

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 20, No. 01 • November 2011



Santiam Spokes General Meeting
Thursday ♦ November 4th ♦ 7:00 pm
Guest Speaker: Enrique Semadeni
Cycling in France

Samaritan Lebanon Hospital
525 N. Santiam Hwy, Lebanon

Details inside...

Roger's Ramblings

It Has Been A Good Fall

Roger Gaither, President

The Rides

September and October have been relatively kind to us. When it was scheduled to rain, it waited until after the ride; when there was a chance of bad weather, it mitigated at the last moment. Sometimes the weather turned out great when miserable was forecast. We've had some problems of course, but overall the weather has worked in our favor more times than against us.

For instance, the Mt. Pleasant Ride was well attended and quite a number of riders enjoyed the three loops of 9, 19 & 31 miles each. Afterward lunch was great at the Covered Bridge Coffee House.

The weather for the Luckiamute Loops was supposed to be wet and chilly; it was only cool and we had an excellent ride. I wish more folks had come.

The Covered Bridges Rides, Tours Sharing & Potluck brought out upwards of 30 riders. the weather was beautiful, the rides good, the food great & plentiful, and the tours sharing went well. Everyone had a good time.

I could go on with the Apple Daze, the Albany/Dallas and the Peoria Loop rides. In addition the Wednesday Wanderers have enjoyed good weather. What is happening?

Let's just forge ahead and pretend that fall will continue to be good biking; why not?



Other Good Things

We've also been busy on several other projects:

Kari has designed a fine logo for the 2012 Strawberry Century and the four sub-committee chairs that Dennis prescribes to mount the Strawberry are largely in place and working.

The club shirt has been approved and it is possible to order yours on the club web-site or through the

order form in this newsletter. We think it will be both pretty and comfortable. I suggest buying two: one SS for summer and one LS for the cooler months.

And the Extra Spokes Rides list serve is set up and members are letting me know to add their names to the list. Soon I expect to send out a test message to see how the list serve will function to allow us to get together for extra or impromptu rides. It will be fun and an efficient way to take advantage of the infrequent good weather days of winter.

The Holiday Party

Lastly I want to invite you to reserve Friday, December 2 for our annual Spokes Holiday Party. We'll meet, enjoy good food and company, and exchange zany gifts at our white elephant gift exchange. We'll also recognize some members who provided leadership and good service to the club last year.

See you on a bike seat:-)



Top: Riders taking a break at Larwood park. Covered Bridge Ride

Lower: A few Mid-Valley Riders join us for a fun ride to Apple Daze at Detering Orchard

Photograph courtesy of Kari Kropf

The Bouncy White Dog

By Roger Gaither

Thursday, October 20, 2011

We had a brush with death on a bike ride yesterday; I was sobered, sad, angry and confused.



On a Wednesday Wanderers ride we were on our way from Albany to Lebanon on Tennessee road. We approached a white house on the north as we headed east. Someone shouted, "There's a dog coming out!" May & I were ahead on our tandem and I looked over to see a small, white, bouncy, long-haired dog heading our way; it entered a gap between two parked cars in front of the house. We passed and saw a pickup coming our way at a good speed toward the house we just passed. May yelled loudly, "dog! dog!" I looked back and saw the little dog in the road; a second later, with a loud "CRACK" like a high powered rifle, the truck hit the little dog!

Stunned, we all stopped ~ the riders and the truck driver! We converged on the tiny white spot on the road just as a young girl came flying out the front door of the house followed by a woman, probably her mother. The girl screamed and fell to the ground in agony at what had just happened. Ace, Bill and the driver encircled the little dog; the mother held the sobbing young girl.

The little dog that had been so full of life just a minute before was dead and nothing we could do would change it.

We rode on trying to describe and explain what we had just witnessed and shared.

I was sobered knowing that we ride with forces that can injure or kill us in a moment. 99% of the time, I don't think about the risks of bicycling, but I always ride defensively and as safely as I know how. Subconsciously, we're all always aware of the dangers; yesterday, we overtly confronted those fears and gave thanks none of us was injured.

