

OUTSPOKEN

Newsletter of Santiam Slow Spokes, Inc. • Volume 12, No. 7 • April 2004

Notes from the Saddle

Tim Mangan, President

So sorry if you were unfortunate to miss the quarterly surprise ride Saturday, February 28th. To refresh your memory, the quarterly surprise ride is the club hosted lunch. Only the ride captain's know the date of this event, so it is, no-show-no-go and you miss out on a free lunch. Who said there is no such thing as a free lunch?

We had a scenic ride led by Craig Euchen, from Scio to Lebanon on the much less traveled back roads. See write up of ride in this newsletter. Lunch was at the Korner Kitchen where food is plentiful and reminiscent of Grandma's cooking. Where and when will the next free lunch be? Come out and ride, some Saturday in this 2nd quarter and it could be your lucky day.

An update on our annual Strawberry Century tour. Plans and commitments are moving rapidly. Many thanks to chairperson Dian Gerstner, for keeping this event on track is no small task, with our enthusiastic volunteers 2004 should be the best yet. Sponsors are proving again to generously support the Strawberry Century, special thanks to those of you who have responded with money and or goods.

At our March Membership Meeting a special annual award was approved. The award will be given to a club member who has gone

continued on next page



Feb & Mar Pix

All photos in this issue courtesy of Ron & Kari Kropf. Below counter clockwise: Viewing wildlife at Ankeny Refuge. Connie Taylor. Lesley, Wanda & Martha. ???, Bev, Mary Ellen, Dennis, Dian, and Craig on 2/28. Martha & daughter, Lesley. Next page, article lead: Kari, Bill, Craig, Charles, & Ace.



From The Saddle

Continued from page 1.
above and beyond in their spirit of volunteering to continually improve our cycling club. The award will be known as The Jack Thomas Appreciation Award. This award will be given in June of each year to a worthy recipient, selected by the membership. Nominees will be asked for in the coming months, so be thinking of who you would like to see recognized for their dedicated club work.

In closing, do not allow the fickle spring weather to deter you from your cycling goals, It may be as short as 5miles, still better than saying to oneself I should have hopped on the saddle.

Wishing you the best of tail winds. 🌀

Minutes Of March 4 Meeting

By Kari Kropf

The meeting was called to order at 7:00 by Tim Mangan. The minutes from the February general meeting were seconded and approved. Dennis Murphy gave the financial report. He also brought a breakdown of the finances for us to look over. Mary Ellen Lind gave the membership report. It's time to send out notices for dues for the April/Spring group. Membership is up to 100 members this month with several new members being added.

Marlene Mangan gave the ride committee report. Rides for March include: Jefferson to Ankeny Wildlife Refuge; Lebanon to Sweet Home; the Daffodil ride; and the Eugene wetlands ride. April rides will include: Jefferson to Mehama; the Strawberry Century bottom loop; Peoria Road starting in Corvallis; and the 2-day Newport Ride—woohoo! Rides for May are: a stage ride-Jefferson & the Buena Vista Ferry; Corvallis to Lebanon; Lebanon to McDowell Creek; Kings Valley; and the 2-day Mackenzie ride. See website or the ride calendar for more details. There was some discussion on Sunday rides that would be about 25 – 40 miles. It might work to have 1 or 2 Sundays a month for these rides.

Dian Gerstner gave a report on the Strawberry Century. Miscellaneous donations are starting to come in. Maps are nearly ready and road permits are in process. Dian and Sally Skaggs have been going over the food details. There was some discussion about having different local groups (Optimist, etc) helping out. The 4-Wheel Club has 3 or 4 vehicles and could perhaps serve as roving mechanics during the event. There was also some discussion about involving Stutzman Biking — having them set up a mechanic's stand at the beginning of the event to help riders get prepared for the ride. This could give them some good advertising.

After the business part of the meeting we stopped for a snack break then spent the rest of the evening getting the Strawberry Century brochures ready for mailing out. Meeting was adjourned and the work was done by 9:00. 🌀



Customize The Route Scio to Lebanon

Craig Eucken

Often custom made is better than factory-made; why should a bike ride be different? At a ride committee meeting somebody asked about reversing the “standard” Lebanon to Scio ride. I said sure; I could lead that, having ridden from Scio to Lebanon several times. I figured I would just use my own route down Richardson's Gap to Bond road and into Lebanon. Then we could eat somewhere in Lebanon for a change, since we “always” go from Lebanon to somewhere else for lunch.

Friday on my way to work, I drove (most of) the planned route to check the mileage to key turning points, but I failed to write all of them down, trusting that I'd be able to remember when the time came to write up the route description. That evening as I was struggling to force the Street Atlas USA program to show the route as I wanted it, I had difficulty remembering. OK, well it looked pretty good on paper, even if the old toner cartridge in the printer made a lot of route pretty faint.

Saturday morning, before I went in to Scio to the start point, Ron and Kari called asking if I could e-mail them a route map. They wanted to ride backwards from Lebanon to meet us and then go back home after lunch. The best I could do at the time was to read that part of the route backwards while Ron wrote it down. At the bank in Scio, we were pleased to see new members Chuck and Connie Taylor.

