

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 19, No. 6 • March 2011



Five Eagle Rides

By Bill Pintard

Who says it's too cold and wet to ride in February? February is lambing month and the eagles know it. They are out looking for the baby lambs. Both on the Lebanon to Albany ride and the Chocolate ride riders saw 5 eagles. We stopped on Red Bridge Road after seeing the first eagle perched high in a tree. Then, as we rode further down the road we saw more adults and a juvenile.

On the Chocolate ride we travelled on Red Bridge Rd too but no eagles. I was disappointed. But then we went down Gore Rd and we began to see eagles. There was one in the field, near a flock of sheep. He was working on a recent kill. He stayed there and let us watch him for a long time. The others were in the trees on the other side of the field, watching the sheep.

All this month and into March there will be lots of lambs frolicking in the fields. Don't let a little chilly weather stop you. There was no rain on either of these rides, just some clouds. It's a great time of year to ride.



Eagles in the trees...and Eagles on the Ground



**Santiam Spokes
General Meeting**

**Thursday
March 3 ♦ 7:00 pm**

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

Photographs courtesy of Kari Kropf

Jack Thomas Award

Congratulations to
Maurice Banning

Recipient of the
2010 Jack Thomas Award.

The Jack Thomas Award is presented each year to a club member who has given years of leadership and service to our club, the Santiam Spokes, and to the greater community of bicycling. It recognizes their commitment to cycling as a fun and healthy way of life.



Santiam Spokes 2011 Summer Tour

There will be a Summer Tour meeting at 6 p.m. prior to the Club meeting on March 3rd. This is for all members who want to go on the week-long tour this summer. We will be making a decision on the date and the route for the tour.

Build Lebanon Trails

2nd Annual Cheadle Lake 5-K Fun Run and Walk

May 7, 2011

Build Lebanon Trails (BLT) on May 7, 2011 will be hosting the 2nd Annual Cheadle Lake 5-K Fun Run and Walk. All proceeds from this event will go towards developing and maintaining existing and proposed trails in Lebanon. Details on every trail can be found in Lebanon's Strategic Trails Plan.

Volunteers are needed the day of the event for 2 to 4 hours. Volunteers will be staged at every turn on the 3.2 mile 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 opportunity information is available including sponsorship levels and benefits.

If you are interested and/or wish more information please contact Rod Sell at rrsell@comcast.net or 541-409-1302.

2011 Spokes Refreshments

March
Donna Short

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



SANTIAM SPOKES BIKE CLUB
MEETING MINUTES
FEBRUARY 3, 2011

President Ken Orwick called the meeting to order at 7:02 p.m. He began the meeting by presenting the plaque representing the Jack Thomas award to last year's winner, Maurice Banning. Roger Gaither suggested that we also retroactively give winners their own personal plaque to keep as well as this one that circulates. Motion carried to do so. Roger will bring his own to show Ken who will have something similar made up.

Minutes: The minutes from the January meeting were approved as written.

Membership: No report for this month.

Treasurer Report: John Hebda reported that we have \$7,551.02 in the money market fund, and \$216.77 in checking. We've received no income in January, but he has paid a couple of bills to Maurice for website costs and to reimburse Dian Gerstner for the Sunnyside reservation. He did send in our \$3,000 donation to the hospital.

Ride Report: Al Rimer was absent, so Bev Henderson gave a short update on rides. She will not be able to lead the Daffodil Ride due to another commitment; Dennis Murphy offered to lead it. Also, the annual Brewery/Coast ride date has been changed as the house normally rented will not be available the last weekend in April (also, it's Easter weekend). We will instead be riding to Newport the weekend of April 30/May 1.

The route for the annual Valentine's Day Chocolate Ride has been changed; we will meet at the Beanery in Albany at 10:00 a.m. and end there for lunch and club-purchased dessert.

Bill Pintard brought up the Oregon Bicycle Ride route – should we consider doing this as our summer tour? Various other routes were suggested as well, and those interested in helping plan the tour need to meet at 6:30 p.m. prior to the next meeting.