I was sad and angry that the little dog died innocently and the young girl was subjected to the extreme emotion she expressed upon the loss of her dog. I was also angry that she had not done more to protect the little dog from itself for being a feisty little dog. But dogs ARE dogs.

I was confused because while we saw the tragic situation unfolding, there seemed to be nothing we could do to alter events. And I asked myself what we could have done.

I have seen a person on a bike ride struck by a vehicle (not fatally); I felt the same futility of helplessness in my inability to do anything to alter the course of events unfolding before my eyes. Yesterday, those memories and visions came flooding back and I remain confused. I don't have the answer; I won't stop riding a bicycle, but I am constantly wary, just below consciousness, of the dangers surrounding us. I will be ever careful not to enter the pipeline of unalterable events leading to tragedy. What else can I do?



2011 Spokes Refreshments

November
Al Rimer and Rod Sell

December
Christmas Party

January
Volunteer!

February
Volunteer!

*"I came out
for exercise,
gentle
exercise, and
to notice the
scenery and
to botanise.
And no
sooner do I
get on that
accursed
machine
than off I go
hammer and
tongs."*

*~ H.G. Wells, The
Wheels of Chance*

Santiam Spokes Bicycle Club General Meeting

November 4, 2011 . 7:00 pm
Samaritan Lebanon Community Hospital

Guest Speaker:

Enrique Semadeni
Cycling in France

Two weeks of cycling in France with good friends on the back roads of Brittany and Normandy, eating good French food, enjoying the numerous interesting museums on D-Day and WWII--what could be better? Lloyd and Grace Swanson on their Co-Motion tandem, and Enrique and Kay Semadeni on their touring bikes took just such a trip in June and will share some stories and slides with you on November 4th.

Maintenance and Repair Class at Peak Sports

Peak Sports in Corvallis offers Bicycle Maintenance and Repair Classes the first Tuesday of each month, from 6:00-7:30 p.m. Everyone is welcome and it is free of charge. The schedule through the end of the year is as follows:

November 1: Flat Tire Repair

December 6: Basic Maintenance

Contact Peak Sports for details or visit their website for more information.
www.peakssportscorvallis.com/



WANT TO MOVE FROM THE BACK OF THE PACE LINE?

By Charles Taylor 10/11

This story starts with a broken spoke I had, which forced me to switch to an old Campy Record wheel to use for my next bike ride. After the spoke was replaced, I happened to spin both my Cain Creek and Campy Record to see which would spin longer. Campy won.

Not wanting to purchase new wheels I sought other means to get my Cain Creek wheels up to speed. I had spoken to Bill Pintard, years ago about ceramic bearing, but at that time they were very expensive. The price for ceramic bearing has decreased and there are many suppliers. Most commonly used for bike applications are called hybrid ceramic, they have ceramic balls, and stainless steel races. Prices for total ceramic are about three times higher. Silicon Nitride ceramic balls are made from pure Silicon Nitride, grade 5, are 5/1,000,000 from exactly round in sphericity, 60% lighter weight, and 7 times harder than steel, friction is reduced to near zero. Bearings are lubricated with grease containing PTFE (Teflon). This gets smashed on to the ceramic balls and /or race making a coating between the two. When combined with special seals and lubrication, friction can be

reduced 20 to 30 times lower than steel bearing. Speed advantages comes from reduced rolling resistance, increased durability and reduced weight.

I wanted my Cain Creek wheels to out spin my old Campy Records. I purchased ceramic wheel bearing from www.enduroforkseals.com, but later found the same bearing for \$14.49 each from www.vxb.com. Where I purchased my rear sealed bearing and 9 ceramic balls. Bring total at best prices to \$89.00 plus labor.

Next because your rear derailleur pulley wheels are constantly turning at a higher rate of speed than other bearing, I decided to replace these with ceramic, also hoping to make shifting smoother. www.bocabearings.com lets you send in your own derailleur pulleys and have them fitted with ceramic sealed bearing for \$50.00 dollars. I purchased ceramic sealed bearings from VXB for \$30.00, and replaced them myself.

