

Getting There

Roger Gaither

Much of this issue is devoted to trips, tours, rides and navigating successfully on a bike. As bicyclists we're less concerned about being somewhere than in getting there. Our joy is in the travel.

The February program is *Maps & Map Reading Skills* by yours truly. I love maps because they are guides to adventure. In familiar country I am cavalier about turns, route, etc., but for bike tours I rely on maps! Knowing how to use a good map prevents mishaps and opens doors to long distance travel by bike.

Check out this issue; it's just chock full of riding opportunities:-) e.g. Silver Falls / Coast Loop, TransAm tour with Tim & Marlene, Blueberry Rides, Wednesday Wanderers, two-day tours and of course our Saturday rides. Here's another —

Lewis & Clark Trail Tour

I am planning to ride the Adventure Cycling route paralleling the Trail. These great explorers sought to find a waterway to the Pacific and their journey up the Missouri over the Cascades and down the Columbia inspires us with their dedication, luck and problem solving.

My tour will begin in St. Louis July 7 and visit such places as Arrow Rock, Weston, Council Bluffs, Yankton, Pierre, Williston, Great Falls and Kooskia before finishing at Camus 45 days & about 3000 miles later. Every night will be self-contained camping and lots of sweating will be involved. I will ride slowly, explore throughout each day, make photographs and try to experience just a bit of the spirit Lewis & Clark demonstrated 200 years ago. The joy will be getting there.

If you are interested in riding like this with me on this tour, give me a call. I have a detailed itinerary and beautiful maps by AC.

Roger Gaither. 503/394-3696. gaither@wvi.com.

OUTSPOKEN

Newsletter of Santiam Slow Spokes, Inc. • Volume 11, Number 5 • February 2003

Maps

Love em ~ Hate em

Steve Swithin

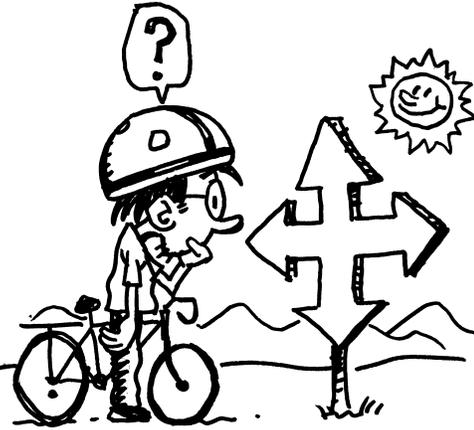
Reprinted with permission from *Adventure Cyclist* • June 1995

In Great Britain, where the distances between places are much shorter, it's possible to buy a wonderful series of maps which show contour lines — beautifully and painstakingly drawn by

some gifted cartographer. Not only that, but this person understands how cyclists think, and every time the road rears up like an unbroken stallion, he draws little chevrons across the thin red or yellow lines. One chevron for steep, and two for "Are you really sure you want to do this?"

Which brings me to the reason behind this article. For those readers familiar with the Crater Lake National Park, you will know that there is a remarkable stretch of road which circumnavigates the crater. What the map doesn't show is that at some point in history, a heartless soul stuck a burr under the bronc's saddle. Lurking within this 33 miles of scenic splendor is something like 4000 feet of vertical climbing — and all of it over 6000 feet in elevation, so be sure your lungs work OK. I haven't mentioned the down bits — if you decide to attempt it, check your brakes before disengaging your brain. I wouldn't have missed it for the world, but thanks to Mr. National Park Map, a leisurely saunter around the lake evolved into a full-blown assault course.

I have Mr. AAA Map to congratulate for my trip down the Umpqua River Valley. Thanks to a series of black dots urging me to select an AAA-designated scenic byway, I had a few glorious hours rolling downhill through stunning countryside to my day's destination — Steamboat. My imagination ran riot



wondering what this romantically named place would be like.

What do I find when I get there? A motel which is shut, and a commemorative plaque. Period. On closer examination, the tiny gray square which represents Steamboat on the map turns out to be a "locale or site." A hand-crafted wooden plaque offers little in the way of consolation. Give a

me a surly barman and a beer, any day! Not to worry, Mr. Official Highway Map of Oregon indicates a thin black line — hmmm, looks like a useful shortcut via this paved road from Steamboat to Cottage Grove. This way I'll save a good inch and a half. Should be at my sister's house in Eugene by four o'clock with feet up and beer downed — guess who forgot about contours again? Correct — we both did. Me and Mr. Map. Twenty miles of forest road, three hours and about 11,000 vertical feet later, I realize that my ETA may have just been on the optimistic side, slightly.