They planned to ride one way, go home and then drive back to

S. S. Spokes

is a recreational bicycling club for cyclists of all ages & abilities (don't let the name mislead you). 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 Lebanon Community Hospital. See Outspoken for specifics. The public is invited to the rides & meetings. 2003/4 Officers are: membership information > Mary Ellen Lind, 541/738-8600. Tim Mangan - President, 541-258-6310; Roger Gaither - VP & Newsletter, 503/394-3696; Ron & Kari Kropf - Secretary; Dennis Murphy - Treasurer, 541-738-8600; Bill Pintard, 541-967-3295 & Marlene Mangan, 541-258-6310 - Ride Captains; Craig Eucken - Historian & Publicity, 503-3942384; Larry Fratkin - Web Master, 503-526-3977. Membership information and form are posted on our web site (santiamslowspokes.org), or call any of the officers.



Mary Ellen, Craig, Ken, and Dennis spotting bald eagles at Ankeny Wildlife Refuge

Thank You

Dear Slow Spokes,

On behalf of the Get in Gear! Bike Shop. I would like to personally thank you for the \$200.00 donation your club made to our program. It was very generous and thoughtful fo your club to support our Bike Shop. The donation will help us to provide much needed bike parts for youth and their bikes. As a result of a recent article in the Albany Democrat Herald, awareness and participation at the Bike Shop has increased. We are excited to see more youth coming and learning about bicycle repair and maintenance.

We are extremely grateful for the support of the Slow Spokes Bike Club provides, both financially and physically. The adults who volunteer at the Get in Gear, Bill Pintard, Chuck Young and Dwayne have done a wonderful job instructing youth on bike maintenance as well as developing valuable relationships with the youth.

Thank you again for your donation and continued support of the Get in Gear! Bike Shop.

Sincerely, Kathleen Magnuson (Y-Mentoring, Director), Mid Willamette Valley Family YMCA



retrieve their car. OK, yet another way of customizing this ride. Just as we were ready to leave, Bill received a phone call from Tim and Marlene saying that they were on the way and would be arriving a few minutes. OK, nothing says that we have to start at a certain time: we can wait. On the road at last, nobody wanted to take me up on my offer for more customizing of the route to include a little hill climbing up Franklin Butte Road. Heading south on Gap Road, Marlene asked why do we always have a headwind (check the corollary to this later)? A couple of rest stops to give Connie a chance to catch up. She was doing great: nobody ever said you had to be fast, just do whatever you can do.

If somebody like Jeff Clifton or Larry Wright want to ride fast, that's great too. Since they are gracious enough to wait for us to catch up to them and gives them more time to rest!

One of the stops was by Providence Cemetery (one of the turns I couldn't remember). Did I go straight here, or did I turn west on Griggs Drive? Several others had gone straight, trusting that I really knew what I was doing in writing this route down. I had no real choice but to follow them. It was a big relief to see them waiting by a road sign on the route description. Better yet, Ron and Kari were there too; the rest of the route really did work! OK, on into Lebanon. I suggested that Connie take a flatter option on Lacombe Drive to avoid the hills on Mt Hope Road. Like I said, customization is almost always better.

Tim lead us to the restaurant he had suggested. I was unable to find it in any phone book; how would you spell Kountry Kitchen! The best part of lunch was Tim's announcement that the club was picking up the tab! Maybe that was another reward for Connie, having ridden further than she had ever before. It was well appreciated.

The ride back to Scio was anticlimactic. Except that Marlene asked, "Why does everybody ride so much faster after lunch?" I always figured it was because I ate too much. Or the classic "cows heading to the barn"? It was fun nonetheless, and I talked to Ace Johnson to get some tips on u-joint removals (Jeremy's latest problem). There is much collective wisdom in the club. Although as Ace says, "You get talking and forget to ride." as Jo is so far ahead of us that we can hardly see her!

How can we customize another ride? Marlene suggested we ride to the Crabtree Tavern for lunch the day after Jeremy's 21st birthday. He'll actually be able to eat INSIDE. Marlene suggested we start and finish there with a short loop for Jeremy since he hasn't been riding and a longer route for others who want more challenge.



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 To The Left

••••• 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)



THURSDAY, APRIL 1
7:00 PM • LCH • CLUB MEETING
NORTHERN
TRANSAMERICA CROSSING

A Program by
Chuck Daellenbach & Jim Lawrence

In the summer of 2003 Chuck & Jim set out from Albany and journeyed to the tip of the Olympic Peninsula; caught a ferry to Anacortes (WA), and made the big right turn to cross the continental U.S. 4400+ miles later they arrived at Bath, Maine on the Atlantic. They continued on south to Portland where they took ground transportation to Boston (MA), Albany (NY) and then home. The tour took about three months and generated a lifetime of memories. Come hear about and see slides from their epic tour.