There are a few other areas you can replace bearing, pedal and bottom bracket bearing of your crank set. I can find no one on the internet that has replaced their ceramic bearing, back to steel bearing. I did read one response that a fellow was able to go down hills faster than he enjoyed with ceramic wheel bearing.

I have devised a comparison test to measure speed & distance comparing Campy Record, to new improved Cain Creek/ceramic. By starting at 2 mph, not pedaling downhill at Waterloo Park, to measure maximum speed and distance to a stop. I will let you know the results.

Supplier of Ceramic bearing:
www.vcrbike.com
www.vxb.com
www.enduroforkseals.com
www.bocabearing.com



Top: Happy Birthday Mary Ellen! A surprise birthday treat in Brownsville. Photograph courtesy of Bill Pintard.



Lunch in Brownsville



Above: Electrical Tape. Don't leave home without it! Tire fail: Ron's tire delaminated on the road to Dallas. Dian saves the day with a supply of electrical tape. Photograph courtesy of Kari Kropf.

Santiam Spokes
Monthly Meeting Minutes
October 6, 2011

Regular meeting:

- Call to Order at 7:05pm.
- Introduction of all in attendance
- Potluck
- Foundation of the Club: Lloyd Lambert and Sally Skaggs (charter members) spoke about how the club came to be.

Business Meeting:

- Call to Order at 8:07pm.
- Thanks to the 2011-2012 team
 - Historian: Bill Pintard
 - Membership: Jessica Ruef
 - Newsletter: Kari Kropf
 - President: Roger Gaither (Roger will fill the Presidents position until the Strawberry century, then Ron Kropf (Vice President) will take over until the end of the term.)
 - Publicity: Roger Gaither
 - Ride Captains: Roger Gaither and Jo Johnson
 - Secretary: Christine Davies
 - Treasurer: John Hebda
 - Vice President: Ron Kropf
 - Webmaster: Maurice Banning
 - Strawberry Century: (still looking for a volunteer. Maurice Banning will set up registration)
- Minutes of the September 2011 Meeting: 1st motion – Jessica, 2nd motion – Lloyd, all in favor.
- Treasurers Report: Total assets minus known liabilities=\$11,505.23. Our Net income=\$1,096.77. 1st motion – Debbie, 2nd motion Shirley, all in favor. John would like us to financially close out the Strawberry Century after 4-6 weeks. Roger will put this item on the agenda for the board.
- Ride Schedules for November & December: A schedule has been handed out. Bringing rides forward and plugging them in from previous years. Would like to continue to follow rational if there is a tradition in a ride, we'll plug those in first. Starting most rides in the central area; Lebanon, Albany, Jefferson, Scio, and Corvallis. Shorter rides for the winter and longer drives/distances for the summer. Also looking at ways

of shortening rides. We're open for new ideas for rides. If you'd like to volunteer to lead a ride, or lead a ride with help, let Jo or Roger know. Cue sheets and maps will be provided for rides. Let us know your favorite rides.

- Emails: Roger asked if his emails are good with members. All is good with everyone. Received an email from Louis Berry from Portland. His wife had surgery, but asks to still be kept informed. They hope to ride with us again soon.
- Membership Report: We are currently in our fall renewal cycle. Currently we have 45 individual memberships, 33 family memberships, 75 riders in families, 78 total memberships. There are 12 individuals and 7 family memberships not renewed. Jessica requested Louis's email address for membership.
- Strawberry Century Report: Dennis reported that a committee meeting was held and a review is in process (requested by Raylene) for work others have done. There is a consideration of the fee structure. Once the fees are set then the brochure and publicity will begin. Kari has come up with the logo for the Strawberry 2012. The plan is to put the design on a yellow shirt (same type as last year). Bright yellow for visibility.
- Webmaster Reports: Roger said the website is there, functioning, newsletter is up, Jessica sends out the newsletter email that it's online. All is looking good and all links are working.