See what I mean about this love-hate relationship with maps? You will be pleased to know that for the next leg of this epic meander (I hesitate to call it a journey), I invested in a couple of Mr. Adventure Cycling Maps. They include such useful information as distances between towns, locations of campgrounds, cafes and stores, and — wait for it dear reader — **Contours! I love it!**

Mind you. I'm still suspicious, there has to be a catch somewhere. What if the cartographers don't understand the difference between a locale and a site? I know, I'll ask a local.

Adventure Cycling member Steve Swithin is a 44-year-old giant, standing five feet seven in his cycling shoes, and weighing in at a mammoth 135 pounds. His home is in Preston, Lancashire — an industrial town in the NW of England.

Illustration courtesy of Adventure Cycling.

February Meeting

Maps and Map Reading Skills

Have trouble finding your way on a ride using a map? Spruce up you map skills or start from scratch to develop good navigational skills so that you never lose your way again. • Business meeting will follow.

7:00 PM • Thursday • February 6, 2003 • Lebanon Community Hospital

Trans-America Tour

Tim Mangan

Organizing now a Trans-America tour. Williamsburg VA. to Florence OR. Average 65 miles per day. Tentative Departure 1st week of May 03 return about July 1st. Support for gear transport available. Limit 8 riders. If interested contact Tim or Marlene Mangan.

541-258-6310 or E-Mail: tmangan@proaxis.com

Spokes Donate to Foundation

Excerpt from Lebanon Express, Wednesday, January 8, 2003

The Santiam Slow Spokes, a recreational bicycling club for cyclists of all ages and abilities, presented a check for \$2,000 to the Lebanon Community Hospital Foundation in late December.

Spokes President, Ken Fullen, said when giving the contribution to Foundation Board of Trustees President Bill Rauch, "This is an opportunity for our group to give back to the Hospital. The Hospital has supported the club in a variety of ways over the years, including allowing us to use its facility. The club places a strong value on health, and is pleased to support the Hospital."

Over the last decade, the Santiam Slow Spokes has been a consistent contributor to the hospital foundation.

"We appreciate the generosity this groups continues to demonstrate," Rauch said. "The Santiam Slow Spokes certainly helps the Foundation further its mission in making a difference in the quality of health care available to the Community."

Outspoken Input

The inbox is open for you to submit information, news, articles, jokes, observations, pictures; you know - stuff!

Say, call or send:

Roger Gaither
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503/394-3696
gaither@wvi.com

Minutes

January 2, 2003 general meeting of the Santiam Slow Spokes, Inc.

by Tim McDowell

7PM. Meeting called to order

Program

The program was a series of personal stories by members about experiences bicycling.

Bill Pintard told of bicycling as a kid with a paper route. Of how he worked in a bicycle shop and put together and rode a bicycle built for five people - ONCE.

Ken Fullen told of a club tour when he lost a crown on one of his teeth. How they were able to find a local dentist to put it back on, so he could finish the ride.

Skip Malone told about a Cycle Oregon tour he and his son were on. Of getting lost in the tent city during the night and a visit to John. Of seeing a field sprinkler on a hot day and realizing just before riding though to cool down that it was dairy gray water. Too late.

Sharon Malone told of being threatened, harassed and mooned during a coast tour; the local police wouldn't do anything & their car was vandalized that night.

Tim Mangan told of riding in Holland where the land is flat; there are lots of bike paths; and the maps are all in Dutch. Which way do we go??

Ed Wright told of their trip to Holland last year. The tour guide was way out in front and which way does the tail end of the group go at the intersection?

Mary Ellen Lind told about a solo ride and getting a flat tire by Crescent Valley High School. Without repair gear she ended up walking the bike back over seven miles to Corvallis Cyclery where it was repaired.

It was a great time of stories!

Business Meeting

Ed Wright visited Jim Kline the day before and said that he is feeling better, but has lost 20 to 25 pounds. He is still undergoing dialysis. Hang in there, Jim. We are all cheering for you.

The minutes of the last meeting were approved as published in the December Newsletter.

Treasurers Report: We have \$6,019 in the account.

