

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 19, No. 11 • September 2011



Albany Criterium

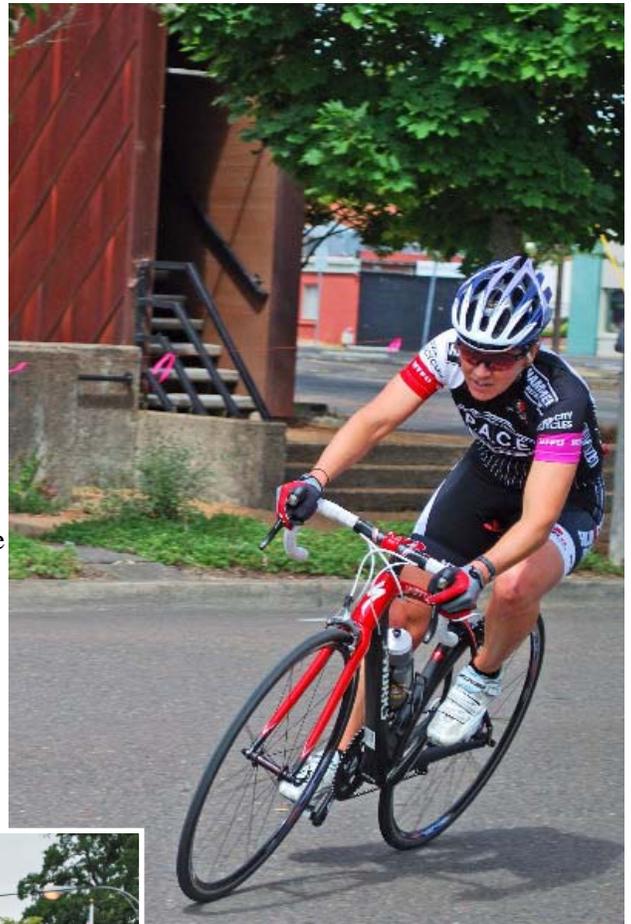
By Bill Pintard

The Fourth Historic Albany Criterium was held on Sunday, August 7 in downtown Albany. The Oregon Bicycle Racing Association (OBRA) scheduled 10 events during the day. There were races for cat 1 through cat 5 racers, masters races for both men and women and a juniors race. Also there was a single speed cruiser race and a Kiddie Kilo for future racers.

The course is 1 kilometer on closed downtown streets. Distances vary depending on the rider category from 20 minutes to 60 minutes plus 2 laps. It is sponsored by the Albany Downtown Association, the Albany visitors Center and the Albany Bicycle and Pedestrian Advisory Commission. Over 150 racers came from all over the state and most are part of a team. The races are fast with the cat 1 and 2 races averaging over 28 mph and with sprints of up to 35 mph. Cash prizes were awarded to the winners.

Albany Criterium

Photographs courtesy of Bill Pintard



Santiam Spokes General Meeting

Thursday

September 1 ♦ 7:00 pm

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

Details inside...

Covered Bridges Rides & Tours Sharing • Potluck

Saturday, Sept 24 • Start at May & Roger's home (38795 N. Main St, Scio)



Dian Gerstner, David Benson & Jo Johnson cycling north out of Banff, ALB on the Bow Valley Pkwy toward Pilot Mountain. Ace is driving the sag. We saw elk and beautiful Johnston Canyon this day.

David Benson, Ace & Jo and Roger toured 2400 miles from St. Louis, MO to Jasper, Alberta this summer (www.crazyguyonabike.com/doc/Discovery11). They & Dian (who rode from West Glacier north) will share some of the stories and a group of images from this adventure. Also! Todd DeJong will share his tour of the Blue Ridge Parkway; Pat & Don DeJong will share their tour of the Washington passes; and Tim Mangan will share his tour of Alaska capping off his tours in all 50 states.

