

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 19, No. 4 • January 2011



Santiam Spokes General Meeting

Thursday ♦ January 6th ♦ 7:00 pm

Evening's Program:

Out of Africa

Chuck Daellenbach

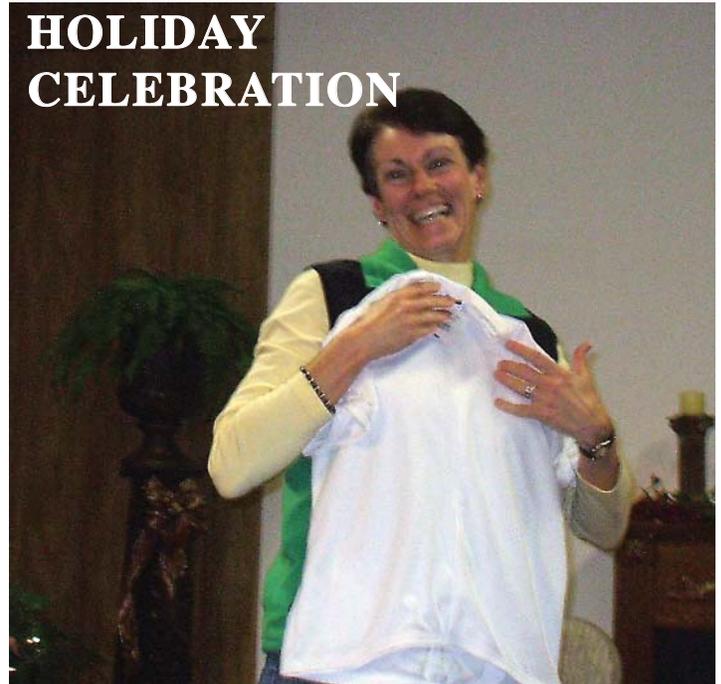
Keith Daellenbach



Chuck Daellenbach and his son Keith will be our speakers for the January meeting. They travelled to Tanzania, Africa in August to climb Mount Kilimanjaro and to go on a tent camping safari to see the wild animals. Chuck has visited us before to talk about his mountain climbing and skiing adventures. Mount Kilimanjaro is 19,341 feet high and it required getting acclimated to the altitude and then climbing the Western Breach of the mountain. Their base camp was at 16,000 feet. Some of the route required hand over hand rock climbing. In all, the climb took 8 days.

After the climb, they went on a 6 day tent camping safari and saw many wild animals, including lions, hyenas, giraffes, zebras and others. "Nature calls" from their tents at night were very exciting due to the hyenas and lions roaming around. They have spectacular photos to share with us of the wild animals and Mount Kilimanjaro.

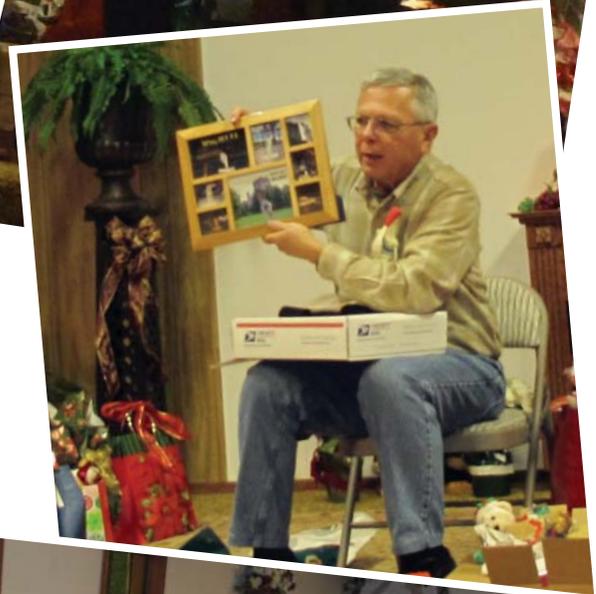
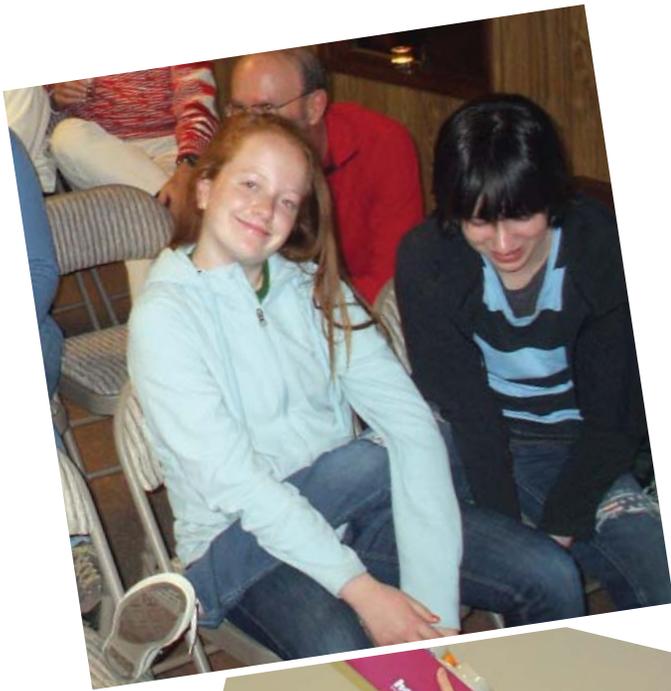
HOLIDAY CELEBRATION