Old Business:

- Club Tour: MaryEllen said they had a terrific time. Only two flats and no mechanical problems. They had eight riders, Chuck drove, and a little over 300 miles. Roger asked who wants to be on the committee for the next club tour?
- Philanthropy Committee: Roger asked John if we've written a check to the foundation. John said not yet and asked about donation vs services rendered for some checks that have been written. The Philanthropy Committee was an idea that Dennis pushed to screen requests outside of regular club meetings.
- Club Jersey: Roger put together options for designs and colors. The vote was for a red shirt. Roger

showed the design, price, and information on the jerseys. 1st motion – Rod would like to adopt the shirt as shown as a club shirt, 2nd motion – Donna, all in favor. 1st motion – Ace motioned to pay for silk screens, 2nd motion – Greg, all in favor. Shirts can be ordered via the website. Roger will make up a form for Kari to put in a newsletter, then form and money (can be mailed in) for John to deposit. When we've accumulated 20 orders, we can place an order.

- Club Brochure: Bill did some work on the club brochure and asked Roger if he would finish it. Roger will bring it to the November club meeting.
- Any Other Old Business: none

New Business:

- Tour Planning Committee: Rod volunteered Raylene and said that Rod would be on it. MaryEllen nominated Brian and Christine, while Jessica nominated all others who were missing. Roger will help too.
- November Awards: Roger would like three helpers. Christine D offered to be on committee.
- eXtra Spokes Rides List Serve: A free service where a last minute, unscheduled, extra ride could be put on the web by those in the list, a message would be sent to those interested (also on the list), and anyone interested in going could go. Roger will set up the site.
- BLT: Rod brought in a BLT bike rack. BLT has commissioned 14 of these bike racks. The general public could purchase, but BLT wanted to recognize the support the Santiam Spokes have given to the committee over the years, and to dedicate this one to the Santiam Spokes. BLT would like to do this officially with the press, and maybe starting a ride early that same day. They are for sell for \$250/each or a full package (installation at a location with the BLT going through the hoops for the permit and permission to install) for \$300-350.
- Ace brought in a box of goodies, nutrition bars, if anyone wanted them.
- Adjournment at 8:55pm ~ Thanks for coming

Submitted by Christine Davies



Board Minutes

Oct. 19, 2011 • Santiam Spokes

Samaritan Lebanon Community Hospital

Call To Order & Misc

- Call to order at 7:00pm.
- Club brochure status: Kari gave Roger some pictures for the club brochure. He will present a proof copy of the brochure at the November meeting.
- Club shirt status: Shirts are up on our web-site and available to order. Photos of actual shirts with zippers installed will be online in a couple of weeks.
- Ride scheduling: Jo and Roger have put a schedule together for November. Preparing soon to complete December & January.
- Roger has subscribed to mapmyride.com for \$100. It has unlimited mapping privileges and downloading of maps. Roger will forward the maps to Maurice to put on the web-site. If it all works well, Roger will ask the club for a refund.
- Where is the club stationary? Possible options were with Maurice or Barbi.

Scheduled Business

Club meeting schedule

- Roger proposed to omit the January and March club meetings. The Board opted to keep March but omit the January meeting. John requested that the July club meeting include the strawberry closeout. (the first Thursday in July is July 5th).

Strawberry Century Fee Structure for 2012

- The Board voted to raise the fee \$5 for pre-registration.
- John suggested raising the fee \$10 for same day registration. The Board agreed to do this.
- John suggested displaying a showcard so the public knows where their money is going. This is forwarded to Strawberry committee.
- The Board decided to leave the fees the same for youth 13 & under.
- Discussed raising the max per family to \$30, but decided to keep at \$20.
- Proposed that registration for the family ride this year be separate and a suggested time of 10 am to start registering. No decision on this. Forwarded to Strawberry committee.
- The Lebanon Chamber of Commerce has a small grant of \$100 for which we could apply relating to our bringing visitors to Lebanon for the Strawberry. Forwarded to Strawberry committee.
- Shirts – For our info, in 2010 the club paid \$9.46 for short sleeve and \$12.91 for long sleeve. We charge \$16-\$19 for pre-registration and \$18-\$21 same day.
- Clips and Socks – We could sell clips for around \$8. Forward to Strawberry committee.

