

# OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 18, No. 12 • September 2010



## Experience on San Juan Islands Summer Tour

Compiled by Mary Ellen Lind

Individual Authors: May Garland; John and Shirley Schoberg-Hebda; Bill Pintard; Christine Lloyd; Alethea Robinson

### Monday, July 26 to Saturday, July 31, 2010

Thirty Santiam Spokes bike club members cycled around several of the San Juan Islands for this year's week-long Summer Tour. Our experiences varied with bikers riding and sight seeing in different directions. Most of the time we ferried to the same island on a certain day with maps and route sheets to guide us. Some bikers rode on four of the islands. If you visit with each of us you'll hear different stories about each day – that's about 120 stories!

The ferry seemed so large! It carried many autos plus large trailers and loaded dump trucks. Bikers loaded onto the ferry before the vehicles and secured (tied) our bikes to the sides of ferry, usually at the front end. Then we went upstairs to sit indoors on comfortable lounge seats by windows and watched the gorgeous sights of many small island and the birds preying for food in the waters. This was a time to take a nap or to visit; some enjoyed contributing to jigsaw puzzle piecing. When we walked outside we usually didn't stay long due to the brisk, cold wind as the ferry moved quite fast.

Four bikers have consented to tell you about their experiences on a certain day.

Monday, July 26

### Arriving at our campsite in Friday Harbor, San Juan Island

By May Garland

Our bike tour adventure started on Sunday morning when we left Scio for points north. Even though we have lived here in Oregon for almost 20 years we had never visited Mt. St Helens. So, this looked like a great time to stop by on the way to the San Juans. And it was. The day was beautiful and Mt. St Helens, with its three great visitor centers, was a really good lesson in the power of a volcano. But how does this relate to the bike tour - well it was at one of these Visitor Centers that we ran into Ken Orwick and his family who were also on their way to the San Juans! We ran into them twice! We had a short visit and looked forward to seeing them up the road.

Our next fortuitous experience was in the parking lot waiting for the Friday Harbor ferry when, "lo and behold", Chuck pulled up right behind our car. We had lots of time to visit, having arrived early. By the time we were loaded onto the 2:45 p.m. ferry, we



discovered Althea and Bill Robinson, and Carol Gregory, as well as Kat Bonner and Pam Wilson, all parked with us. On the ferry we were joined by Mary Ellen Lind, Dennis Murphy, Bill Pintard, Brian Hubbard and Christine Lloyd.

We arrived at the San Juan County Fairgrounds about 4:30 to find that others had come over earlier and occupied the better, shaded camping spots. Not to worry. We had a nice flat spot and it was closer to the restrooms!!! The restrooms were very clean and kept clean during the week that we camped there. Everyone was occupied with "nest building" for a while - putting up their tents, pulling out chairs and getting cooking gear ready for the evening.

That first evening set the stage for our stay. Folks cooked a meal in camp or pedaled or walked or drove into town for dinner. About 7:00 we had a group meeting with introductions, distribution of maps, and a discussion about leaving camp as a group to tour San Juan Island tomorrow. It was good to relax and enjoy the company of our fellow bicyclists. Spirits were high, but, as the sun went down, and the temperature fell about 15 degrees, reportedly in the high 40's, so we found refuge in our tents, ready to rise early and ride the Island.

Tuesday, July 27

## Biking San Juan Island

By John and Shirley Schoberg-Hebda

Traveling to a location that requires a ferry ride, especially one longer and over greater water than the Buena Vista ferry, conjures up thoughts of an exotic locale. However, once we got on land and out of sight of the harbor, the reality was that of just another small town. As we began our journey, the view of the ocean disappeared and it seemed we were back in the Willamette Valley on one of our Saturday rides. The scenery was nice but hardly exotic. And then there was this camel! How many of you saw the camel? I don't think they are indigenous to the island!



OK, perhaps there was something different about this place!