We discussed at length a new insurance carrier, McKay Insurance Company of Knoxville, Iowa. For club coverage there is a \$10 annual membership fee in the Touring Club of America and the policy costs \$1.30 per member, with a minimum charge of \$230. Coverage for special events where we charge admission, like the Strawberry Century, costs \$1.00 / participant and must be pre-paid. The policy provides liability and limited medical and covers all club members and guests in all club activities. We voted to purchase this coverage.

Strawberry Century

Dian Gerstner has agreed to chair the Century with co-chair assistance from Roger Gaither. Tim Mangan will contact sponsors with guidance from Marge Wright. Tim McDowell will chair the food Committee. More information is to follow.

We discussed the possibility of scheduling the tour on Sunday to allow bike shops to participate, but we were uncertain if this would be a plus or minus for the tour. We voted to stay with Saturday and this year's ride is Sat., June 14. An after-the-ride survey will include the question. "If the Strawberry was on Sunday, would you still come and ride?" Or words to that effect.

2003 Club Tour

Roger & May have researched a route for a summer tour and are offering it as the club tour. We would start in Albany, loop through Silver Creek SP, Champoege SP, over to the Oregon Coast, Pacific City, Lincoln City, up the Siletz River, through Corvallis and back to Albany.

Proposed dates are June 22 thru June 28. Sharon Malone has graciously agreed to sag the tour and will transport a reasonable amount of gear for each rider. The club will need to pay her expenses. The tour is camping every night and riders will pay a fee that covers direct expenses for camping. Riders should plan to cook and all other expenses are personal and pay-as-you-go. (See the route map included in this issue.)

Other Business

Roger presented the newly printed club brochures which in-

clude a membership form. They look good. The cost of printing was \$137. We will be getting them out to the local bike shops.

Roger proposed that the club offer one-year complimentary club memberships to purchasers of new bikes. This would take the form of a modified membership brochure/certificate which would be given out by bike shops with each bike sold. The buyer would fill out the membership form and mail it in to us. Each form will be marked to identify the originating shop. We would add the person to our roll free for a year. We voted to adopt this program.

Roger offered to construct and attach a set of legs to the Jack Thomas Memorial Bulletin Board to convert it to a free standing display. He will produce the first copy for display and needs good photos of club bicycling activities to include. Please contact him if you have any.

Outspoken editor, Roger Gaither, will be gone during March. We will need someone to produce the April newsletter while he is gone. If you can help us out, please contact Roger.

Bill Pintard reported on the opportunity to order Tyvek jackets for the club or possibly have them available for purchase at the Strawberry Century. The company that makes them is in Portland. Costs start at about \$25 per jacket with a 50 jacket minimum order. We will discuss the possibility at the next meeting.

The ride committee has proposed that we arrange some 2-day rides over the ride season - Saturday & Sunday. These rides could be either credit card type rides or overnight camping.

Some possible rides might be: a late May ride up to the McKenzie pass starting in Sisters; a ride in the Offtahigh - Fernridge - Cougar area; from Albany to Newport; from Albany to Eugene. If you have a possible overnight ride suggestion, contact Bill or Mary Ellen.

If you have any items that you would like to place on the next meeting agenda, please e-mail or call Ken Fullen.

Meeting was adjourned about 9:00.

Goodby Ole Blue

(Here's another approach to navigating on a bike ride in this great fun article. vrg)

by Dwayne Hoover

Picture this . . . It's late in the year. I've ridden to Eugene, Newport, Waldport, Silverton, Sweet Home and a bunch of other places this year. The weather is threatening to turn into winter; you know, when you start having to look for good days to ride. I need one more place to go to make it seem like a good riding year.

Well, one day I got up; "very good" I thought. I felt very good and it was early. "Wow" I dressed and noticed I had my biking clothes on "Mmmmm". Ole Blue is out of the bedroom and onto the driveway I'm not awake yet, but this looks pretty good. The house is locked, the dog is fed, and nobody knows where I'm going, including me.

"Das Humph". Down the road I make it over to North Albany. It's kind of chilly, but I'm rolling. The road is easy going by the golf course and out into the country. "This is the best place to be." "On to Buena Vista. That's where I'll go." I chug up the hill and decide maybe Independence? Gliding down the other side of Buena Vista I'm on my way, "Woo Haa!!!" I stop on the road as it turns sharply left intersecting with the Corvallis highway then next to Independence. I take out my peanut butter and Slim Jims and start dippin as I walk through the woods for no particular reason. I muse of Forrest Gump amid the orchards and long grass. That man knew what he was doing, when, and whatever. . . Back on the bike heading to Independence, I crossed the bridge, came to the stop sign and paused. "Suppose I could go to Monmouth and take 99W loop back. Yea, that's what I'll do. " It's a short zip to the other stop sign in Monmouth and I stop. Looking down 99W.