Old Business: Roger Gaither had three shirt samples tonight – white, safety green (same as last year's Strawberry Century shirt) and bright orange, along with picture logos to be put on the front and back. Cost for each shirt to be approximately \$22 to \$23, including screen-printed logo. He will send the pictures to Kari Kropf for the next newsletter to solicit other opinions, and we'll revisit this at another meeting.

Roger also showed the design, by Kari, for this year's Strawberry Century shirt and brochure. Motion carried to accept the design as well as entry and t-shirt prices, and Roger will have them printed in time for us to prepare for the first mailing at our next meeting.

Roger has contacted all seven area libraries who were all enthusiastic about receiving Adventure Cycling magazine from us. He will get a check for \$140 from John for this.

The Oregon Active Transportation Summit (Bike Summit) will be held in Salem March 29-30. Bill suggested the Spokes have a table at the Summit where we can pass out brochures. It will cover

more than just biking and may include talking with legislators. The club will sponsor two people at the cost of \$50 each, this includes dinner and guest speakers.

New Business: Bill has contacted Peak Sports in Corvallis about a "shop night." They are open to having us come again and will have a mechanic there to help after hours. It was suggested he conduct a "Doodle Poll" as to preferred nights. He is asking people to make a commitment so that Peak doesn't open their doors and have no one show up.

Bill received an email from Roseanne Hartness, at Seven Oak Middle School, who is the Safe Routes to School coordinator regarding "Get in Gear." This is a mentoring program where kids learn how to work on a bike and will then get to keep the bike. He asked if anyone would be willing to help out every other Wednesday afternoon when Seven Oak has a half day of school. If interested, please contact either Rod Sell (541) 409-1302; rrsell@comcast.net, or Roseanne Hartness, (541) 451-8511, ext. 253; Roseanne.Hartness@lebanon.k12.or.us

Bill also asked if it's worth it for the Spokes to continue doing Bike Rodeos at the fire station. Ron Kropf suggested perhaps doing one during the Strawberry Century. Roseanne may be the best person to coordinate them from now on.

Barbi asked the Spokes to consider taking part in the Lebanon Chamber's program sponsoring a medical bag for a new medical school student. She explained it's a one-time donation of \$200, or it can be paid for over four years' time. We would receive our name on a plaque that will be placed in the school along with a window sticker for car or building, and be invited to a yearly appreciation reception. Since we are hoping that a good number of students will also be bike riders, this would be a good way to get our name introduced to them. Motion carried to take part in this program; John will mail Barbi a \$200 check.

Barbi also asked if the club would be willing to donate a family membership to the silent auction that will be held at the Chamber's annual Distinguished Service Awards banquet in March. By affirmation it was agreed that three memberships will be donated.

Lastly, Barbi said that anyone who may have been on the Cycle Oregon ride this year who may have wanted to purchase the commemorative Pendleton blanket but did not do so, may now obtain it at half price. She has contact information if anyone is interested.

Roger and May will be showing the pictures of their New Zealand trip last year at the Albany Public Library, February 13 at 3:00 p.m. if anyone would like to see them that didn't get the chance to in Scio.

Respectfully submitted,
Barbi Thomson

McDowell Creek Ride

By Kari Kropf

We rode the McDowell Creek Ride in reverse direction. As seems normal for our rides of late, we started as a group, but split up as the day went on. We took a short break at Waterloo before continuing on toward the park.

→

Al on the way to McDowell Creek Park followed closely by his shadow. Shadows mean sunshine!



Most riders rode up to McDowell Creek Park, but Jo and Ace, and Ron and I turned onto Berlin Road for an early return. Beautiful weather, sunshine and warm. Unusual for January. I'm not complaining.

←

Dennis and Maurice, big smiles

Near Mallard Creek golf course, we saw a batch of very young lambs. There was one set of twins, who were just born and still covered in the creamy yellow fluid that newborns are coated with. That's pretty newly born I'd say.

→

Jo and Kari riding along Berlin Road on their way back to town.



More From The Chocolate Ride

By Kari Kropf

On our way out of Albany we stopped to regroup and found this cute little fellow.