Most of us stopped at the sculpture park which was a mildly interesting diversion but Roche Harbor brought the first return of something approaching exotic. This was obviously a very up-scale place, very attractive, but out of the league for most of us. The lime kilns were fascinating, especially when we learned that this was the largest source of lime west of the Mississippi until the 20th century. And for all the beautiful surroundings, oddly

enough the one article which attracted the attention of some of us was "the Pheacal Phreighter". This was a small scow with a sign that proclaimed "we take crap from anyone", sparing the delicate sensibilities of yacht owners in emptying their holding tanks. The climb out of Roche Harbor was memorable, quite a pull, although a short one.

We stopped at English Camp and spent some time there, especially in the formal garden. It was easy to understand how someone picked this delightful site for an encampment. Upon reaching the "summit" out of English Camp we stopped for an informal lunch break in the tree shaded space to watch Roger and May grind up that hill on their tandem.

We continued to be surprised at the climbing required. As we sped down some of the hills, we hoped to gain enough momentum to get us nearly to the top of the next but it always seemed that the downhill momentum ended too abruptly before we gained much on the next incline.

We stopped at San Juan County Park and watched kayakers passing by only to find out upon our return that a couple of ladies

from the Mid-Valley club were likely in that entourage!

We were pleased with the pleasant countryside and agreeable traffic, eventually coming to Lime Kiln State Park. Regrettably, we were not able to spot any sign of Orcas or other ocean wildlife

while we were there. But the view of snow capped peaks on the Olympic Peninsula across Haro Strait was magnificent. We were immensely impressed with the size of the stately Madrone trees. There were many specimens much larger than usually seen in the valley.

So, we moved on with more of those short but trying hills towards American Camp wanting to give equal attention to our own. We made it to the visitor center but given the time and impending group dinner at the Downriggers Restaurant in Friday Harbor, did not explore the rest of that site.

One of the nicest sections of road was False Bay Road. False Bay Road was signed as not being paved but it was the smoothest surface we encountered compared to the chip seal on most of the roads in the islands. It was also a pleasant, more or less flat stretch that allowed one to really bicycle without the grueling "stair-climbing" required on some of the short hills. We avoided the road on a short ride our first day on the island but decided to try it upon Maurice Banning's advice.

A small group took the wrong road and ended up with fewer miles, and some of the group went farther than we did, but in all we pedaled about 40 miles this day with 3200 feet of elevation gain.

Wednesday, July 28

## Biking Lopez Island

By Bill Pintard

Most of us got on the 8:30 a.m. ferry for Lopez Island with stops at Orcas and Shaw Islands before arriving on Lopez at 9:55 a.m. This island was supposed to be flat compared to the other islands. As soon as we got off the ferry we were challenged by a big hill and quickly learned that this island was not flat. Just like San Juan Island, the rolling hills kept coming.

Lopez is one of the least populated islands served by the ferries. Only Shaw Island is smaller. It is a friendly island with little vehicle traffic and only 2,400 residents. There are many farms and few businesses, except in Lopez Village. Many artists call this island home.

The group was supposed to make a left to Oldin County Park but only some of us made the turn and the rest kept going. Mary Ellen, Dennis, Carol, Cat, Pam and I looked at our map and realized that this was only a short side road and so we turned back and didn't visit the park. We met some of the others and Carol decided to go



Continued from page 2

with them. Now we were down to four riders and a sag vehicle driven by Pam.

We continued on to Lopez Village, where we found a nice coffee shop with wonderful baked goods and coffee, a welcome stop. We also bought sandwiches for lunch. Did I mention the hills?

Our next stop was at Shark Reef Sanctuary, a minimum impact nature area that provides a great opportunity to view wildlife. The sanctuary is home to native sea birds as well as seals and



other marine life. After a 15 minute walk along a bark path through the fir and cedar forest with many roots, stones and logs we reached the rocky cliffs overlooking the water. From here, we looked out on a sweeping view of San Juan Channel between Lopez and San Juan Islands. We watched the seals from the cliffs. Some were beached with their pups and others were swimming after fish in the water below us. We saw a school of small fish jumping out of the water.