"Uh One." What am I going to do if I run over a beer bottle and my rear tire decides it won't hold air? I knew I forgot something. I'll go to the bike shop and see if they have a presta screw-on to keep my butt out of the dirt. The guy there was real nice and just handed me a presta converter for the tire pump and I was in business. He wouldn't even charge me for it. He's got a nice little shop there with tandems and stuff. It's a good spot.

Back on the bike I saw a sign to Falls City. They can't bust you for trying, so I followed the sign. I felt good, really good. Through a twisty, curvy and down hill . . . to the flat, headed for Falls City; straight thru . . . to Falls City.

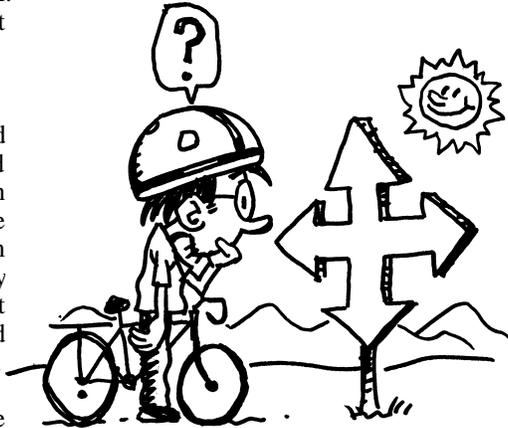
If you look at a map, you'll see a hill there; it's a two. Oh it goes up and up and up. The grade isn't much, but it goes up and up. There's a woodshed on top and what

looks like a ranger station that's looks as if it's snowed in during the winter. But you know when you go up, there's usually down on the other side. Sure enough, what a rush for three or five miles at what seemed like 57 thousand miles per hour. It was great. No sharp turns like

Mary's Peak; it was really fine. At the stop sign on the road to Kings Valley, I saw a sign to Falls City; there was plenty of light so on to Falls City. Some ups and downs and I was at their grocery. I went in and bought a hamburger, a pint of chocolate milk and some Jello. "Mmmm. Friendly store." I headed out the door and hooked up with a small crowd at the front door and an old guy asked about my bike. I stood there a couple of minutes telling him how it works and that I am disabled, but found a bike that worked for me.

Looking at the sun's position, I had to cut him short and went to the city park - a great little park with water falls and fishermen. One tried to give me a hard time until I convinced him that I wasn't dangerous so everything was pretty good including the chocolate milk, hamburger and Jello. With the sun definitely in the right third of the sky, I got back on my steed and headed out of town. Back on Kings Valley Road my tail light fell off - aluminum . . . metal fatigue. On to Airlee Road with the wind at my back; woosh to Suver and Corvallis Rd. I took a break at the rock pile at Camp Adair Road to rub my feet. I got back on Ole Blue and headed down to Springhill and the hills back to town. The ride was a great way to acquire a couple of truck loads of fresh air and see some places I've never seen. That's all I have to say about that.

As for Ole Blue, I sold her.



March & April Rides

For more information contact the ride leader or Bill @541/967-3295 or Mary Ellen @541/738-8600.

March 1, 10 am • Jefferson to Ankeny
Start at Jefferson Middle School. Visit the Ankeny National Wildlife Refuge. The ride will circle the Refuge and return to Jefferson. Bring a sack lunch or eat in Jefferson. Flat. 30 miles. Lawrence Walters, 967-7742.

March 8, 10 am • Lebanon to Sweet Home
Start at LCH and ride to Sweet Home for lunch at La Casita. Some hills. 44 miles. Bill Pintard, 967-3295.

March 15, 10 am • Daffodil Ride
Start at the Harrisburg Riverfront Park. Travel along roads lined with daffodils to Long Tom Grange. Bring a sack lunch or eat in Harrisburg. Some hills. 38 miles. Leader needed.

March 22, 10 am • Head For Shedd Ride
Start at S Albany HS pool. Ride South to Shedd. Lunch at the Shedd Cafe. Flat. 33 miles. Leader needed.

March 29, 10 am • The Quartzville Run
Start at Wiley Creek Center in Sweet Home and ride the Quartzville Road to Dogwood campground. Beautiful river scenery on the way. Bring a sack lunch. Hilly. 40 miles. Mary Ellen Lind, 738-8600.