Sponsor Levels

- Gold \$500+
- Bronze \$250-\$499
- Silver \$125-249
- Discussed adding a Platinum level of \$1000. Board decided not to do this.
- Dennis suggested we add a sponsor level of \$100 for hotels & motels to list them on our website (with their logo) so people could see it...have a link to lodging for the Strawberry, etc. This will be forwarded to the Strawberry Committee. Are other key Strawberry decisions needed at this point?

- Team registration? (One of Jess's ideas.) Would have to be handled separately (not online). How would we keep track of it? It would increase pre-sales! Would only include pre-registration, they would buy t-shirts day of ride. They would get a small discount for 10+ people. The Board decided not to offer this year, but will reconsider for 2013.
- Roger: It's not a race. As a club we have de-stressed competition and we don't want to have fast blocks of people riding together as a mass.
- Maurice says it would be difficult to administer.
- Roger suggested that while mounting a successful Strawberry that we control costs, i.e. look at each decision that costs money and decide if it's the least expensive way to achieve that requirement. The biggest costs are food, site fees, printing, donations and miscellaneous expenditures.
- Dennis stressed the need to have four chairs in place for the four key sub-committees mounting the Strawberry in order for him to consider accepting the coordinator position for the 2012 Strawberry. Currently there are four chairs in place: Raylene - Food, Rod - Roads, Roger - Publicity, and Maurice - Registration. However, Maurice will be traveling mid-winter and these responsibilities must be transferred to someone else at that time. We are working on this.

Donation to SLCH Foundation

- Donation to Hospital – The Philanthropy Policy says 35% of the net yearly receipts, not to exceed \$3000. The net of the 2010 Strawberry was \$5,572. Dennis: BLT should be designated as outside support in Strawberry accounting.
- The Board decided to donate \$2,000 to the Lebanon Community Hospital Foundation. John will write the check and deliver it to Roger who present it to the foundation in the name of the club. He will attend the Foundation annual meeting on November 10 representing the Club.

Other Donations

- Club funds in the bank = \$11,854.98. After the foundation donation the club account balance will be \$9,854.98. Will reserve \$8000 for the Strawberry contingency leaving an available balance of \$1,854.98 for club member support activities and the Philanthropy Committee.
- Roger stressed that the club has an obligation to spend money for our holiday party, spooky spokes ride, chocolate ride, and other club events because that is payback to the club for all the work for the Strawberry. Roger will determine a rough budget for such club expenditures. Then the balance would go to the Philanthropy committee.
- Other Donations:
 - Adventure Cycling got a check.
 - League of American Bicycle got a check.
 - BTA got a check.
 - Rails for Trails got a check.
 - Bike Safety - Bill says we could designate that the money we give to the BTA could be restricted to Linn County (not just Albany) for safety. (There is no bike safety going on this fall for a few reasons. Hoping to do it again in the spring.)

Membership

- Jessica has several ideas. She will summarize each of these for later consideration.
- Team registration (already mentioned). The Board decided not to offer this in 2012. We will reconsider for the 2013 Strawberry.
- Corporate Membership (proposed requirements & benefits)
- Fee of \$50 (paid by June 15th). Advertise compan in newsletter, link on our website to their website, 10 copies of our newsletter at their location, 1 comp ride for the strawberry century. This will be considered at a

future board meeting.

- Courtesy Membership: Jessica wonders what the requirements are to be a courtesy member. At present only Myrna Kline is listed as a courtesy member. She is the widow of a former popular member/president of the club. The club extends this to special people who have played an important role in the life of the club.
- Club ride ambassadors
 - Outreach to help organize rides as part of their wellness programs.
 - Once a month or once a quarter help organize a ride in conjunction with any of their wellness. (If they can buy a membership to a gym, why not the spokes.)
 - This will be considered at a future board meeting.
- Roger says that we also have a list of additional people and companies to whom we mail the newsletter. We do this for people and organizations that we wish to be informed or aware of club activities. This is generally public relations and promotion.