On Friday, December 3 Santiam Spokes held the annual holiday party at Santiam Hall in Lebanon. We had a wonderful meal, entre prepared by Charles Taylor, and potluck dishes provided by club members. After the meal we celebrated the season with the traditional white elephant gift exchange. The knee made its annual reappearance for the occasion, and we may even have acquired a "new" annual gift: She goes by the name Natalya. We'll just have to see next year!



H·O·L·I·D·A·Y Celebration



Photographs courtesy of Dennis Murphy and Ron Kropf

Biking in the snow

By Jim Vorderstrasse

Jim Vorderstrasse is a Santiam Spokes club member who lives in Alaska. You can read more of Jim's blog at: <http://farnorth51.wordpress.com/>

I read a fellow bicycle commuter's blog the other day where it was noted that research show that when your fellow employees and friends tell you that you are "crazy" to be cycling in the winter, that they are really secretly envious of you!! Really?! And this was in a place where they don't have winter like Alaska. It was funny since I had the lady at the local convenience store say that very same thing the night before. I was riding home from the grocery store through the snow on my bike when I cut through the gas station/convenience store where she works and she was standing outside having a cigarette, shivering with no coat, when she called out, "You're CRAZY!" Of course the first thing that came to mind was, Who's crazy? This poor lady weighs in at least 1 1/2 of me and she is probably close to my age, yet she still smokes!! People just don't realize that my beet red face is not red from embarrassment but from exhilaration(and cold)!!

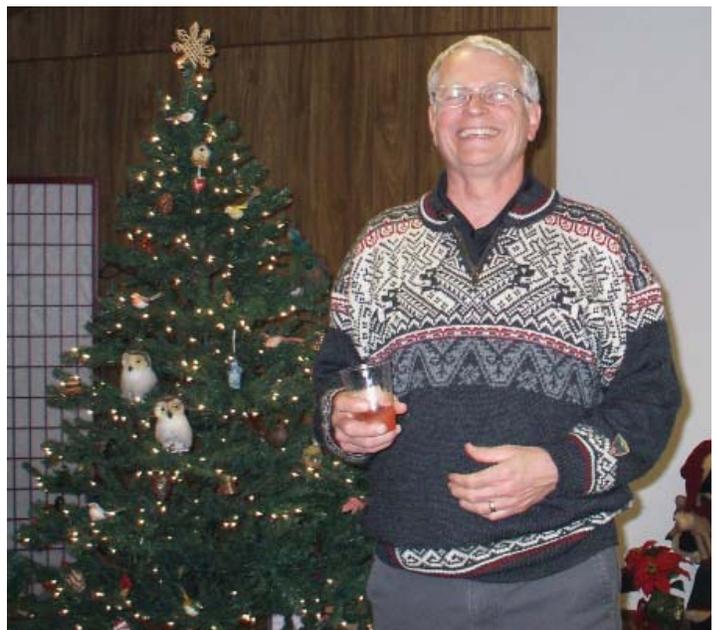
Yesterday I had several errands to run from one end of town to the other on my recumbent bike and I was having a great workout and enjoying myself. It is hard to keep from grinning when I see the look of consternation on some of the faces peering out from the windows of passing cars. I was soon sailing down a big hill by the local soup kitchen where there was a crowd of down and out folks gathering for the evening meal, someone yelled something that I didn't catch and everyone broke out in cheers and applause as I swooshed



by! When I told my buddy about it he said, "Someone must have had a bottle that they were passing around! When I got to my destination, the utility company, I pulled in behind a car with two ladies close to my age, at the drive up window. The driver struggled to open her door and get out to put her payment in the drawer. When the attendant saw me setting back there on my bike behind the car she did a double take. When it was my turn she looked at me and I think thought (Are you CRAZY!) but instead said " Aren't you cold?!" In a moment of inspiration I said, "No, I'm training for the Iditasport!" That seemed to satisfy her as she looked relieved that maybe I wasn't crazy after all but was just an athlete in training. So I have my new mantra that works amazingly well in helping people understand why anyone would subject themselves to the elements at this time of the year. I'm thinking of putting a sign on my bike with a website where people can donate!



