

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 19, No. 7 • April 2011



PLEASE NOTE! NEW START TIME FOR SATURDAYS RIDES AT 9:00 AM

Daffodil Ride

By Bill Pintard

This years Daffodil ride was pretty much a wash out, unfortunately, due to rain. There were only 6 riders who rode. I went along as sort of a sag vehicle since Dennis was having trouble with flats. The riders took the short route due to the weather and when they arrived at Long Tom Grange, the grounds were pretty wet. Usually there are several car clubs who visit the festival but only a few cars were there when we arrived. There were some interesting sculptures in and around the grange. One was made from watering cans of different sizes, another was a water wheel made out of shovels, and several yard ornaments were made from glass ware.

The cinnamon buns and hot coffee were as good as ever and the hot chili was also welcome as it was pretty cold standing around. The riders reversed their route back to Harrisburg.

Next year will be sunshine and in the 70s, I hope.

Right: Sculpture at the Daffodil Festival

Below: Dennis Murphy, wet ride to the Festival.



Article and Photographs courtesy of Bill Pintard

Santiam Spokes General Meeting

**Thursday
April 7 ♦ 7:00 pm**

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

Guest Speaker:

Roseanne Hartness, Community Liason for Lebanon Schools, will talk about the Lebanon Safe Routes program.

Read more inside...



Santiam Spokes General Meeting

Roseanne Hartness, Community Liason for Lebanon Schools, will do a presentation on the Safe Routes to School program in Lebanon. She will talk about the Lebanon Safe Routes program, currently only at Seven Oaks School, and the need for volunteers and funds for this program to continue. She will also talk about the Get in Gear bike shop and the bike rodeo at that school.

SPRING MEMBERSHIP RENEWAL

April membership renewal notices have gone out to those members listed as a spring membership. Please fill out the renewal forms and send them back with dues.

If you didn't receive a renewal notice, you probably aren't up for renewal until October. If anyone has any questions about their membership renewal date they can contact Jessica Ruef, 541-451-3338.

Build Lebanon Trails 2nd Annual Cheadle Lake 5-K Fun Run and Walk May 7, 2011 , 9:00 am Start Time

RUN RUN

The 2nd annual fun run & walk takes place at the scenic Cheadle Lake Park in Lebanon on May 7th. All proceeds go to Build Lebanon Trails (BLT) and will be used toward planning, maintaining and developing over 50 miles of fully accessible multi-use, hiking and walking trails in Lebanon.

The 5K course will be a mix of paved, packed gravel and hard packed dirt on a relatively flat course with little change in elevation. The trail follows a loop that will take you by Cheadle Lake and through parts of Cheadle Park.

Distance: 5K (3.1 miles)

Location: Cheadle Lake Park in Lebanon, OR

VOLUNTEER VOLUNTEER

If running isn't your thing, but you would like to be involved, volunteers are needed the day of the event for 2 to 4 hours. Volunteers will be staged at every turn on the course and will "Point" (direct) runners and walkers to the correct route leading to the finish line. It was great fun last year and will be even more fun in 2011. Volunteers are encourage to wear interesting cloths and bring foam hands/finger/pointers and stuff to entertain themselves and participants.

Sponsorship oppportunity information is available including sponsorship levels and benefits.

If you are interested in the run or about volunteering please contact Rod Sell for more information.

Phone: (541) 409-1302

Email: CheadleLake5kRun@gmail.com

buildlebanontrails.com

facebook.com/buildlebanontrails

2011 Spokes Refreshments

April
Brian Hubbard and Christine Lloyd

May
Kari and Ron Kropf

June
Rick Riper

July
Leftovers from Strawberry Century

August
Barbi Thomson

September
May Garland and Roger Gaither

October
Annual Potluck

November
Al Rimer and Rod Sell

December
Christmas Party





From the Archives...Newport Ride 2004. From Left: Ken Orwick, Dennis Murphy, Dian Gerstner, Larry Fratkin, Lloyd Lambert, Jeremy Eucken, Ron Kropf and Craig Eucken

SANTIAM SPOKES BIKE CLUB
MEETING MINUTES
MARCH 3, 2011

The evening began with the club preparing the Strawberry Century brochures for the first mailing. We were also treated to a presentation by President Ken Orwick on his trip to Thailand last year.