•••• For more information call Roger Gaither @ 503-394-3696 • See you September 24, 2011 ••••

**Rides of
46, 31, 18 or 8
Miles**

**Santiam Spokes
Join us for
this celebration
of touring.**

May & Roger will provide deli fixings for sandwiches & drinks.

If your last name begins with A-G, bring a dessert. If H-Z, bring a salad or vegetable.

Choose your ride:

- The 46 mi (5 covered bridges) will be led by Roger and starts at 8:00 AM.
- The 31 mi (3 covered bridges) will be led by Ace & Jo and starts at 9:30 AM.
- The 18 mi (2 bridges) will be led by May and starts at 11:00 AM.
- The 8 mi (1 bridge) will be led by Lloyd and starts at 12 noon.

Everyone should arrive back at the house by 1:00 PM for our potluck.

**Even if you don't ride,
please come for the
potluck at 1:00 PM.
It's always a good
time with friends.**

**To have a good story
someone must suffer!
Here are a few journal
clips from Discovery 11.**

We had gone about 28 miles in the first hour & a half when the black skies started sprouting bright flashy things that seemed to go boom! ~ on a direct collision course with us.

We took shelter in a small open barn to the south of the road; parked our bikes inside; and dashed to the small front porch that was pretty well sheltered and had a swing & a chair. We tried to raise someone inside, but failed. So we sat and stood on this tiny front porch while the sky opened up with a torrent of wind driven rain laced with bolts of lightning. This lasted easily an hour until it seemed to mitigate.

'Road Closed Ahead 1 Mile. Local traffic only.' Never ones to let this daunt us, we decided to move ahead!

I could see a crane piercing the sky and a huge shovel machine ahead. We pressed on. The bridge was completely out! A small, very full stream flowed in the channel the new bridge would eventually span. Walking up among the machines I saw a temporary, wooden footbridge installed to let workmen go back and forth. We were in luck! ... Mostly, ... sort of!... The approach to the footbridge on both sides was through lots of mud... Ah well... We went over and after scraping off the worst of the mud, we were on our way again on a good road with no traffic.

We had been forced down into Kearney, nine miles off route, by a crummy motel in Holt. The closest way west to Smithville, Platte City and Weston was highway 92. This would have been an excellent way to continue the tour, BUT there is no rideable shoulder (only a drop down to a loose gravel

shoulder) on Hwy 92 AND its two lanes are very busy with lots of traffic. So to ride 92 would have been very dangerous to our continuing existence.

Three miles after the riders started, the rain returned, grew heavier and heavier until it was difficult to see the road. Everyone pressed on throughly drenched. After last touching base with the riders, Roger drove forward to find the motel in Falls City. The rain was a gushing torrent as the riders arrived in Falls City; the streets and gutters were awash with the runoff. They took shelter in a quick-shop/gas station and Roger returned with news of the motel and rooms waiting just .8 mile away ~ in the downpour.

The COE is letting water out of the spillways on the reservoirs upstream on the Missouri. The river is at its highest in memory and will climb much, much higher in the next few days as the bulge of water moves downstream from the north. Many of the low-lying developments along the river are busy today building levees with bulldozers and piling sandbags in neat walls around structures. Everyone knows the river will flood and it's a strange kind of quiet, purposeful preparation for the inevitable.

Temperatures started about 60 and rose to 84 with low humidity - delightful. The sun was out, blue skies, NO rain - delightful. Traffic was generally considerate and the roads generally OK to good - delightful. The terrain once leaving Sioux City was flat - delightful. Elk Point and Vermillion were delightful, wholesome communities and served us good food and drink.

However, the wind was out of the west/northwest ~ i.e. the direction we were riding. The wind started at a steady 10 mph - not bad; rose to 20 by 10 AM;

rose to 30 mph with higher gusts by noon and stayed there the rest of the day - grueling!

Grueling became the overarching description for the day as the wind over 63 miles dominated all the delightful aspects of the day.