Our next stop was at Agate Beach County Park, overlooking an inlet. There was a picnic table and a really unusual pit toilet. It was painted green and purple inside and had a vase of flowers on the floor. We ate our lunch in the park and enjoyed the view of the bay across the road.

Our next stop was at school grounds. We stopped in the driveway when a car wanted to turn in. Dennis backed his bike up and his rear wheel fell into a culvert on the side of the road, leaving him straddling his bike. He couldn't move since the bike would fall into the ditch if he did. I held the bike and he was able to get out. When Pam met us, Kat was in the car as she had dropped her chain for the second time that day and was done with riding. Mary Ellen, Dennis and I continued on back to the ferry dock and got on the 3:55 PM ferry back to Friday Harbor.

While we didn't ride very far, about 37 miles, there were many rollers! The rural countryside was beautiful and well worth the trip.

Thursday, July 2

## Biking Orcas Island

By Christine Lloyd

This was our third day of biking the San Juan's and was promised to be the most grueling of them all. Maurice Banning, Tom and Barbi Thomson, Brian Hubbard, and I decided that it was our goal to attempt to bike up the notorious Mt. Constitution, climbing 2,500 feet in 4.5 miles. We had heard horror stories and rumors of this treacherous mountain; each of us was determined to give it our best shot. We got up and out early to ensure that we would have plenty of time to ride the entire 50 miles around the island as well as tackle the mountain. After a hearty breakfast on the island, we headed out in the fog not knowing what the day would bring.

Tom and Barbi kept us all up-to-pace on there tandem as we set out on the so-called rolling hills of Orcas Island. It didn't seem too long before we reached the sign declaring that the summit of Mt. Constitution was 4.5 miles and with an arrow pointing straight

up. We all stopped for a deep breath and took off with all the determination we could muster. It felt as though we were climbing this beast of a mountain in super slow motion and my thoughts were confirmed at one point when I looked at my speedometer reading only 2.8 miles per hour. Really? How were we ever going to make it? Alas, 2 1/2 hours after taking off from the ferry landing, we reached the summit of Mt. Constitution and oh, how sweet it was. The view at the summit was enough to steal your breathe away. The euphoric feeling was multiplied by the huge accomplishment we had all just made together. The struggle of the climb was so worth it once we looked back on what we had just been through. This was true beauty.

The descent was also rewarding, though we had to stop every now and then to give our brakes a rest. At this point in the day our breakfast had worn off and we set out to find a decent place to



refuel our bodies. Much to our dismay everywhere we stopped for the next 15 or so miles was not what we needed. We finally found a restaurant that was only about 10 miles from the ferry landing. Upon realizing that we needed to really kick it into high gear to make it on the 4:30 pm ferry back to our campsite, we scarfed down our meals and headed back to the rode. We made excellent timing rolling up and down the same hills that we had defeated earlier that morning. We were so proud to have come all that way and to make it just in time for the ferry. Then we were informed that the ferry had broken down and we would have a 3 hour wait until the next ferry could take us back to Friday Harbor! So, to ease our aching bodies, we gathered together for some beer and good conversation. During this time Maurice informed us that we had climbed a total of 7,000 feet within the 50 miles that we rode. No wonder we were exhausted!

This was by far my favorite day and my favorite island on this trip. The views and the scenery were amazing. The company was inspirational. This was one of those experiences that really mirrored to me some truths about life. I never would have made it up Mt. Constitution if I had attempted it alone. The only thing that kept me climbing upward was that I knew that my friends were with me and were going through the same thing that I was. It was encouragement and positive attitudes that pushed me to go farther than I could have pushed myself. Isn't it just like that in life in the obstacles and impossible circumstances that we face? If it were not for the people that are there by our side we would not have the

Continued on page 4

Continued from page 3

strength to make it to the top. I am so thankful for the people in my life that have come along side me and have helped me through my obstacles, both physically and emotionally. These are the people that make life beautiful.