Dennis made friends with the friendly little horse. He was a little unsure of the recumbent, or of the bikes in general, but he was curious and brave enough to come forward for a closer look.



Photographs courtesy of Kari 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.

March 5 **10:00 am**
 Decker Road Bellfountain Loop

Distance: 31 miles category II • **Ride Start:** Harrison St. Bridge in Corvallis • **Ride leader:** Mary Ellen Lind/Dennis Murphy

We'll ride the Corvallis-Philomath bike path, then take Hwy 34 to Decker Road. The return to Corvallis will be via Bellfountain Road. Lunch in Corvallis. **Directions to Start:** 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.

March 12 **10:00 am**
 Daffodil Ride

Distance: Approximate 35 miles category II • **Ride Start:** Gazebo at the park in Harrisburg • **Ride leader:** Mary Ellen Lind/Dennis Murphy

Every Year we do this! And every year it's great. Lots of flowers, old cars, old people. Long Tom Grange, cinnamon rolls, oh yeah did I mention flowers? **Directions to Start:** Harrisburg Riverside Park, 1st Ave, Harrisburg. From I-5 exit 209 head west toward Harrisburg/Junction City. Turn right onto Diamond Hill Dr. Turn left onto N 7th St. Turn right onto N Territorial St. Turn left on 1st avenue. Park in Riverside Park parking lot.

March 19 **10:00 am**
 Rolling to Lacombe

Distance: 34 miles, Cat II • **Ride Start:** Samaritan Lebanon Community Hospital • **Ride leader:** to be determined

Lots of rollers and a couple of challenging hills. Time to get in shape for spring. Lunch will be at Mallard Creek Golf Course for those not in a rush to get back. Easy roll back into 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.

March 26 **10:00 am**
 Brownsville to Shedd

Distance: 33 miles category II • **Ride Start:** Brownsville Post Office • **Ride leader:** to be determined

This ride, after climbing the road near Washburn Heights, will be mostly flat traveling north through the valley and back to Shedd, followed by a quick return to Brownsville. **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.

March 2011 Cycling

Santiam Spokes

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	5	5
			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	Saturday March 5 Decker Rd./Bellfountain Loop Start: Harrison St. Bridge in Convalliss Distance: 31 miles Cat II Ride Leader: Mary Ellen Lind & Dennis Murphy	Saturday March 5 10:00 am Decker Rd./Bellfountain Loop Start: Harrison St. Bridge in Convalliss Distance: 31 miles Cat II Ride Leader: Mary Ellen Lind & Dennis Murphy
6	7	8	9	10	12	12
			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		Saturday March 12 10:00 am Daffodil Ride Start: Gazebo at the park in Harrisburg Distance: 35 miles Cat II Ride Leader: Mary Ellen Lind & Dennis Murphy	Saturday March 12 10:00 am Daffodil Ride Start: Gazebo at the park in Harrisburg Distance: 35 miles Cat II Ride Leader: Mary Ellen Lind & Dennis Murphy
13	14	15	16	17	19	19
		Outspoken Submissions Please submit material for Outspoken by today to Kari Kropp: 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		Saturday March 19 10:00 am Rolling to Lacombe Start: Samaritan Lebanon Community Hospital Distance: 34 miles Cat II Ride Leader: To Be determined	Saturday March 19 10:00 am Rolling to Lacombe Start: Samaritan Lebanon Community Hospital Distance: 34 miles Cat II Ride Leader: To Be determined
20	21	22	23	24	26	26
			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		Saturday March 26 10:00 am Brownsville to Shedd Start: Samaritan Lebanon Community Hospital Distance: 33 miles Cat II Ride Leader: Brownsville Post Office	Saturday March 26 10:00 am Brownsville to Shedd Start: Samaritan Lebanon Community Hospital Distance: 33 miles Cat II Ride Leader: Brownsville Post Office
27	28	29	30	31		Apr 2

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



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c/o Samaritan Lebanon Community Hospital
P.O. Box 739, 525 North Santiam Hwy,
Lebanon, Oregon 97355
www.santiamspokes.org