At that same time, big drops of rain started falling. These gathered companions until we were riding in a sidewind downpour. The temperature dropped from a comfortable 73 to about 61; we pressed on ~ thoroughly drenched. We rode like this for the next 18 miles culminating with lightening and thunder all about as we crossed the 2 mile long bridge over the Garrison reservoir. On the other side we ducked (quack, quack) into a bar/cafe for some relief and food. Ace joined us with the truck. We dripped all over the floor, the chairs, the table... Each table had a roll of paper towel for finger wipes, but I used them liberally to sop off excess water from my shirt, shorts, head, legs, elbows and other body parts.

To ride a bike on the entire set of roads from Garrison to Wolf Point would surely result in your demise. And I'm not kidding!

One seasoned, very trim rancher was cordial, but not overly impressed, so I mentioned that we were all seniors and that I was approaching 70. He looked back and said calmly, 'Well, you're over the notch alright, but you need to stay in the saddle a bit longer.' When he left, the barber said that the man was his father-in-law and was approaching 89 and that he rode a horse around some of his land most every day!

Except for one downside: BUGS in the forms of mosquitoes, tiny flies, gnats and what might be midges. Even with a slight tailwind, we were ready meat even while pedaling

at 15. They bounced off my face by the hundreds and I positioned my mouth so that I could still breathe, but it wasn't quite such a gaping cavern for their ingestion. Even at riding speed, the mosquitoes were able to land in the dead air behind our backs or legs. If we had had tails they would have been constantly swishing.

As it was, we were a twitchy bunch with arms swishing to our backs, legs or butts to swat off the biters.

11 miles up to Marias Pass at 46 degrees, with cold rain driven by a headwind of 25-40 mph (gusty, but always blowing)! After riding in these same conditions 7 miles down from the pass we dove into the first cafe/motel we have seen.

We are in the early stages of hypothermia. Inside all we can do for 15 minutes is shiver and shake. After a half hour, two cups of hot chocolate and a bowl of hot chicken w/rice soup, I almost feel human again.

We began the first of two would-be glorious downhills, but we were all exposed and the wind was now blowing strongly with gusts from our side. So we had to keep our speed down in order to control the bikes ~ what a shame because it was truly a glorious downhill to the Belly River. We had to gain all the altitude back in a climb to the ridge overlooking the Waterton River watershed.

This second would-be even more glorious downhill was marred by the same strong, gusty sidewind. Double disappointment after working so hard and being denied the thrill of a super fast downhill.

We did have 'some' nice days! But we suffered a bit; so there will be a few stories to tell.

We hope you'll join us on Sat., Sep 24.

September General Meeting

Guest Speaker: **Jerry Grulkey**

At the September 1st 2011 meeting will be a very special guest speakers who will present the question...“Automobiles” is it more Buggy or more Bicycle? Our September guest is world famous antique bicycle historian, rider, and collector, Jerry Grulkey. who became interested in antique bicycles at an early age after seeing a hi-wheeler in a museum in Empire, CA, in 1958 and in the Richmond California Parade in 1954. He started antique bicycle collecting in 1963. His antique collection has been exhibited in several locations in the Bay Area. Jerry has appeared on many radio and television shows with his collections, having been interviewed by Dan Rather and Charles Osgood. The Japanese TV Guide featured him in a two page full color spread and he’s in Ripley’s Believe It or Not! He and his wife Sandy (who is also an avid hi-wheeler) are restoring the historic town of Marquam, Oregon of which they own half. They live in the Scott House an Arts & Crafts Mansion in Scotts Mills, Oregon of which they are restoring back to 1916 era. They have a winter home in Vallejo’s Federal Landmark Heritage District. He is responsible for resurrecting the Silverado Concours d’Elegance car show in Vallejo, June 2000. He lectures on the West’s first production automobile called “Tourist” of which he is the companies President and owner of one of the few surviving examples. He works as a restoration consultant and a commissioned artist, specializing in historical and architectural subjects.



Some of his Antique Bicycle Activities:

California State Captain of the Wheelmen (Antique Bicycles club) 1973 1983, 1986 1994.