Friday, July 30

## **Biking Shaw Island**

*By Alethea Robinson*

Day 4 dawned like all the others on San Juan Island. Foggy. The consensus between Carol, Bill and myself I was to bike Shaw Island, but wait until the later ferry, around 11 a.m., to give the fog time to lift. We were joined by Maurice on the ferry.

We walked off the ferry to glorious sunshine and greeted Mary Ellen and Dennis as they boarded for the return trip. The hill leaving the ferry was the not bad. As a matter of fact there were only a couple of "stinkers" on the whole island.

The route was in a figure 8. In the first loop we saw an Old Museum (once a library) then to the northwest part of the island where there were some beautiful homes. We returned to the museum and visited the Old Schoolhouse. This school is still in use, one of 3 one-room schoolhouses left in Washington State.

Then we headed South down a dirt road to make the second loop of the island and stopped at South Beach County Park to eat lunch on the sandy beach and watch kids at play. After lunch we headed back to the ferry, biking all of 14.5 miles around this small island.

We ended our stay with ice cream from the Little Portion store. This store was once run by Franciscan Sisters of the Eucharist, but now the nuns have all retired and moved off the island.

Riding this island was a very pleasant end to our trip. Carol calls this her favorite island on the whole tour!



## **Nominations for the 2011 Board**

### *Nomination Committee:*

Bill Pintard  
Barbi Thomson

---

*President:*  
Ken Orwick

*Vice President:*  
Bill Pintard

*Membership:*  
Jessica Ruef

*Secretary:*  
Barbi Thomson

*Treasurer:*  
John Hebda

*Ride Captains:*  
Al Rimer

*Historian:*

*Newsletter:*  
Kari Kropf

*Publicity:*  
Roger Gaither

We need someone to help with publicity from mid May to mid July.

*Webmaster:*  
Maurice Banning

*Strawberry Century:*

We still need an historian, publicity for a portion of the year, and Strawberry chair.

## **September Meeting** **Thursday September 2, 2010**

# **7:00 pm**

Join us for a  
**Great Meeting!**

Samaritan Lebanon Community Hospital  
525 N. Santiam Hwy, Lebanon

**SANTIAM SPOKES BIKE CLUB  
MEETING MINUTES  
AUGUST 5, 2010**

The meeting was called to order by Ken Orwick at 7:02 p.m.

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

**Treasurer Report:** Maurice Banning reported that we currently have \$13,037.12 in the bank. We also have Strawberry Century socks, worth \$403.47, other accounts receivable = \$61.00, for total assets of \$13,501.59.

The final bill for staying at the San Juan campground for those on the summer tour was \$900.00. The club received \$775.00 in deposits, so everyone will be assessed an equal amount to make up this difference.

All Strawberry Century expenses have been paid; our profit this year was approximately \$3,600.00.

**Membership:** Current membership: 40 individuals, 43 families; 150 registered riders. Snail mailing of newsletters is down to 64; that figure may go down in October when renewals are sent out with the option for people to receive their newsletter via email if they wish.

Safety triangles had been purchased by the club and given to some people recently at the group home. There are several still available for anyone to purchase at \$6.00 each.

**Ride Report:** Jess Ruef reviewed the ride she will be leading on Saturday. She is working on a database of rides to make it easier to plan future ones. There will be a ride committee meeting next Thursday at Al Rimer's house; anyone interested in helping plan rides is welcome to attend.

**Old Business:** Bill Pintard mentioned that seven people have volunteered to help with the Mid Valley Bike Club's Covered Bridge Ride this Sunday. He also said that volunteers are needed for the third annual Criterium in Albany on August 22nd. Comments were also made by the group about the wonderful San Juan tour recently completed.

