name of 3rd member

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Name of 4th member

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Mailing Address

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City	State	Zip
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Home Phone	Work or Cell Phone (if available)
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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

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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 |   |

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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

# May 2010 Cycling

# Santiam Spokes

SUN

MON

TUE

WED

THU

FRI

SAT

						<p><b>Saturday May 1</b> 10:00 am  <b>Bike Rodeo &amp; Corvallis Ride</b>                  Start Location: Lebanon Fire Dept.                  Distance: 46 Miles                  Description: Cat I                  Ride Leader: Bill Pintard, 541-967-3295</p>
2	3	4	5	<p><b>6</b>  <b>Club Meeting</b>                  7:00 pm                  Samaritan Lebanon                  Community Hospital                  525 N. Santiam Hwy                  Lebanon</p>		<p><b>Saturday May 8</b> 9:00 am  <b>Decker Road &amp; Bellfountain Ride</b>                  Start Location: Harrison Street Bridge in Corvallis                  Distance: 31 miles                  Description: Cat II                  Ride Leader: Dennis Murphy and Mary Ellen Lind,                  ph. 541-738-8600</p>
9	10	11	12	13		<p><b>Saturday May 15</b> 9:00 am  <b>Lamb and Wool Festival Ride</b>                  Start Location: Samaritan Lebanon Community Hospital                  Distance: 45 miles                  Description: Cat II                  Ride Leader: Ken Orwick</p>
16	17	18	19	20		<p><b>Saturday May 22</b> 9:00 am  <b>Brownsville-Coburg-Marcola</b>                  Start Location: Behind the Brownsville Post Office                  Distance: 60 miles                  Description: Cat II/III                  Ride Leader: Al Rimer; alrmi199@aol.com; 541 979 2764</p>
<p><b>Monday May 31</b> 9:00 am  <b>Old McKenzie Hwy</b>                  Start Location: Hwy 126/Paradise Campground                  Distance: 45 miles                  Description: Cat III                  Ride Leader: Raylene Sell 541-979-1606                  rrsell@comcast.net</p>			26	27		<p><b>Saturday May 29</b> 9:00 am  <b>Waterloo Ride/Lebanon-Brownsville</b>                  Start Location: Samaritan Lebanon Community Hospital                  Distance: aprox. Short: 13 mi / Long: 50 mi                  Description: Short: Cat I / Long: Cat III                  Leaders:                  Short: Jessica Ruef, (541) 409-0005, jessrri@centurytel.net                  Long: Brian Hubbard, (541)619-3006, brianhubbard_1@yahoo.com</p>

Visit our website for the latest information on rides: [www.santiamspokes.org](http://www.santiamspokes.org)



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