RANCHO CHICO
Spring N. Calif. Wheelmen Tour
GERALD L. GRULKEY PHOTOGRAPHER

Rode Detroit, Mi. to Philadelphia, Pa. (750 miles) July 1976 on an 1885 Singer High Wheel Bicycle, for the Bicentennial.

Organized the first West Coast Wheelmen Antique Bicycle Tour Los Angeles, CA 1975, also 1976, 1977, 1978, and 1980.

Organized the West’s first Wheelman Antique Bicycle Century in 1977.

Sponsored & organized the first Yosemite Antique Bicycle tour 1975 and 1978, 1979, 1980, 1983, 1985, 1990, 1996 and National Yosemite Tour 1988.

Organized Old Sacramento, CA antique bicycle tours, 1977, 1979, 1981, 1984, and 1987.

Co-Organized the Carmel/Pacific grove Antique Bicycle meet Summer of 1995

Organized the first California antique bicycle swap meet 1984 & 1987.

Organized the West’s first Official High Wheel Tour in 1975.

Organized Chico, Ca. Antique Bicycle, tour 1979 and 1987.

Co-Created Velocipedomania Antique Bicycle Exhibit, Sacramento, Ca 1983.

Exhibited in The History of the Bicycle, Antique Bicycle, Sacramento Valley History Center, Sacramento 1991.

Antique Bicycle Exhibit Standard Oil Co., San Francisco, Ca. 1977.

Created the Holiday Inn Antique Bicycle Exhibit, Chinatown, San Francisco, Ca. 1976.

Participated in Bike Centennial 1876 1976, Smithsonian Institute, traveling exhibit 1976 Oakland, CA.

Exhibited Antique Bicycle display at Hilltop Mall, Richmond, CA, 1981.

Exhibit at the Antique Powerland Museum “Automobiles” is it more Buggy or more Bicycle? July-October, 2011

Farm To Farm Century

Saturday, September 17, 2011

This isn't just a bike ride.

The Willamette Valley has a new ride in town on Saturday, September 17th. And, this isn't just a bike ride. It's 100 miles of beautiful, backcountry roads and sweeping Willamette Valley landscapes. It's several hours of unforgettable times with 99 other like-minded cyclists. It's discovering local farms and enjoying healthy, natural, mouth-watering edibles. And certainly, it's an event that leaves you feeling proud, healthy, and a little tired.

This debut event begins and ends at the Monroe Sharing Gardens on Saturday, September 17, 2011. Throughout your pedaling journey, you will visit four food-producing farms, where you will be spoiled with the best-tasting mid-ride food that comes directly from the farms and local food-producing companies that share this ride's philosophy: Be healthy! Eat locally!

At the end of your 100-mile excursion, the folks at Monroe Sharing Gardens will greet you with a freshly prepared, catered meal. Live bluegrass music will play in your ears while you share stories with your new friends. And, as our way of saying thank you for participating in this event and supporting local farms, you will head home with a Bounty Bag. (It's like swag, but better. Much better.)

For more information about The Farm-to-Farm Century, please visit www.farmtofarmride.com

Jennifer Hughes
Director of Operations



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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:

- | | |
|--------------|-------------------|
| September 6: | Flat Tire Repair |
| October 4: | Basic Maintenance |
| November 1: | Flat Tire Repair |
| December 6: | Basic Maintenance |

Information Submitted by Barbi Thomson

OFFICER'S SLATE

November 2011 - October 2012
Santiam Spokes Bicycling Club

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.

Vice President

Ron Kropf

Secretary

Christy Davies

Treasurer

John Hebda

Membership

Jessica Ruef

Newsletter

Kari Kropf

Ride Captains

Roger Gaither

Jo Johnson

Starwberry Century

Position Available

Still looking for a Volunteer. Maurice Banning will set up registration.

Webmaster

Maurice Banning

Publicity

Roger Gaither

Historian

Bill Pintard

Two psychiatrists go for a bike ride. One falls and hurts himself badly, with bruises and blood all over the place. How does the other psychiatrist respond?