The business meeting was officially called to order at 8:27 p.m. We had two guests this evening, Brenda and Mike Mowder, from Sweet Home.

Minutes: The minutes from the February meeting were approved as written with the following correction: Ron Kropf had suggested the club helping with a bike rodeo during the Strawberry Festival, not the Strawberry Century.

Membership: Jess Ruef emailed rider statistics: 49 individual and 39 family memberships for a total of 88 memberships and 140 riders.

Treasurer Report: John Hebda reported that we have \$5,452.33 in the money market fund and \$1,239.87 in checking. He will write two checks tonight for insurance and brochure mailing labels.

Ride Report: Al Rimer reviewed March and April rides. In June the club will also start having Sunday rides. These will be more challenging than Saturday rides, for those people who will be training for Cycle Oregon.

Bill Pintard suggested combining a bike rodeo with a ride in May. The date for the bike rodeo that Roseanne Hartness at Seven Oak will help coordinate is not known at this time.

Old Business: Donna Short and Ken Orwick will be attending the Oregon Active Transportation Summit (Bike Summit) in Salem March 29-30.

There was no update on the club jerseys as Roger Gaither will be out of town for several weeks.

Bill spoke about the recent bike fix-it nights at Peak Sports in Corvallis. Four people attended the first time, three the second evening. The mechanic at Peak was very knowledgeable and helpful. He said that perhaps Bike & Hike in Albany may be willing to do something similar in the future, or even charge a fee and teach a bike basics class.

Barbi Thomson will be the club's representative at the upcoming Chamber Distinguished Service Awards banquet. Thanks to all who wrote something rather last minute to nominate the Spokes for the Outstanding Community Group.

New Business: There was a meeting prior to the general Club meeting for those interested in helping plan the summer tour, actually early fall this year, beginning either September 11th or 12th. Unlike the San Juan trip, the tour will be limited to 15 this year. If there is enough interest and names on a waiting list, the club will consider adding a second sag vehicle to accommodate everyone.

Next month's program will be pictures from the 2010 Cycle Oregon presented by Sreeni Sreenivasan.

The meeting was adjourned at 8:53 p.m.
Respectfully submitted,
Barbi Thomson

**SPRINGTIME RIDE CHALLENGE
CORVALLIS TO NEWPORT
APRIL 30 - May 1, 2011**

You are invited to join our annual bike ride to Newport and back on the weekend of April 30 and May 1. This ride is a fun challenge to get us into "serious" biking for the season. The route is around 70 miles each way. It goes on HWY 20 as far as Blodgett then turns to less traveled country roads that pass through the towns of Summit, Logsdon, Siletz and Toledo. The terrain is varied with several significant hills (must be biker fit) and many beautiful valleys plus 10 miles along the bay from Toledo to Newport. There is a stretch of about 1 1/2 miles of gravel between Logsdon and Siletz, so bikers may choose to use the sag vehicle to transport over that area. Bikers need to take snacks and drinks because it is about 40 miles from Corvallis to a food stop - at a small deli in Logsdon.

The ride will start from under the Harrison Street Bridge in Corvallis. The local police in Corvallis have been informed about cars being parked overnight in that area so they will be watching out for us. The ride will start at 8 a.m. Chuck Young will again provide us with sag support and carry overnight bags (and sleeping bags for those who choose to sleep on the carpet at the house).

Overnight options are sharing a rented house at South Beach (\$10/night) or reserving a motel room on your own. For those staying at the house, Saturday evening dinner and Sunday morning breakfast is available, cost \$10. The club treasury will reimburse the expenses of the sag driver.

Mary Ellen Lind and Dennis Murphy will be the ride leaders. Please contact them if you want a space at the house and meals. Email or leave a phone message by April 16, melind@peak.org or 738-8600.



Daffodil Ride

Left: Barn and Daffodils along the road.

Middle Left: Shovel Sculpture

Below left: Goose in a yard near a rest stop at Noraton Rd.

