

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 19, No. 9 • July 2011

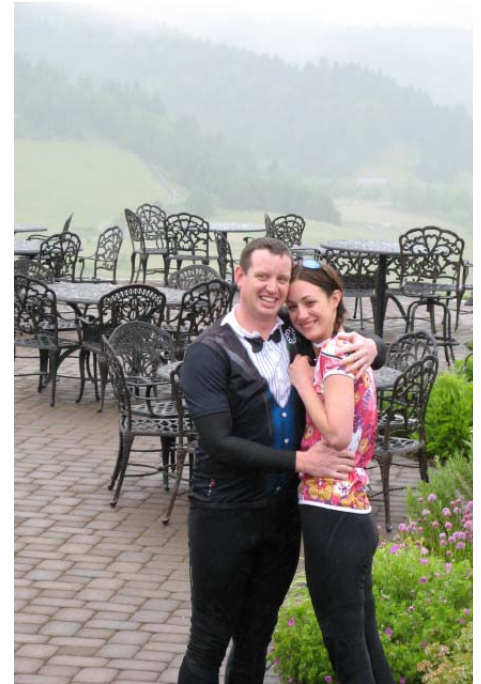


A Very Special Wine Ride

By Christine Lloyd

The day started out as a normal Saturday club ride. The weather was not exactly what we hoped for as the rain clouds would not let up for even a minute. Everyone was in a great mood and all had brought cameras to capture the beautiful scenery...or so I thought. We rode the first 8 miles or so to the first winery only to find that they did not open until 12 and it was just barely after 11 o'clock. After taking shelter from the rain for a few minutes, we decided to head across the street to the next winery, Sweet Cheeks Winery. We all struggled up the outrageously long driveway that seemed to climb straight up the entire way. The employees were happy to see us and seated us outside under cover at a table with a fire pit in the middle. It was a truly romantic setting. After they had poured us our first couple tastings, Brian asked me if

I would like to have our picture taken out by the fountain. I am always up for pictures of us together on our bike rides, especially with beautiful scenery. We walked over to the fountain and as I turned around, Brian reached for my hands and got down on one knee. The surprise was overwhelming. My best friend asked me to spend the rest of my life with him and handed me the most beautiful ring I have ever seen. Of course, I said yes! I then looked over



Brian and Christine

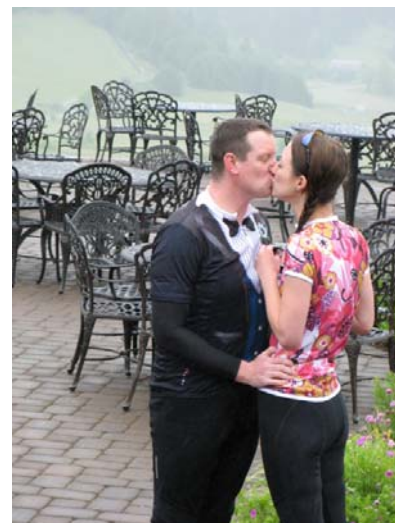
More photos inside...

to see the entire group watching and taking pictures. I must admit, I do not remember much of what happened the rest of the ride because I was in such an excited daze from the whole thing. We completed most of the ride in the rain and chose to skip the last winery so that we could all go get some lunch together. It was such an amazing day for me and for Brian. Thank you so much to those of you that came and shared in this memory with us, it means so much.

Santiam Spokes General Meeting

**Thursday
July 7 ♦ 7:00 pm**

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



A Very Special Wine Ride:

Top Left: Dennis, Tom, Mary Ellen, Bev Brian and Christine

Top Right: Engagement Ring

Middle Left: Brian and Christine

Middle Right: Group, Bill, Bev, Christine, Brian, Tom, Barbi, Dennis and Mary Ellen

Lower: Brian and Christine

Congratulations and Best Wishes to Brian and Christine!



JULY RIDE EVENTS

Looking for a few event rides in the month of July?