“Do you want to talk about it?”

*Submitted by Bev Henderson
from Medical Bloopers calendar.*

SANTIAM SPOKES BIKE CLUB
MEETING MINUTES
AUGUST 4, 2011

President Ken Orwick called the meeting to order at 7:00 p.m. We had two guests this evening, Donna Williams from Sweet Home, and Katie Markelz, one of the new medical school students.

Minutes: The minutes from the July meeting were approved by affirmation.

Membership: Jessica Ruef reported that we currently have 43 individual members and 35 family memberships for a total of 78 memberships and 123 registered riders. October will be the next renewal cycle.

Treasurer Report: John Hebda said that we have \$16,296.74 in the money market account and \$256.73 in the checking account, giving us over \$16,500.00 total.

Ride Report: Al Rimer reminded everyone of the time trial from Waterloo Park to Sells' house on August 7. We will start at 8:00; the ride is approximately five miles.

Also, he needs leaders for upcoming rides. Roger Gaither has generously offered to lead rides on September 10, 17 and 24 for anyone not going on the club tour or Cycle Oregon.

Bill Pintard reminded everyone of the upcoming Albany Criterium August 7 and is looking for anyone to help with it. He also circulated brochures for the Alpine Century ride, August 14, which is limited to 150 riders and starts in Monroe; and Pedal Away Polio to be held August 27, with routes from one to 52 miles beginning at the Albany fairgrounds.

Bill also talked about the Corvallis to the Sea Trail. It is a 50-mile trail for hikers, horses and mountain bikers hopefully scheduled to open in 2012.

Anyone wishing to donate funds or work on the trail is encouraged to do so. More information may be found on their website: <http://www.c2ctrail.org>.

Vince Nowell said that he will be riding in the 65-mile Bike MS fundraiser ride in the Portland area on Saturday, August 6. He is riding in support of his wife who has the disease. He has set his personal fundraising goal of \$650.00, \$10.00 for each mile he will ride, and has asked for our support and encouragement. He still needs \$60.00 to reach his goal, and a motion carried to donate this amount to him.

Summer Tour: Thirteen people are currently signed up, we still have room for 20. There will be a meeting at 6:00 p.m. prior to the regular September 1 club meeting for planning purposes.

Old Business: Ken asked Roger about the status of our club jersey; Roger replied he will resurrect the project.

New Business: We will be electing new officers shortly. This year's nominating committee consists of Roger Gaither, Bill Pintard, Barbi Thomson, Maurice Banning and Rod Sell. Please consider becoming an officer if you have never been one.

Rod Sell spoke about Build Lebanon Trails and the upcoming Cheadle Park workday. He will keep us posted on more workdays and chances to help with this project.

Barbi said she had called the Linn County Roads Department about their program to sponsor a road, which means the club would commit to cleaning a section of a road on a regular basis (three to four times per year), for which we would get our name on a roadside sign. The county will be sending her paperwork; she

**2011 Spokes
Refreshments**

September
May Garland and Roger Gaither

October
Annual Potluck

November
Al Rimer and Rod Sell

December
Christmas Party

will update the club at a future meeting.

Also, Barbi has spoken to Will Tucker, Linn County Commissioner, about the proposed bike path from Albany to Corvallis. This is not yet a done deal, so discussion followed on joining with the Mid-Valley Bike Club and going to a commissioners meeting in support of the bike path. Barbi will find out about getting on the agenda; Vince has offered to speak if need be as he often commutes from Albany to Corvallis for work.

Roger encouraged people to sign up for "Warm Showers," an organization that provides hospitality to traveling bicyclists. He and May have hosted bicyclists several times, and they in turn have stayed at other cyclists' homes. Please see their website, <http://www.warmshowers.org>.

With no further discussion, the meeting adjourned at 8:00 p.m.