Board Meeting Dates (Schedule)

- The next board meeting will be January 11th, 2012, 7:00 PM.
- Roger will call board meetings on per need basis and will normally opt for the first Wednesday of a month at 7pm.

Set other priorities for this year

- Roger's priorities for the club this year are:
 - A successful Strawberry Century
 - Increased membership
 - Interesting meetings
 - Full and flexible ride schedule
 - Summer tour
 - Enhanced communications
- Others suggest
 - Bill would like to see stress on education (e.g. the Discovering Bicycle class).
 - John suggested offering a 2-4 advertised, short rides with prizes or premiums to encourage would be riders to get their bike out and try a ride. The club would offer prizes, premiums and stay with the new riders so that they have a successful experience. We could do this a few times each year. These rides could precede our regular club ride. Have a structured ride on quarterly basis and if interested in riding they could join us.
- How do we get them to stay and come back?
 - Dennis: If people show up for a ride or at a meeting and they can connect socially, they stick with it.
 - Co-ride with them (someone offers to ride with them).
 - Buddy up, teach hand signals, etc.
- We should look for ways to link our rides or other rides to wellness programs at various businesses.

Other Business

- Enrique from Corvallis Cycling will be our club presenter in November.
- Ron will present in February on bicycle technical tips

Adjournment ~ 8:54 PM

Submitted by Christine Davies

Santiam Spokes Club T-Shirt

Santiam Spokes has adopted a fun t-shirt that expresses our enjoyment of bicycling and will help to make us more visible on the road. The club logo, name and web address is on the front breast; the Remember The Thrill logo is large on the back.



Front



Back

Order your shirt(s) today!

100% Poly • Moisture wicking • True Red

Available in men's sizes, women's sizes, and youth sizes

Short Sleeve: \$20* Long Sleeve: \$24*

XL add \$1.50 • XXL add \$3.00 • XXXL add \$4.50

Optional zipper approximately \$15

There are several options for viewing and ordering your T-shirt.

Option One:

There is an orderform on the back of this page that you can use to order your T-shirt. Mail the completed form along with your check for the amount due to:

Santiam Spokes Club T-Shirt
C/O John Hebda
1480 NW Patrick Lane
Albany, OR 97321

Option Two:

Go to our website: www.santiamspokes.org/T-Shirt.htm

You will be able to view a color image of the T-shirt. An online form is available that can be completed online, printed out, and mailed to the address above along with your check for the amount due.

Your order will be placed with the T-shirt vendor when the total number of shirts ordered reaches 24. If at least 24 shirts have not been ordered by December 1, 2011, the amount you have paid will be refunded.

Santium Spokes Club T-Shirt Mail-In Order Form

Your order will be placed with the T-shirt vendor when the total number of shirts ordered reaches 24. If at least 24 shirts have not been ordered by December 1, 2011, the amount you have paid will be refunded.

| | |
|-----------------------|-----------------------|
| Your First Name _____ | Your Last Name _____ |
| Address _____ | |
| City _____ | State _____ Zip _____ |
| Phone Numbers: _____ | |
| E-Mail: _____ | |

Please mail this completed form along with your check for the amount due to:

Santium Spokes Club T-Shirt
 C/O John Hebda
 1480 NW Patrick Lane
 Albany, OR 97321

Items Ordered

(For optional zipper, append the letter Z to zippered quantity desired.)

| Item and Price | Size Youth Large YL Quantity | Size Small S Quantity | Size Medium M Quantity | Size Large L Quantity | Size Extra Large XL Quantity | Size Extra Extra Large XXL Quantity | Size XXXL Quantity |
|-----------------------------|---------------------------------|--------------------------|---------------------------|--------------------------|---------------------------------|--|-----------------------|
| Men's Long Sleeve T \$24 | | | | | | | |
| Men's Short Sleeve T \$20 | | | | | | | |
| Women's Long Sleeve T \$24 | | | | | | | |
| Women's Short Sleeve T \$20 | | | | | | | |