Middle Right: Rick Riper and Shirley Shodberg ride along busy highway 99.

Below Right: Wade Bloecher tries to stay dry.

Photographs courtesy of Bill Pintand



Santiam Spokes 2011 Summer Tour



SANTIAM SPOKES SUMMER TOUR SILVER FALLS – COAST LOOP - 2011

- Sunday, Sept 11:** Albany to Silver Falls campground. 38 miles.
Monday, Sept 12: Silver Falls to Champoeg campground (Newberg). 42 miles
Tuesday, Sept 13: Champoeg to Dovre Campground. 38 miles
Wednesday, Sept 14: Dovre to Pacific City. 39 miles
Thursday, Sept 15: Pacific City to Devils Lake Campground, Lincoln City 33 miles
Friday, Sept 16: Lincoln City to Moonshine County Park in Logsden, 43 miles
Saturday, Sept 17: Logsden to Albany, 55 miles.

This route was developed by Roger Gaither in 2003. Several of us rode with he and May and thoroughly enjoyed the leisurely pace and gorgeous sights. Nine club members (listed below) met and decided on this route and dates because they wanted to be sure to ride the tour this summer. They are guaranteed in! The group decided to limit the number of participants to 15 because the support vehicle can carry baggage for that many bikers. Also, the group decided to organize group meals. Those who join the tour will be asked to contribute to preparing a meal along the way.

Chuck Young will be our sag driver again. We are grateful that he continues to support the club in this way. Registrations and a \$25 deposits will be accepted by Ron Kropf. Those who get to ride the tour will be accepted according to the date that he receives the registration. Others will be put on a waiting list. We ask that those who receive the benefits of the tour (free sag support) be active club members and be willing to help at the annual Strawberry Century Tour this year (June 11).

We don't know the estimated cost per individual, but probably, as before, it will be around \$100 per person. The costs that bikers pay for includes the campground fees and some group meals.

Another planning meeting will be held in August for those who will be riding this tour. Club members who attended the March 3rd tour meeting were: Ron and Kari Kropf; Brian Hubbard; Chuck Young; Ken Orwick; Barbie Thomson; Maurice Banning; Dennis Murphy and Mary Ellen Lind.

REGISTRATION FORM

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

No later than August 15, submit form and deposit to Ron Kropf, PO Box 1183, Lebanon, OR 97355

DATE: _____

NAME: _____ Phone: _____

E-mail address: _____

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

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

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; Secretary > Barbi Thomson, 541-258-6482; Treasurer > John Hebda; Historian > Position Open; Newsletter > Kari Kropf, 541-401-3349; Publicity > Roger Gaither, 503-394-3696; WebMaster > Maurice Banning, 541-928-6311; Strawberry Century > Position Open;

Santiam Spokes Bicycle Club
APRIL RIDES 2011

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

The Terrain Category will be identified on each route description in the newsletter and on each route sheet that is given at the start of the ride. Also on the route sheet areas that are known to be hazardous will be marked with the word "CAUTION". The overall average group speed for our club is 12 - 14 mph. Some bikers choose to ride faster and sprint ahead of the group and some bikers ride slower. Each person may set his/her own pace. The ride leader usually selects places along the route where the bikers re-group, usually at a turn in the route.

In case of freezing rain, snow, flooding, earthquakes, fire, tsunamis or other extreme weather conditions, please call the ride leader or Al Rimer (541-979-2764) to check on the possibility of the ride being cancelled. If the ride is cancelled it will be rescheduled later in the year.

KEY FOR ROUTE DESCRIPTION

Cat I	Flat to rolling hills. Easy pedaling.
Cat II	More frequent rolling hills, possible several short, steep hills. A hearty workout.
Cat III	Moderate, longer hills, with a few steep climbs. Need to be experienced and in good biking condition.
Cat IV	Frequent hills, some long and steep climbs. These are tough rides that require endurance.

PLEASE NOTE! SATURDAY RIDES START AT 9:00 am - unless otherwise noted PLEASE NOTE!

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.