July 1-4, 2011

Northwest Tandem Rally

Spokane, Washington
<http://nwtr.org/2011/>

July 16, 2011

Tour des Chutes

Bend, Oregon
7, 25, 48, 72 & 100 miles
<http://tourdeschutes.org/>

July 23, 2011

Ride Through Paradise

Cycling Event

Klamath Falls, Oregon
13, 30, 62, 100 miles
<http://klamathfallscasa.org/events/cycling>

July 30, 2011

Tour de Cure

Hillsboro, Oregon
<http://tour.diabetes.org>

Mountain Home Ride

Photos from the ride that Tom led (Barbi wasn't feeling well) from the Thomson house. It can now be called the "Dog Bite Ride" as Bev ended up getting bitten by a dog. Good thing Barbi was home since she was able to go pick Bev up and drive her to Urgent Care. Nothing too bad, she just wanted to have it checked out.

Photographs courtesy of Barbi Thomson

SANTIAM SPOKES BIKE CLUB
MEETING MINUTES
JUNE 2, 2011

President Ken Orwick opened the meeting promptly at 7:00 p.m. The meeting was a short one as we basically reviewed preparations for the upcoming Strawberry Century ride.

Minutes: Motion carried to approve the minutes from the May meeting as written.

Membership: Jessica Ruef reported that we currently have 40 individual members and 34 family memberships for a total of 74 memberships and 118 registered riders.

Treasurer Report: John Hebda said that we have \$10,455.13 in our account at present. So far \$5,996.00 has been received from Strawberry Century registrations, and expenses to date total \$2,942.54.

Ride Report: Al Rimer reviewed upcoming July rides and reminded people about Sunday rides that will be going on all summer. Also, those wishing to ride the reverse Strawberry route will meet the Sunday before the ride at the high school at 7:00 a.m.

Bill Pintard gave a short review of the trip Roger Gaither, Jo and Ace Johnson are on. One of the riders accompanying them has dropped out, and Roger had a health issue that has now been resolved. You can follow their trip online at

www.crazyguyonabike.com and search for Gaither, then Discovery 11.

Summer Tour: Mary Ellen Lind said there are currently 12 people signed up for the tour, but is inviting more registrations. We can take up to 20 riders this year.

Strawberry Century: Last-minute details were reviewed regarding food, signs, etc. Please meet at 10:00 a.m. at the Mennonite church the day before if you'd like to help prepare strawberries.

The PowerBar company has donated 1,000 bars and bib numbers, and FRS has also donated product for the ride.

Dennis Murphy said that Peak Sports had given us 10 gift certificates, each worth \$25.00. Club members can buy one which will essentially be a donation to the club.

Old Business: Last month we had heard there could be up to 40 kids from Riverview School who may be riding the 13-mile route in the SC; that number is now down to five. Mark and Dell Siddall will be available to lead that ride.

New Business: Nothing at this time.

The meeting was adjourned before 8:00 p.m.

Respectfully submitted,
Barbi Thomson



2011 Spokes Refreshments

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



Strawberry Century

Century Riders on the 100 mile route near Larwood Bridge

Photographs courtesy of Jessica Ruef

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
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:

- 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;

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.

SATURDAY AND SUNDAY 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.

July 2, 2011 • Jefferson to Stayton • 9:00 am

Start: Jefferson Middle School • **Leader:** to be determined • **Distance:** 35 miles • **Cat. II**

Long climb up over Ridge Drive. Eat Lunch in Stayton and return on nice, flat, calm roads to Jefferson. **Start Location:** Jefferson Middle School, 1344 N. 2nd, Jefferson.

July 9, 2011 • Lebanon to Scio via Lacombe • 9:00 am

Start: Samaritan Lebanon Hospital • **Leader:** to be determined • **Distance:** 45 miles • **Cat. II**

Several significant hills as we go through Lacombe on our way to Scio, Relatively flat and easy return to Lebanon. **Start Location:** Samaritan Lebanon Hospital, 525 N. Santiam Hwy, Lebanon. Park in back.

July 10, 2011 • Sunday Series: Rod's Mystery Ride • 9:00 am

Check the website or email either Al Rimer or Rod Sell for details.

We don't know where he's going and he says he's not in shape but never the less I'm in. Probably hills, guessing 50 miles or so and should be fun. Al Rimer: 541-979-2764, alr199@aol.com. Rod Sell: 541-409-1302, rrsell@comcast.net.

July 16, 2011 • Corvallis via Soap Creek • 9:00 am

Start: Corvallis, under the Harrison Street Bridge • **Leader:** Need Ride Leader • **Distance:** 40 miles • **Cat. II**

From Al: I have no idea where this goes, it was last done in 2008. Looks like an adventure to me! **Start Location:** Corvallis, under the Harrison Street Bridge.