Ken said that the Santiam Spokes' ribbon cutting by the Lebanon Chamber Ambassadors went well. He, Bill and Barbi represented the club; people seemed interested and a lot of Spokes cards were handed out.

Jess and Bill commented on the group home bike safety class they recently conducted. Also, the second bike, which the club paid to have fixed up, has been given to another deserving individual.

**New Business:** Bill will contact Nelson at Peak Sports in Corvallis about coming to a future meeting and doing a bike fitting class for us. Also, Ken will contact Stutzman's in Lebanon regarding doing a workshop on bike basics.

Bill and Barbi will be the nominating committee for next year. Submissions need to be to Kari for the newsletter by August 16th.

Meeting adjourned at 8:00 p.m.

Respectfully submitted,

Barbi Thomson

**8th Annual HARVEST CENTURY**

Presented by Showers Pass

Saturday, October 9, 2010

Autumn brings crisp mornings and a bounty of color to the landscape, making early October the BEST time of year for an organized ride. The Harvest Century is a non-competitive bike ride set in the suburban & rural areas of West Portland and features a 100, 75, 45 and free 3-mile family route. Now in its 8th year, the Harvest Century will bring together over 1200 cyclists to benefit the programs of Community Vision. We provide customized one-to-one support to adults with developmental disabilities enabling people to live independently, gain meaningful employment, purchase their own homes, and participate actively in the civic life of their community. Your registration and pledges will help us achieve our goal of raising \$50,000 and help to keep the family route free for everyone to enjoy.

**100 MILE ROUTE**

Crank out your last organized century of the year with a scenic, relatively flat course scattered with heart pumping climbs and descents. Enjoy a delicious catered lunch around mile 42 and later in the day, take a leisurely ride across the Willamette River on the Canby Ferry.

**75 MILE ROUTE**

Glide over gentle rollers, cruise by farms and wild places, and roll along the bountiful countryside ablaze with fall color. You earn a spectacular view of Mt. Hood by climbing over Chehalem Mountain or you can opt for the full century just after lunch at around mile 42.

**45 MILE ROUTE**

The 45 mile route is gorgeous, flat by most standards, and perfect for a fall day. It is a wonderful first big ride for beginners or for cyclists who want to get a ride in before enjoying the family event, too.

The 45, 75, and 100-mile routes feature a rest stop at Montinore Estate Vineyards where \$5 cash gets you a tasting of 5 out of all 16 of their wine selections and the benefit of having your wine purchase brought to the start/finish line for you.

**FAMILY ROUTE**

Tricycles big & small, wheelchairs, strollers, walkers, and those who have mastered the art of riding a two-wheeled bike, but aren't prepared, willing, or able to pedal across four counties – this one is for you! Features a safe 3 mile route with a mid-point rest stop and accessible porta-potties. Come early and decorate yourself and your bike.

Registration Details 45, 75, 100 Mile Routes (Family Route Free)

\$45 August 1- September 30

\$55 October 1 - October 7 (\$45 + \$10 minimum pledge to CVI)

\$45 In-Store Registration & Pre-ride Packet Pick-up

- Sunday, October 3rd, 11am-2pm at Tualatin REI
  - Wednesday, October 6th, 5:30-7:30pm at Downtown REI
- FREE T-SHIRT TO FIRST 500 REGISTRANTS!

[www.harvestcentury.org](http://www.harvestcentury.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.

September 4 ..... 9:00 am

### Parrish Gap and Ankeny Hills Ride & Picnic

**Distance:** 30 miles, half hilly and half flat • **Ride Start:** Johnson's home, 13811 Jefferson Highway 99 E SE. • **Ride leaders:** Ace and Jo Johnson, 541-327-2813.