April 2 **9:00 am**
 Albany-Jefferson-Independence

Distance: 53 miles category II • **Ride Start:** Beanery in Albany • **Ride leader:** to be determined

We'll head to Independence via Jefferson, Talbot Road and River Road. Lunch at the Starduster in Independence. After lunch we will return via Independence Hwy, Buena Vista Road, Springhill Road and Scenic Drive back to Albany. **Directions to Start:** In Albany at Hwy 20 and the I-5 interchange turn onto Fescue St. Go past Home Depot. The Beanery is on the right facing the freeway

April 9 **9:00 am**
 Kings Valley Loop

Distance: Approximate 50 miles category II-III • **Ride Start:** Harrison Bridge in Corvallis • **Ride leader:** Dennis Murphy

Distance approximately 50 miles. Clockwise to Philomath then across coastal foothills, past vineyards and woody scenery. Then to gentle rollers over to Sulver cross Hwy 99 then take Independence Hwy back to hwy 20 and back to Corvallis. **Directions to Start:** From 1-5 take exit 228 onto Hwy 34 to Corvallis. Cross the Willamette River on the Harrison Street Bridge. Turn right on 2nd St., right on Tyler, then right on 1st St. into parking lot under bridge.

April 16 **9:00 am**
 Brownsville -Coburg -Marcola

Distance: 60-65 miles, Cat II-III • **Ride Start:** Post Office in Brownsville • **Ride leader:** to be determined

Rolling hills south of Brownsville then flat to Coburg. We'll break at the store in Coburg then on to Marcola for lunch. After lunch it's over the hill and back to Brownsville. **Directions to Start:** Brownsville/Post Office. From N. Main Street in Brownsville, turn on Stanard Ave. Park in lot behind Post Office, one block off of Main Street.

April 23 **9:00 am**
 Tangent to Brownsville Al Rimer

Distance: 42 miles, category II • **Ride Start:** Al Rimer's House • **Ride leader:** Al Rimer

Pretty much flat through the valley stop at Boston Mill then onto Brownsville for lunch. North out of Brownsville over Washburn, Manning Road, Sand Ridge Rollers and back to Tangent. There's a couple of off shoots for those wanting to do some hill they've never done. **Directions to Start:** Al Rimer's House: 33225 hwy 99E, Tangent, OR. 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.

April 30 - May 1 **9:00 am**
 Newport Ride Challenge

Distance: 70 miles each way, category III • **Ride Start:** Harrison Bridge in Corvallis
Ride leader: Mary Ellen Lind and Dennis Murphy, ph. 541-738-8600.

See description of this event elsewhere in newsletter. Cars may be parked over night at the start location. Chuck Young will be our sag driver. Please contact the ride leaders no later than April 16 if want to stay overnight at the rented house and eat the meals.

April 2011 Cycling

Santiam Spokes

SUN	MON	TUE	WED	THU	FRI	SAT
						Saturday April 2 9:00 am 2 Albany-Jefferson-Independence Start: Beanery in Albany Distance: 53 miles Cat II Ride Leader: to be determined
3	4	5	6	7		Saturday April 9 9:00 am 9 Kings Valley Loop Start: Harrison Bridge in Corvallis Distance: 50 miles Cat II-III Ride Leader: Dennis Murphy
10	11	12	13	14		Saturday April 16 9:00 am 16 Brownsville-Coburg-Marcola Start: Post Office in Brownville Distance: 60-65 miles Cat II-III Ride Leader: to be determined
17	18	19	20	21		Saturday April 23 9:00 am 23 Tangent to Brownsville Start: Al Rimer's House Distance: 42 miles Cat II Ride Leader: Al Rimer
24	25	26	27	28		Saturday April 30 9:00 am 30 Newport 2-Day Challenge Start: Harrison Bridge in Corvallis Distance: 70 miles out and back Cat III Ride Leader: Mary Ellen Lind and Dennis Murphy, ph. 541-738-8600.

Outspoken Submissions
 Please submit material for Outspoken by today to Kari Kropf: bluekat78@comcast.net. PO Box 1183 Lebanon OR 97355

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

Club Meeting
 7:00 pm
 Samaritan Lebanon Community Hospital
 525 N. Santiam Hwy
 Lebanon

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



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