Please Complete Order Tally



| Item | Unit Cost | Qty | Total for Item |
|---|-----------|-----|----------------|
| Short Sleeve T-Shirt | \$20.00 | | |
| Long Sleeve T-Shirt | \$24.00 | | |
| XL Surcharge | \$1.50 | | |
| XXL Surcharge | \$3.00 | | |
| XXXL Surcharge | \$4.50 | | |
| Optional Zippers | \$15.00 | | |
| <i>Please make checks payable to Santium Spokes, Inc.</i> | | | Amount Due |

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. 2011/2012 Club officers are: Membership > Jessica Ruef, 541-541-451-3338; President > Roger Gaither, 503-394-3696; Vice President > Ron Kropf 541-401-7178; Ride Captains > Roger Gaither, 503-394-3696, Jo Johnson, 541-327-2813; Secretary > Christy Davies; Treasurer > John Hebda, 541-791-5321; Historian > Bill Pintard, 541-967-3295; 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 one of the ride captains; Roger Gaither (503-394-3696) or Jo Johnson (541-327-2813) 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. |

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.

Please visit our website for the latest information on rides, optional rides, and updates: www.santiamspokes.org

Winter Start Times 10:00 am unless otherwise noted.

Nov 5, 2011

Lebanon / Sweet Home Loop #1

A short version of the scenic Strawberry route

36 mi • Cat II
10:00 AM

Start: Samaritan Lebanon Community Hospital, Lebanon.

Description: This is a shorter, beautiful ride over a few hills from Lebanon to Sweet Home and back. Lunch at the A&W in Sweet Home.

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.

Leader: Wade Bloecher (541-979-3401)



Nov 12, 2011

Helmick Park Short Loop

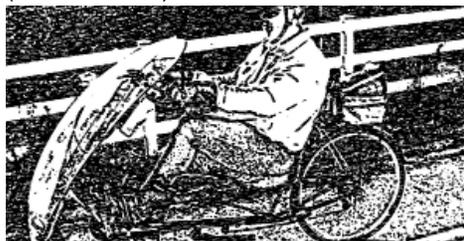
A scenic ride west & north of Albany

31 mi • Cat II
10:00 AM

Start: Ray's store at the corner of North Albany Road and Hickory, Albany, OR

Description: This is a scenic ride in the beautiful farmland/foothills on the west side of the valley. It winds through North Albany and heads out of town towards Independence/Corvallis Road and turns onto Suver. It takes the old Highway 99 to Helmick Park. Leaving Helmick we climb several hilly sections and eventually reach Spring Hill Road which brings us back to Hickory and to our finish at the shopping center. Lunch afterwards at one of the restaurants in North Albany Village. Maps and cue sheets will be provided. Rain cancels.

Leaders: John & Shirley Hebda (541-791-5321)



Nov 19, 2011

Jefferson / Stayton Loop #1

A shorter scenic loop to Stayton

33 mi • Cat II
10:00 AM

Start: Jefferson Middle School, Jefferson, OR

Description: The ride follows a flat route through Lebanon and along the south side of the Santiam River to Stayton for lunch at the Big Town Hero serving great sandwiches and soups. The return route takes us west and eventually over Parish Gap and on to Jefferson Middle School. The distance is purposefully moderate and the climbing minimal. But overall this is a very pretty bicycling route along low traffic country roads.

Directions to start: 1344 N. 2nd, Jefferson: From I-5 exit 238 head east on Jefferson Hwy to Jefferson. Just past the signal the Hwy turns left and becomes North 2nd St. Stay on 2nd St. to Middle School. The school is on the left.

Leader: Jo & Ace (541-327-2813)



Nov 26, 2011

Loop The Buttes #1 & #2 (Stage Ride)

Two short loops set up as a stage ride

10:00 AM • Loop #1 South • 19.5 mi • Cat I • Start: Samaritan Lebanon Community Hospital, Lebanon.