April 5, 10 am • Corvallis to Peoria Loop
Start near the Corvallis bridges. Have a snack at the Mennonite Bakery and lunch at the Shedd Cafe. Flat. 44 miles. Mary Ellen Lind, 738-8600.

April 12, • Sweet Home to Brownsville
Start at Wiley Creek Care Center and ride part of the Strawberry route to Brownsville. Gorgeous vistas. Lunch at The Corner Cafe. Hilly. 50 miles. Ride leader needed.

April 19, 10 am • Lebanon to Albany
Start at LCH and ride to Albany via Kamph Rd. Lunch in Albany. Some hills. 42 miles. Bill Pintard, 967-3295.

April 26&27, 9 am • The Newport Tour
Start at Mary Ellen's in Corvallis and ride to Newport. We'll rent a house; only need personal items. Beautiful scenery in the Coast Range. A great ride to start the touring season. Hilly. 60 miles per day, total 120. Mary Ellen Lind, 738-8600



Blueberry Rides

For more information see blueberryrides.com

Sat, Feb. 1. Slug Velo

Inspired by members of the iBOB newsgroup and others who desire a group ride without the potential intimidation factor of traditional club rides, *Slug Velo* will debut in Portland on February 1st. This is NOT a Critical Mass Ride! Follow all traffic laws. This is a social ride under 20 miles at a decidedly mellow pace.

Leave at noon from Groundswell Coffee, corner of NE 18th and Alberta Streets. Optional: Bring either a can of food or monetary donation to the Oregon Food Bank. Info: contact Beth at Batiya5723@cs.com.

Other Blueberry Rides

Sun, Feb 23, Noon

Around Willamette River
Start Location: 9th & SE Sherrett in Portland (Sellwood).
Ride Leaders: Louie Martin & Becky Anderson. Miles/Level: 25 few hills.

Join Team Blueberry for a casual ride on bike paths around Willamette River. We'll start from Share-It-Square in Sellwood and ride to Oregon City on the east side. Cookies and Hot Chocolate provided at George Rodgers Park. After treats we continue on the Greenway bike path and cross the Hawthorne Bridge. Follow Team Blueberry as they wind their way through side streets of east Portland back to Share-It-Square.

Sat, Apr 12 (tentative)

Blueberry Pancake Ride

Distance: 25/35 and 50 mile routes on marked course from Champoeg Park. The bike path at Champoeg is great for families with kids. Start the ride anytime between 9:00 AM and 10:30 AM at the Oak Grove Picnic area in Champoeg Park. State Park vehicle fee is still \$3.00.

Kick off the new riding season with a pancake breakfast and bike ride with all your friends. Enjoy your free blueberry pancakes before or after the ride. Pancakes will be served hot off the griddle until 1:00 PM. Every year this ride gets better. More hot drinks, restaurant quality pancakes, and routes so well marked you won't even have to look at the map. Ride coordinators: Louie and Becky, Team Blueberry. 503-449-6680.

Rain, 5 and 51!

By Bill Pintard

Do you love rain? Getting your bike dirty? Mexican food? Well, you would have enjoyed the club ride to Sweet Home on January 11. Eight riders started, Larry, Dennis, Dwayne, Dian, Craig on his Wind Cheatah trike, Roger & May on their Dawes, and me. The weather person said it was going to be cloudy and then rain late in the day. Never trust the weather. It wasn't raining when we left LCH, but it started about five miles into the ride and didn't give up until we were almost home.

At the intersection of McDowell Creek with Pleasant Valley the trike's chain was skipping and it was cold & raining pretty hard, so Craig, Roger, and May turned toward Lebanon. Five hardy souls kept on going, sending up rooster tails and splashing through puddles. Other than being a little wet we all made it to La Cassita without incident and had Mexican, except Dwayne, who had a hamburger and fries. If only we had recognized the omen.

Just as we were coming out of Sweet Home, Dwayne stopped in a service station and Dennis asked if he was OK. We all thought he said yes and went on ahead to the next turn, about eight miles up the road. When Dwayne didn't show up after about a 15 minute wait, we went back to look for him. We found him about five miles back on the side of the road with a cut tire. When he had stopped in Sweet Home, he thought we understood he had a flat. Bad communication.