This ride will take us around Parrish, and Ankeny Hills, and to Ankeny Game Refuge. Following the ride there will be a wiener roast picnic provided by Ace and Jo Johnson at Johnson's house. There will be orange cones out to mark the driveway on the west side of the road. **Directions to Start:** Johnson's house, located 1.7 miles north of the Jefferson Middle School at 13811 Jefferson Highway 99 E SE. Look for the orange cones.

September 11 ..... 9:00 am

### Santiam Bluffs Ride

**Distance:** 32 Miles, Cat. I and II • **Ride Start:** South Albany High School, 36<sup>th</sup> Ave. parking lot • **Ride Leader:** Bill Pintard

We will slip out the back going south on Waverly Drive and then onto Grand Prairie and local backroads to Knox Butte Road. Then ride west to Old Salem Road, on out to Dever Conner, and Santiam Bluffs. We'll return along Scrael Hill Rd., Kennel Rd., and Spicer Rd., and have lunch at the Beanery. We will retrace our earlier route and return back to the Pool.

**Directions to start:** 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.

September 18 ..... 9:00 am

### Ride to Larwood Bridge

**Distance:** Approximately 30 miles round trip, Cat. II • **Ride Start:** Samaritan Lebanon Community Hospital • **Ride Leader:** Brian Hubbard, 541-619-3006

The ride will take us to Larwood covered bridge. Bring something to eat at the park by the bridge. After lunch we will return to Lebanon. **Directions to Start:** 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.

September 25 ..... 9:00 am

### Covered Bridges Rides & Potluck – An All Day Event

**Ride Options/Time:** 8 mi loop • start about 11:00 AM • 18 mi loop • start about 10:30 AM • 32 mi loop • start about 8:30 AM • 48 mi loop • start about 8:00 AM

**Ride Start:** 38795 N. Main St • Scio

Whether you want to ride or not — join us for this bicycling event. Spouses and friends are invited. Four routes will take bikers over five, three, two or one covered bridge near Scio. Upon returning our potluck awaits. Roger and May will provide two kinds of lasagna, bread & drinks. Bring a potluck dish of your choosing. RSVPs will help in planning. Folks in the valley who tour or who would like to tour are especially invited. Suggested starting times should get most riders back to the house before 1:00 PM for lunch. A showing of this summers tours will follow lunch. Come for the rides; come for lunch; come for the tour sharing ~ any or all! **Directions to Start:** From Albany (I-5 exit 233) Take Hwy 20 to Hwy 226. Follow Hwy 226 to Scio. Stay on Main Street. Roger & May's house (38795 N. Main St • Scio) is just past city center across the Street from Homestyle Restaurant.

October 2 ..... 9:00 am

### Apple Daze Ride

**Distance:** Approximate 45 miles category II • **Ride Start:** Parking lot behind the Brownsville Post Office • **Ride leader:** Bev Henderson; 541-513-3916

Seasonal ride from Brownsville to Detering Orchards. Good food and live music, Warm apple pie/dumplings with ice cream. We'll go out Gap road (hill) and then flat ride to the orchards. Can be windy but maybe we'll get lucky and catch a tailwind from time to time. **Directions to Start:** 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. From Lebanon: Turn right at Walker Rd. Take the first left onto South Main Road. Turn right at Rock Hill Rd. Turn left at Sand Ridge Rd. Continue straight onto Brownsville Rd. Continue onto North Main Rd. Turn left onto Stanard Ave. Park behind post office.