July 23, 2011 • Albany to Lebanon to Waterloo Stage Ride • 9:00 am (Albany) / 10:00 am (Lebanon)

Start: Albany: The Beanery • **Leader:** To be determined • **Distance:** 47 miles • **Cat. I**

Start: Lebanon: Samaritan Lebanon Hospital • **Leader:** To be determined • **Distance:** 14 miles • **Cat. II**

Ride from The Beanery in Albany and meet the Lebanon riders at the hospital in Lebanon. From there both groups will ride on to Waterloo for a potluck Lunch in the park. After lunch we will return to each starting point. **Start Location:** From Albany: The Beanery, 1852 Fescue St. SE, Albany OR. From Lebanon: Samaritan Lebanon Hospital, 525 N. Santiam Hwy, Lebanon. Park in back.

July 24, 2011 • Sunday Series: Stan's Really Mysterious Tour • 9:00 am

Check the website or email Al Rimer for details • Seven Oaks Middle School

A variation of Stan's Really Mysterious Tour. We'll start at Seven Oaks School in Crowfoot, ride down Weirich Drive, over to River Road and meander to Sweet Home. Pack a lunch and bring water. **Start Location:** Seven Oaks Middle School, 550 Cascade Drive, Lebanon OR. Al Rimer: 541-979-2764, alr199@aol.com.

July 30, 2011 • Jefferson to Mehama • 9:00 am

Start: Jefferson Middle School • **Leader:** Need Ride Leader • **Distance:** 54 miles • **Cat. II-III**

Ride out east of Jefferson through hilly country to Mehama. We will find a place for lunch and return via an easier, route. Pack plenty of water. **Start Location:** Jefferson Middle School, 1344 N. 2nd, Jefferson.

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

July 2011 Cycling

Santiam Spokes

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						<p>2</p> <p>Saturday, July 2 9:00 am</p> <p>Jefferson to Stayton Start: Jefferson Middle School Distance: 35 miles Cat II Leader: TBD</p>		
						<p>9</p> <p>Saturday, July 9 9:00 am</p> <p>Lebanon to Scio via Lacombe Start: Samaritan Lebanon Hospital Distance: 45 miles Cat II Leader: TBD</p>		
						<p>16</p> <p>Saturday, July 16 9:00 am</p> <p>Corvallis via Soap Creek Start: Corvallis, under the Harrison Street Bridge Distance: 40 miles Cat II Leader: Need Ride Leader</p>		
						<p>23</p> <p>Saturday, July 23 9:00/10:00 am</p> <p>Albany, Lebanon, Waterloo-Stage Start: The Beanery / Samaritan Lebanon Hospital Distance: 47 and 14 miles Cat I Leader: TBD POTLUCK LUNCH!</p>		
						<p>30</p> <p>Saturday, July 30 9:00 am</p> <p>Jefferson to Mehama Start: Jefferson Middle School Distance: 54 miles Cat II-III Leader: TBD</p>		
					<p>7</p> <p>Club Meeting 7:00 pm Samaritan Lebanon Community Hospital 525 N. Santiam Hwy Lebanon</p>	<p>21</p>		
				<p>6</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>14</p>	<p>20</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>13</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>20</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>27</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>5</p>	<p>12</p>	<p>19</p>
						<p>4</p>	<p>11</p>	<p>18</p> <p>Outspoken Submissions Please submit material for Outspoken by today to Kari Kropf: bluekat78@comcast.net, PO Box 1183 Lebanon OR 97355</p>
						<p>3</p>	<p>10</p> <p>Sunday 9:00 am</p> <p>Rod's Mystery Ride Check the website or email either Al Rimer or Rod Sell for details. Al Rimer: 541-979-2764, alr199@aol.com. Rod Sell: 541-409-1302, rrsell@comcast.net.</p>	<p>25</p>
						<p>26</p>	<p>17</p>	<p>24</p> <p>Sunday 9:00 am</p> <p>Stan's Really Mysterious Tour: Check the website or email Al Rimer for details. Al Rimer: 541-979-2764, alr199@aol.com. Start at Seven Oaks Middle School</p>

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



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