Now the fun started. Dwayne had a Tuffy tire liner to boot the tire, in addition we used a piece of Tyvek, belt and suspenders. Next the tube; we found a hole and patched it. Are

we done yet? well no! There's another hole, actually two, a snake bite. We patched them both, but the patch didn't hold. So, we tried a bigger patch. It didn't work either. Then we tried another patch. That worked. Then we tried putting the tube in the tire. Would you believe it was too big for the tire? We had about 3 inches of extra tube. OK, now what?

Well Dwayne had another tube, but it had a hole too. So we patched that one. Yes, it was the right size this time. We put the tire on and blew it up. Even with the boot inside, the hole in the tire was starting to bulge so we inflated it only part way. Do you know how many wet cyclists it takes to fix a flat? Four and one on guard duty, since we were on Highway 20. It also takes five patches.

We got on our bikes and restarted our journey with Dwayne setting the pace. By now it was getting late and we were not sure if we'd make it back to LCH by dark. Dwayne was being very careful not to run over any road debris and to walk the bike over railroad tracks. Luckily he was able to nurse it back to LCH without further incident.

OK, so where does the 51 come into this story. Well, the ride was supposed to be 44 miles, but with backtracking to help Dwayne, it turned out to be 51. Quite a few miles for the middle of January. The lesson learned from this ride was carry a patch kit with PLENTY of patches and at least one sound tube for each wheel size on your bike.

(As for Craig, Roger and May - they arrived home very cold and wet after a pauly 26 miles, but hot showers felt really good at 1:30. Nice day . . . to be home. vrg:-)

February Rides

Feb. 1 • 10:AM • Jefferson / Stayton

Start at Jefferson Middle School and ride to Stayton for lunch. Some hills. 35 miles. Ken Fullen, 541-327-2084.

Feb. 8 • 10:AM • Lebanon / Scio Loop

Start at LCH and have soup, sandwiches, chips & drinks at Roger & May's home. Flat. 42 miles. Avg. 12 mph. Roger Gaither, 503-394-3696.

Feb. 15 • 10:AM • Lebanon / Brownsville Loop

Start at LCH and ride to Brownsville for lunch. Some hills. 30 miles. Ed Wright, 541-926-3234.

Feb. 22 • 10:AM • Camp Adair / Monmouth Loop
Start at the Adair Bird Refuge; it's about midway between Independence HWY and 99W. Loop through Monmouth & University campus, continue North towards Rickreall, return on the bike path along HWY 99, go East and through Independence, then back to Adair. 32 miles of very flat riding. Lunch in Independence. We'll take side roads (or paths) that follow along busy HWY 99 most of the time. Mary Ellen Lind, 541-738-8600.

Ride With Us

SS Spokes is a recreational bicycling club for cyclists of all ages and abilities (don't let our name mislead you). The Lebanon area and Willamette Valley offer wonderful roads through beautiful farmland with plenty of hills nearby. We ride weekly Saturday year-around plus other times during the dryer months. Short rides are 5-20 miles and standard rides in season are 30 - 70 miles.

Generally we're pretty low-key. We like to ride, but we don't race or particularly hurry unless some wild tailwind catches us. We look after each other on rides and try to be sure that everyone is having fun.

We occasionally have special rides that take us to wineries or on ferries or overnight camping or week-long tours. We do some fast rides that are strenuous and challenging.

Each June we produce the Strawberry Century tour, a premier 50/70/100 mile event to initiate summer. We also help the community by conducting bicycling clinics for children and other activities to further the practice of responsible bicycling.

Our club meetings are at 7:00 PM on the first Thursday of each month at the hospital. We enjoy bicycling and each other; there's plenty of room! Ride with us.

Membership Application

In Santiam Slow Spokes, inc.

Release Waiver

I waive any and all claims against the Santiam Slow 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 Slow 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 Slow 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 Slow Spokes rides.

() Individual - \$10/yr. () Family - \$15/yr.

Signature of 1st member _____ date _____

Signature of 2nd member (if family app) _____ date _____

Signature of 3rd member (if family app) _____ date _____

Signature of 4th member (if family app) _____ date _____

Complete both sections of this form and mail it with your check to:

Santiam Slow Spokes, inc.
c/o Lebanon Community Hospital
P.O.Box 739, Lebanon, OR 97355

Consider yourself a member. We will send you membership materials and this newsletter. Come to the next meeting and take part in the rides. Get involved in all club activities. The Club is what we make it collectively.