# 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:

|   |   |
|---|---|
| <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

# September 2010 Cycling

# Santiam Spokes

| SUN       | MON       | TUE  | WED  | THU  | FRI          | SAT   |
|-----------|-----------|--|--|--|--------------|---|
|           |           |  | <b>1</b>   | <b>2</b>   | <b>3</b>     | <b>4</b>  |
|           |           |  | <p><b>Wed. Wanderers</b><br/>Start at the Linn County Fairgrounds parking lot at 10 AM. Call Jo and Ace Johnson at 541-327-2813 for more information</p> | <p><b>Club Meeting</b><br/>7:00 pm<br/>Samaritan Lebanon Community Hospital<br/>525 N. Santiam Hwy<br/>Lebanon</p> |              | <p><b>Saturday Sep. 4</b>      <b>9:00 am</b></p> <p><b>Parrish Gap and Ankeny Hills Ride &amp; Picnic</b></p> <p><b>Start:</b> Johnson's home, 13811 Jefferson Hwy 99 E SE.<br/><b>Distance: 30 miles,</b><br/><b>Cat half hilly, half flat</b><br/><b>Ride Leader:</b> Ace and Jo Johnson, 541-327-2813<br/><b>Picnic follows</b></p> |
| <b>5</b>  | <b>6</b>  | <b>7</b>   | <b>8</b>   | <b>9</b>   | <b>10</b>    | <b>11</b>   |
|           |           |  | <p><b>Wed. Wanderers</b><br/>Start at the Linn County Fairgrounds parking lot at 10 AM. Call Jo and Ace Johnson at 541-327-2813 for more information</p> |  |              | <p><b>Saturday Sep 11</b>      <b>9:00 am</b></p> <p><b>Santiam Bluffs Ride</b></p> <p><b>Start:</b> South Albany High School<br/><b>Distance: 32 miles</b><br/><b>Cat I-II</b><br/><b>Ride Leader:</b> Bill Pintard</p>  |
| <b>12</b> | <b>13</b> | <b>14</b>  | <b>15</b>  | <b>16</b>  | <b>17</b>    | <b>18</b>   |
|           |           | <p><b>Outspoken Submissions</b><br/>Please submit material for Outspoken by today to Kari Kropf: bluekat78@comcast.net. PO Box 1183 Lebanon OR 97355</p> | <p><b>Wed. Wanderers</b><br/>Start at the Linn County Fairgrounds parking lot at 10 AM. Call Jo and Ace Johnson at 541-327-2813 for more information</p> |  |              | <p><b>Saturday Sep 18</b>      <b>9:00 am</b></p> <p><b>Ride to Larwood Bridge</b></p> <p><b>Start:</b> Samaritan Lebanon Community Hospital<br/><b>Distance: 30 miles</b><br/><b>Cat II</b><br/><b>Ride Leader:</b> Brian Hubbard, 541-619-3006</p>  |
| <b>19</b> | <b>20</b> | <b>21</b>  | <b>22</b>  | <b>23</b>  | <b>24</b>    | <b>25</b>   |
|           |           |  | <p><b>Wed. Wanderers</b><br/>Start at the Linn County Fairgrounds parking lot at 10 AM. Call Jo and Ace Johnson at 541-327-2813 for more information</p> |  |              | <p><b>Saturday Sep 25</b>      <b>Varies</b></p> <p><b>Covered Bridges Rides &amp; Potluck</b></p> <p><b>Start:</b> 38795 N. Main St • Scio<br/><b>Distance: 8 mi / 11 am • 18 mi / 10:30 • 32 mi / 8:30</b><br/><b>• 48 mi / 8:00</b><br/><b>Cat. varies with ride choice</b></p>  |
| <b>26</b> | <b>27</b> | <b>28</b>  | <b>29</b>  | <b>30</b>  | <b>Oct 1</b> | <b>Oct 2</b>  |
|           |           |  | <p><b>Wed. Wanderers</b><br/>Start at the Linn County Fairgrounds parking lot at 10 AM. Call Jo and Ace Johnson at 541-327-2813 for more information</p> |  |              | <p><b>Saturday Oct. 2</b>      <b>9:00 am</b></p> <p><b>Apple Daze Ride</b></p> <p><b>Start:</b> behind the Brownsville Post Office<br/><b>Distance: 45 miles</b><br/><b>Cat II</b><br/><b>Ride Leader:</b> Bev Henderson; 541-513-3916</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  
[www.santiamspokes.org](http://www.santiamspokes.org)