Loop #1 goes S then W beginning the circuit around Peterson Butte. It continues W avoiding Sandridge Rd and stays rather flat as it loops around to the N and back E into Lebanon. Lunch at Xtapa mexican restaurant at noon. Xtapa is at the intersection of US20 & Wheeler St. New riders can join us for lunch at noon or at 1:PM to ride Loop #2.

1:00 PM • Loop #2 North • 17.5 mi • Cat II • Start: Xtapa Restaurant, Lebanon.

Loop #2 circles south of Ridgeway Butte and then the high terrain north of Lebanon. The route follows Berlin, Bellinger Scale and then Mount Hope roads and returns to Lebanon via Brewster Rd. This is a beautiful fall route.

Leader: Roger Gaither (503-394-3696)



November 2011 Cycling

Santiam Spokes

| SUN | MON | TUE | WED | THU | FRI | SAT | |
|--|--|----------------------|---|---|----------------------|--|---|
| WINTER START TIME: 10:00 AM Unless otherwise noted. Visit our website www.santiamspokes.org for the latest information and for more ride options this month. | | | 1 Wed. Wanderers Start at Linn County Expo parking lot at 10 AM. Call Jo & Ace Johnson at 541-327-2813 for more information. 6am Flat Repair Class Peak Sports, Corvallis | 2 Club Meeting 7:00 pm Samaritan Lebanon Community Hospital 525 N. Santiam Hwy Lebanon | 3 (Empty) | 4 (Empty) | 5 Saturday, Nov 5 10:00 am Lebanon/Sweet Home Loop #1 Start: Samaritan Lebanon Community Hospital Distance: 36 miles Cat II Leader: Wade Bloecher (541-979-3401) |
| 6 (Empty) | 7 (Empty) | 8 (Empty) | 9 Wed. Wanderers Start at Linn County Expo parking lot at 10 AM. Call Jo & Ace Johnson at 541-327-2813 for more information. | 10 (Empty) | 11 (Empty) | 12 Saturday, Nov 12 10:00 am Helmick Park Short Loop Start: Ray's store, North Albany OR Distance: 31 miles Cat II Leader: John & Shirley Hebda (541-791-5321) Rain cancels ride | |
| 13 (Empty) | 14 Outspoken Submissions Due Please submit material for Outspoken by today | 15 (Empty) | 16 Wed. Wanderers Start at Linn County Expo parking lot at 10 AM. Call Jo & Ace Johnson at 541-327-2813 for more information. | 17 (Empty) | 18 (Empty) | 19 Saturday, Nov 19 10:00 am Jefferson/Stayton Loop #1 Start: Jefferson Middle School Distance: 33 miles Cat II Leader: Jo & Ace (541-327-2813) | |
| 20 (Empty) | 21 (Empty) | 22 (Empty) | 23 Wed. Wanderers Start at Linn County Expo parking lot at 10 AM. Call Jo & Ace Johnson at 541-327-2813 for more information. | 24 THANKSGIVING | 25 (Empty) | 26 Saturday, Nov 26 10:00 am Loop the Buttes #1 & #2 Stage Ride Start: Samaritan Lebanon Community Hospital Distance: Loop #1: 19.5 miles, Loop #2: 17.5 miles Cat I, Cat II Leader: Roger Gaither (503-394-3696) | |
| 27 (Empty) | 28 (Empty) | 29 (Empty) | 30 Wed. Wanderers Start at Linn County Expo parking lot at 10 AM. Call Jo & Ace Johnson at 541-327-2813 for more information. | (Empty) | (Empty) | Outspoken Submissions Please submit material for Outspoken to Kari Kropf: bluekat78@comcast.net PO Box 1183, Lebanon OR 97355 Due to the holidays, I will need to print the newsletter early this month. Submissions due by November 14th Thanks! :) | |



Santiam Spokes, Inc.
 c/o Samaritan Lebanon Community Hospital
 P.O. Box 139, 525 North Santiam Hwy.
 Lebanon, Oregon 97355
 www.santiamspokes.org