.....Please Print Clearly.....

name of first member _____

name of second member, if family application _____

name of third member, if family application _____

name of fourth member, if family application _____

mailing address _____

city _____ state _____ zip _____

() _____ () _____
home phone (important) work phone (if avail)

e-mail address (important) _____

Sign Liability Release on Reverse Side

..... Optional Information Below

() age 1st member () age 2nd member

() age 3rd member () age 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 (i.e. enjoy most, do most)

() Easy (3 - 15 mi.) () Sport (20 - 50 mi.)

() Tour (30 - 80 mi.) () Competitive (40 - 100 mi. fast)

() Off-road (i.e. mountain biking)

February 2003 Cycling • Santiam Slow Spokes

Sun	Mon	Tue	Wed	Thr	Fri	Sat
2	3	4	<p>Wed. Wanderers 10:00 AM • Flagpole at Linn County Fairgrounds • Info. call Bill Pintard @ 541-967-3295 or Ken Fullen @ 541-327-2084.</p>	<p>7:00 PM • LCH Club Meeting See write up on pg 1. Spruce up or discover new map reading skills.</p>	7	<p>10:00 AM • Feb 1 Jefferson / Stayton Lp Start at Jefferson Middle School and ride to Stayton for lunch. Some hills. 35 miles. Ken Fullen, 541-327-2084.</p>
9	10	11	<p>Wed. Wanderers 10:00 AM • Flagpole at Linn County Fairgrounds • Info. call Bill Pintard @ 541-967-3295 or Ken Fullen @ 541-327-2084.</p>	<p>May I Have Your Input for Outspoken TODAY</p>	14	<p>10:00 AM • Feb 15 Lebanon / Brownsville Lp Start at LCH and ride to Brownsville for lunch. Some hills. 30 miles. Ed Wright, 541-926-3234.</p>
16	17	18	<p>Wed. Wanderers 10:00 AM • Flagpole at Linn County Fairgrounds • Info. call Bill Pintard @ 541-967-3295 or Ken Fullen @ 541-327-2084.</p>	20	21	<p>10:00 AM • Feb 22 Camp Adair / Monmouth Lp Start at the Adair Bird Refuge and ride to Independence for lunch. Very flat. 32 miles. Mary Ellen Lind, 541-738-8600.</p>
23	24	25	<p>Wed. Wanderers 10:00 AM • Flagpole at Linn County Fairgrounds • Info. call Bill Pintard @ 541-967-3295 or Ken Fullen @ 541-327-2084.</p>	27	28	<p>HELP! I will be away March when Outspoken is normally put together. If you would pinch-hit for me, I would greatly appreciate your help. Thanks. vrg 503/394-3696 or gaiter@wvi.com.</p>

S. S. Spokes is a recreational bicycling club for cyclists of all ages & abilities (don't let the name mislead you). The Lebanon area & Willamette Valley offer 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 Lebanon Community Hospital. See Outspoken for specifics on meetings & rides. The public is invited to the rides & meetings. For membership information contact Susan Greenup, 541/259-3923. Other officers: Ken Fullen - President, 327-2084; Roger Gaiter - VP & Newsletter, 503/394-3696; Tim McDowell - Secretary, 926-0957; Dennis Murphy - Treasurer, 738-8600; Mary Ellen Lind, 738-8600 and Bill Pintard, 967-3295 - Ride Captains; Sally Skaggs - Historian & Publicity, 258-5337; Ed Wright - Web Master, 926-3234.

Santiam Slow Spokes, Inc.
c/o Lebanon Community Hospital
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RoadBikeRider.com

Free Bikes

By Bill Pintard

How would you like to have a free bike? Well its not exactly free but you can earn one. The Benton County Juvenile Department and The Association of Motorcyclists of Oregon (AMO) have been collecting bikes to fix up and give to kids and adults who need one. Originally this was a program to give bikes to kids. But now its gotten much bigger. They have collected over 300 bikes from both Linn and Benton counties and a lot of them are road bikes. The kids aren't looking for road bikes which means they have a lot left over. Most are 10 speeds from the 70's or 80's but some are really nice.

They are located in a building on the Benton County Fairgrounds and are usually working on bikes every weekend. If you would like to get in on this program, call either John Hancock with the Benton County Juvenile Department at 766-6074 or Bill Bogart with AMO at 753-1694. You may also call me at 967-3295. This might be a club project, if there is enough interest.

What's Up With The Ride Committee?