More from the Holiday Celebration.



Photographs courtesy of Dennis Murphy and Ron Kropf

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;

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.

RIDES START AT 10:00 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.

January 1 **10:00 am**

Head to Shedd

Distance: 35 miles, Cat I • **Ride Start:** Samaritan Lebanon Community Hospital • **Ride leader:** To be Determined

Lebanon hospital to Shedd for lunch. We will ride out over Rock hill Road on our way to Shedd for lunch. Return along scenic backroads past Sand Ridge. Nice social ride to usher in 2011. **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.

January 8 **10:00 am**

Adair to Monmouth

Distance: Approximate 32 miles category I • **Ride Start:** EE Wilson Game Refuge • **Ride leader:** To Be Determined

The Route travels Hwy 99W for a short time and then we take side roads into Monmouth through the University campus towards Rickreal. We will head south on the bike path and then east to Independence where we will lunch at the airport restaurant before returning via back roads to Adair. **Directions to Start:** From I-5 exit 228. East to Corvallis. Travel 10 miles north of Corvallis on Hwy. 99W. Turn east on Camp Adair Road. Park at the bird cage area.

January 15 **10:00 am**

Santiam Bluffs

Distance: 32 miles, Cat II • **Ride Start:** South Albany High School • **Ride leader:** Wade Bloecher, 541-926-1639

We will head out of Albany on Waverly Drive and then onto Grand Prairie and local backroads to Knox Butte Road. We then ride west to Old Salem Road, on out to the Dever Conner area, and up to Santiam Bluffs. We'll return along Scrael Hill Rd., Kennel Rd., and Spicer Rd., We'll decide if and where we want to do lunch while we're riding. Some hills, but also some nice views. **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.

January 22 **10:00 am**

Lebanon to Brownsville

Distance: 35 miles category II • **Ride Start:** Samaritan Lebanon Community Hospital • **Ride leader:** Ron & Kari Kropf, 541-401-7178

A nice ride with a decent hill albeit not too long. Lunch in Brownsville (Good soup) and then return. Nice weather would be nice, but cross your fingers and come prepared for anything. **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.

January 29 **10:00 am**

McDowell Creek

Distance: Approximate 40 miles category II • **Ride Start:** Samaritan Lebanon Community Hospital • **Ride leader:** To Be Determined

Bring your lunch! Dress warm stay dry!! This is a great ride that goes out Berlin Road to the falls. Nice little 1/2 mile hike if you want to see the falls they're always great and there should be lots of flow this time of year. Vary scenic ride and always a favorite. **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.

January 2011 Cycling

Santiam Spokes

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					<p>Saturday Jan 1 Head to Shedd Start: Samaritan Lebanon Community Hospital Distance: 35 miles Cat I Ride Leader: To Be determined</p>	1
2	3	4	<p>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</p>	<p>Club Meeting 7:00 pm Samaritan Lebanon Community Hospital 525 N. Santiam Hwy Lebanon</p>	<p>Saturday Jan 8 Adair to Monmouth Start: EE Wilson Game Refuge Distance: 32 miles Cat I Ride Leader: To be determined</p>	8
9	10	11	<p>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</p>	13	<p>Saturday Jan 15 Santiam Bluffs Start: South Albany High School Distance: 32 miles Cat II Ride Leader: Wade Bloecher, 541-926-1639</p>	15
16	17	18	<p>Outspoken Submissions Please submit material for Outspoken by today to Kari Kropf: bluekat78@comcast. net. PO Box 1183 Lebanon OR 97355</p>	<p>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</p>	<p>Saturday Jan 22 Lebanon to Brownsville Start: Samaritan Lebanon Community Distance: 35 miles Cat II Ride Leader: Ron & Kari Kropf, 541-401-7178</p>	22
23	24	25	<p>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</p>	27	<p>Saturday Jan 29 McDowell Creek Start: Samaritan Lebanon Community Hospital Distance: 40 miles Cat II Ride Leader: To be determined</p>	29

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



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 Lebanon, Oregon 97355
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