Respectfully submitted,
Barbi Thomson



SEPTEMBER RIDE EVENTS

Looking for a few events this month?

Sunday, September 11, 2011

Tour de Lab

Portland Oregon

18, 30 miles

www.tourdelab.com/

Saturday, September 17, 2011

Farm to Farm

Corvallis, Oregon

www.farmtofarmride.com/

Saturday, September 24, 2011

Hood River Harvest Ride

16, 27, 31, 18, 4, 7 miles

Hood river, Oregon

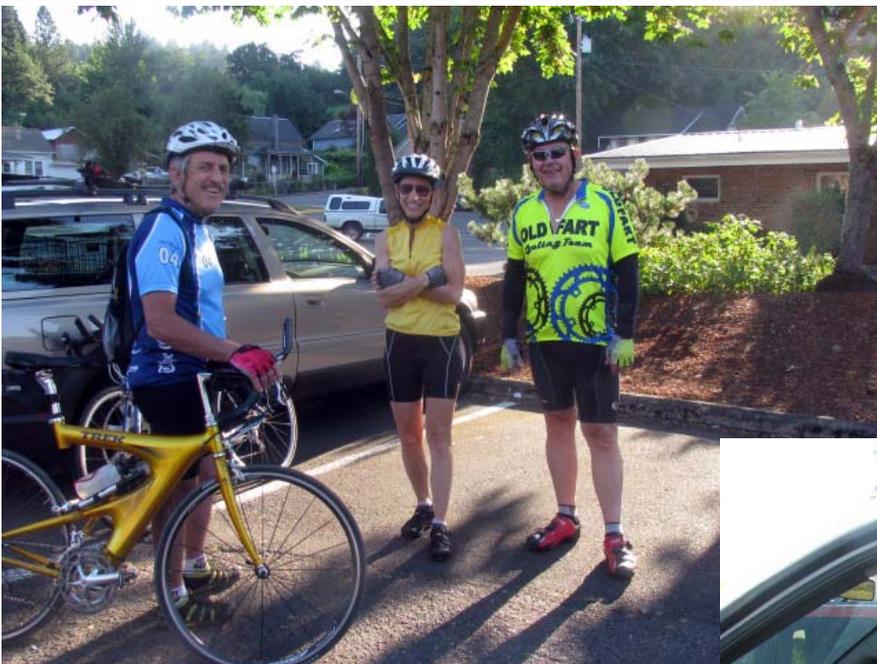
www.hrharvestride.com

Sunday, September 25, 2011

Peach of a Century

15 to 135 miles

www.salembicycleclub.org



Above Left: One more from the Albany Criterium

Photograph courtesy of Bill Pintard

Jefferson to Mehama

A few photos from the Jefferson to Mehama ride

Photographs courtesy of Al Rimer

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;

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. See the website for other options on Wednesday rides

Saturday, September 3, 9:00 am

North and East of Eden

Start: Samaritan Lebanon Community Hospital
 Distance: Approx. 40 miles; Cat. I
 Ride Leader: Jessica Ruef, 541-409-0005 or 541-451-3338

A generally easy ride with some modest rollers thrown in. We ride North from Lebanon, through Crabtree, cross Hoffman Covered Bridge, skirt Scio and Lacomb, and cruise past Mallard Creek Golf Course as we ride back towards Lebanon. This ride has several early return options to get back to Lebanon for those who want shorter ride options. The return options will be discussed during the route talk before we leave SLCH. Bring water and a snack as there is no lunch stop scheduled for this ride.

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 Sunday, September 4, 8:00 am

**The Hill Ride**

Start at Seven Oaks Middle School  
 The last Sunday ride we do is The Hill Ride which we designed and rode last year just before Cycle Oregon. To refresh your memory, we head over Mountain Home, Santiam Terrace, Marks Ridge, Fern Ridge to Courtney Creek and back to Lebanon via Washburn Heights. For the real crazies, Rod wants to ride to the Cell Towers at the top of Washburn.