By Mary Ellen Lind and Bill Pintard

Well we've been busy. The committee is planning rides to offer as much variety in direction and distance as we can. However we could use some new rides. The ride books put together last year are very helpful but we need club members to come up with new rides. Let us know what you've got in mind at least two months ahead so we can schedule it on the

calendar. Create a ride that you would really like to do and let us know. By the way, if you agree to lead a ride, be sure to check the route out before the ride date to make sure the details such as turns and distances are correct.

The ride committee is also planning on some two day rides this year. The first one is scheduled for April 26 and will be to Newport from Corvallis. We will rent a house in Newport. It will be a good opportunity to try out your touring equipment and skills. The second will be the McKenzie Highway, after it's plowed and before they open it to traffic, to Sisters. The target date is May 24. We will stay in Sisters at a rental house. Some club members have ridden this before and say it's quite an experience.

The ride committee is open to suggestions from members. You may want shorter rides or harder rides. Tell us what you like and don't like so we can give you the best ride calendar we can.

Club Jackets

By Bill Pintard

Would you be interested in a club jacket? A company in Portland is making Tyvek jackets that can be printed with our design for about \$25 each, if we buy a minimum of 50. For those not familiar with this type of jacket, they are extremely light, stuffable, water resistant and warm. If you want to know more about them, visit the following web site: www.lesliejordan.com.

Please let me know if you have an interest. The club will not order the jackets if there is not enough interest.

We were among 400 people at the memorial service for Ed Burke. Many were his friends from the University of Colorado where Ed was a professor of biology. Others represented cycling, where Ed was a world leader in physiology and technology.

The service was moving but not melancholy. After all, we were there to celebrate a remarkable life. Ed Burke was a man of good nature and positive outlook. He brightened everyone he met. The most wrenching part for cyclists was seeing Ed's red-white-and-blue GT road bike. It stood lonely at the front of the room with his helmet and shoes, water bottle in place and the chain still in low gear. It was on a climb where Ed suffered his fatal heart attack on Nov. 7 at age 53.

As we chatted with other riders after the service, we learned more about events leading to Ed's death. How could a relatively young and apparently fit person suddenly collapse and die during a ride? Should the rest of us in his age range be worried, too? We think that Ed, who wrote extensively about training and fitness, would want you to have some answers. Here's what we know:

Ed was physically inactive for 20 years after racing in college. In 1997 he decided to get back on the bike. Overweight and nearing age 50, he admitted concern about his family's history of heart disease and his own high cholesterol and blood pressure.

He worked back into shape carefully.

He became an enthusiastic long-distance cyclist, completing Alaska's Iditabike and the Leadville 100-mile mountain bike race, among other endurance events.

In recent months, he admitted to poor performance on the bike. In October, he told us he planned to stop riding extreme events and scale back to "sane centuries."

On a ride two weeks before he died, Ed had to stop several times because he felt so bad with indigestion. He couldn't figure out what he'd eaten to cause it. Inexplicable indigestion may be a precursor of heart attack. We're sure Ed knew this, both academically and because a friend, Hugh Walton, had experienced the same symptom before his own near-fatal coronary. But apparently Ed didn't heed his own warning signs. The lesson for us is obvious: Be vigilant!

It's estimated that 59 million Americans are living with some form of cardiovascular disease. Many people who die from a heart attack have symptoms the week before the fatal incident. These include chest pain, increased fatigue, dizziness, ankle swelling and indigestion or heartburn. Seek help immediately if you experience any of the following symptoms of a possible heart attack:

Pain or pressure (squeezing sensation) in the middle of the chest that lasts more than a few moments.

Pain that radiates down the arms or into the neck or jaw.

Chest discomfort accompanied by shortness of breath, lightheadedness, sweating, nausea or fainting.

It's much smarter, of course, not to wait till your heart is in trouble. To take the initiative on this issue:

Find out all you can about your family heart history.

Avoid the risk factors that produce coronary artery disease.

These include smoking, hypertension (blood pressure should be under 140/90), and cholesterol (total less than 200 with HDL above 35, LDL under 100 and triglycerides under 200)

Get a CRP test. Inflammation, and its role in heart disease, is a promising new research area.

Cut back on saturated fats in your diet and increase portions of fruit, vegetables and whole grains.

Exercise aerobically at least four times per week for 30-60 minutes each time, but avoid pushing yourself hard when you're dehydrated, bonking or cramping.

Have an annual physical and take an exercise stress test as often as your doc recommends.