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 Saturday, September 10, see below

Mt. Pleasant Loop

Meet at 38795 N. Main, Scio, OR (May & Roger's home)
 Ride Leader: Roger Gaither. Info: 503-394-3696

31 mi loop. Main guided loop starts at 9:00. OR...
 19 mi Loop, self guided, could start at 10:00. OR...
 09 mi Loop, self-guided, could start at 11:00.

A lovely ride in the hills north and east of Scio for visits to historical sites and some beautiful views. Terrain category II for the first half with a short category III hill near the top. Lots of downhill back to Scio. Roads are good with little traffic. Lunch at the Covered Bridge Coffee House upon our return to Scio.

Riders wishing to do less distance and hills can start later. Maps & cue sheets will be available at 38795 N. Main for self-guided rides of 19 or 9 miles. These riders will probably finish in time to eat with the main group at 12: noon at the Covered Bridge Coffee House.

Maps and cue sheets will be provided; riders may go ahead at their own pace if desired.

Saturday, September 17, 9:00 am OR 12 Noon

Luckiamute Loops - Stage Ride

Meet downtown in Monmouth, OR
 Ride Leader: Roger Gaither. Info: 503-394-3696.

Loop A. 28 miles

Ride starts at Monmouth's City Park at 100 Main Street. Terrain category III then II. Goes west out of Monmouth. One long hill near start then rolling mild terrain through beautiful rural countryside. Pass through Helmick State Park on return. Roads are good with little traffic. Lunch at Rick's Place on Main St. across from the park. After lunch riders have the option to be finished or to continue with loop B.

Loop B. 28 miles

New riders may join the group by meeting us for lunch at 12: noon at Rick's Place on Main across from the park. Or new riders can join us after lunch at 1:00 to ride Loop B.

We'll go east through Independence on side streets then south staying on the west side of the Willamette River as far as Springhill. Then west along the Luckiamute River to Helmick SP and north back into Monmouth. The terrain is rolling with a few smaller hills. Roads are good with very little traffic.

Maps and cue sheets will be provided; riders may go ahead at their own pace if desired.

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 Saturday, September 24, Several starting times.

**Covered Bridges Rides & Tours Sharing • Potluck**

Meet at 38795 N. Main, Scio, OR (May & Roger's home)  
 Ride Leader: Roger Gaither. Info: 503-394-3696.

46 mi loop (5 covered bridges) starts at 8:00. OR...  
 31 mi loop (3 covered bridges) starts at 9:30. OR...  
 18 mi loop (2 covered bridges) starts at 11:00. OR...  
 8 mi loop (1 covered bridge) starts at 12: noon

All rides are guided. Potluck starts at 1:00. Sharing of tours starts after lunch. Please see the detailed write-up elsewhere in this newsletter.

Please come for the potluck and tours sharing even if you don't ride. It's always a good time with friends.

Maps and cue sheets will be provided; riders may go ahead at their own pace if desired.

# September 2011 Cycling

# Santiam Spokes

| SUN                                                                                                                                    | MON                                                                                                                                                                               | TUE       | WED                                                                                                                                                                                                                                                               | THU                                                                                                                    | FRI | SAT                                                                                                                                                                                                                                                                                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                        |                                                                                                                                                                                   |           |                                                                                                                                                                                                                                                                   | <b>1</b><br><b>Club Meeting</b><br>7:00 pm<br>Samaritan Lebanon<br>Community Hospital<br>525 N. Santiam Hwy<br>Lebanon |     | <b>3</b><br><b>Saturday, Sep 3</b> 9:00 am<br><b>North and East of Eden</b><br>Start: Samaritan Lebanon Community Hospital<br>Distance: 40 miles<br>Cat I<br>Leader: Jessica Ruef, 541-409-0005 or<br>541-451-3338                                                                                                                                                                           |
| <b>4</b><br><b>Sunday</b> 8:00 am<br><b>The Hill Ride</b><br>Start: Seven Oaks Middle School<br>Distance n/a<br>Cat: wicked crazy hard | <b>5</b>                                                                                                                                                                          | <b>6</b>  | <b>7</b><br><b>Wed. Wanderers</b><br>Start at Linn County<br>Expo parking lot at<br>10 AM. Call Jo & Ace<br>Johnson at<br>541-327-2813<br>for more information.<br>See our website (www.<br>santiamspokes.org/<br>Rides.htm) for optional<br>Wednesday rides      | <b>8</b>                                                                                                               |     | <b>10</b><br><b>Saturday, Sep 10</b> see below<br><b>Mt. Pleasant Loop</b><br>Start: 38795 N. Main, Scio (May & Roger's home)<br>Distance: 31 miles 9:00 am<br>Distance: 19 miles 10:00 am<br>Distance: 9 miles 11:00 am<br>Leader: Roger Gaither. Info: 503-394-3696                                                                                                                        |
| <b>11</b>                                                                                                                              | <b>12</b><br><b>Outspoken<br/>Submissions</b><br>Please submit material<br>for Outspoken by today<br>to Kari Kropf:<br>bluekat78@comcast.<br>net. PO Box 1183<br>Lebanon OR 97355 | <b>13</b> | <b>14</b><br><b>Wed.<br/>Wanderers</b><br>Start at Linn County<br>Expo parking lot at<br>10 AM. Call Jo & Ace<br>Johnson at<br>541-327-2813<br>for more information.<br>See our website (www.<br>santiamspokes.org/<br>Rides.htm) for optional<br>Wednesday rides | <b>15</b>                                                                                                              |     | <b>17</b><br><b>Saturday, Sep 17</b> 9 am or 12 noon<br><b>Luckiamute Loops, stage ride</b><br>Start: Monmouth City Park<br>Distance: Loop A: 28 miles; Cat III & II; 9 am<br>Distance: Loop B: 28 miles; Ride starts at 1 pm<br>Leader: Roger Gaither. Info: 503-394-3696<br>Meet at Noon for lunch at Rick's Place                                                                         |
| <b>18</b>                                                                                                                              | <b>19</b>                                                                                                                                                                         | <b>20</b> | <b>21</b><br><b>Wed.<br/>Wanderers</b><br>Start at Linn County<br>Expo parking lot at<br>10 AM. Call Jo & Ace<br>Johnson at<br>541-327-2813<br>for more information.<br>See our website (www.<br>santiamspokes.org/<br>Rides.htm) for optional<br>Wednesday rides | <b>22</b>                                                                                                              |     | <b>24</b><br><b>Saturday, Sep 24</b> varies<br><b>Covered Bridge Ride &amp; Potluck</b><br>Start: 38795 N. Main, Scio (May & Roger's home)<br>Distance: 46 miles; Start time: 8:00 am<br>Distance 31 miles; Start time: 9:30 am<br>Distance 18 miles; Start time 11:00 am<br>Distance 8 miles; Start time 12 noon<br>Leader: Roger Gaither. Info: 503-394-3696<br>Potluck follows at 1:00 pm |
| <b>25</b>                                                                                                                              | <b>26</b>                                                                                                                                                                         | <b>27</b> | <b>28</b><br><b>Wed.<br/>Wanderers</b><br>Start at Linn County<br>Expo parking lot at<br>10 AM. Call Jo & Ace<br>Johnson at<br>541-327-2813<br>for more information.<br>See our website (www.<br>santiamspokes.org/<br>Rides.htm) for optional<br>Wednesday rides | <b>29</b>                                                                                                              |     |                                                                                                                                                                                                                                                                                                                                                                                              |

Visit our website for the latest information on rides: [www.santiamspokes.org](http://www.santiamspokes.org)



Santiam Spokes, Inc.  
c/o Samaritan Lebanon Community Hospital  
P.O. Box 739, 525 North Santiam Hwy  
Lebanon, Oregon 97355  
[www.santiamspokes.org](http://www.santiamspokes.org)