Club Tour

Our 2004 summer club tour is scheduled for Saturday, July 10 through Friday, July 16. We'll carpool to Canyonville, OR which is 134 miles from I-5 & US20 in Albany. After an early lunch on our own we'll meet at City Hall ready to ride at Noon. This tour is set-up as camping with individual

options for cabins/motel on three of the five nights, but the camping is pretty nice. Somehow the tour will be sagged (arrangements announced later). Food and other services are available along the route. This is a beautiful tour that includes Crater Lake and lots of varied, interesting country. The roads are all fine to excellent with low traffic or

wide shoulders. Climbing is part of this tour, but worth it. Several members have already indicated an interest in going. If you want to go, block out these dates on your calendar and please let me know to reserve a spot for you.

Roger Gaither
503-394-3696
gaither@smt-net.com



April 3. 10:00AM. Jefferson/Mahama Loop. The ride starts at Jefferson Middle School and travels through beautiful hilly country to Mahama. Lunch is at a restaurant in Mahama. The distance is 55 miles. Tim Mangan, 541-979-5829.

April 10. 10:00AM. Lower Strawberry Loop. The ride starts in Brownsville at the parking lot behind the Post Office. The route will travel over rural roads South of Brownsville with a few hills. It is proposed as a change to the lower section of the 100 mile Strawberry Century route. The distance is approximately 30 miles. Dian Gerstner, 926-1188.

April 17. 10:00AM. Peoria Loop. The ride starts at the parking lot under the Harrison St bridge in Corvallis. The route is mostly flat and will take us South of Corvallis to Peoria. Riders will stop at the Country Bakery for a snack before heading back to Corvallis. The distance is 35 miles. Bev Henderson, 541-467-3884.

April 25. Start ~ Call. Newport Tour. The two day ride starts at Mary Ellen's home at 2851 Linda St in Corvallis. We will turn off the highway at Blodgett and make

a long climb up to Summit and Logsdan through beautiful forest scenery. It will then travel to Toledo and Newport. We will stay over night in South Beach and ride the same route back the next day. The distance is 75 miles each day, total 150. Mary Ellen Lind, 738-8600.

May 1. 9:00AM. Albany/Corvallis Stage Ride. The ride begins at Jefferson Middle School and all riders travel to Albany. The short stage riders continue on to Buena Vista via Springhill Drive and take the ferry back to Jefferson. The longer stage riders continue to Corvallis via Riverside Drive and return through North Albany to Buena Vista and the ferry to Jefferson. Lunch will be in Albany for the short stage and Corvallis for the long stage. There is one hill on the short stage and several on the long stage. The short stage is 34 miles and the long stage is 53 miles. Martha Stiffler, 258-5974.

May 8. 9:00AM. Lebanon to Corvallis. The ride begins at the Lebanon Fire Department, Oak

April & May Rides

St, Lebanon and travels rural roads to Corvallis for lunch. The route is relatively flat. The distance is 35 miles. Bill Pintard, 967-3295.

May 15. 9:00AM.

McDowell Creek Ride. The ride begins at LCH and travels to beautiful McDowell Creek Park. Bring a sack lunch or snack. The route has a few hills. The distance is 33 miles. Ron & Kari Kropf, 451-4446.

May 22. 9:00AM. Kings Valley Ride. The ride begins in the parking lot under the Harrison Street bridge in Corvallis and travels through the beautiful Kings Valley area. Lunch will be in Philomath on the way back. This is a hilly ride. The distance is 50 miles. Mary Ellen Lind, 738-2815.

May 29/30. 9:00AM. McKenzie Summit. This is a two day tour. The ride begins in Sisters and will travel the Old McKenzie Highway to the Dee Wright Observatory. The road is closed to cars. Distance is 26 miles with a long climb to the summit. The Sunday

ride will be riders' choice. Ride leader needed.

June 5. 9:00AM. The Pre Strawberry Ride. We will ride the Strawberry Century route to make sure all is ready. Riders may decide which distance they wish to ride. There are several hills. Dian Gerstner, 926-1188.

June 12. 9:00AM. The Strawberry Century. All club members are asked to work towards making the Strawberry Century a success. There is no other scheduled ride.

June 19. 9:00AM. The Wheatland Ferry Loop. The ride starts at Maude Williamson State Park on Hwy 221 north of Salem. The route has some rolling hills but is mostly flat. The lunch location is to be determined. Distance is 38 miles. Mary Ellen Lind, 738-2815.

June 26. 9:00AM. Waterloo Stage Ride. The long stage starts in Albany at the Linn County Fairgrounds and travels to LCH. The short stage starts at LCH at 10 am. The destination is Waterloo Park for a picnic lunch. The route is mostly flat. The distances are 15 and 50 miles. Bill Pintard, 967-3295.

April 2004 Cycling • Santiam Slow Spokes

Sun

Mon

Tue

Wed

Thr

(Fri)

Sat

• Program • April 1
Northern TransAmerica
Tour • 7 PM

WED. WANDERERS
For info or to start a
ride call: Bill Pintard
@541-967-3295 or Ken
Fullen @ 541-327-2084

**7:00 PM • LCH
Club Meeting**
Northern TransAmerica
Crossing • Program by
Daellenbach & Lawrence
on their 4400+mi tour last
summer • Details inside •
Come For This!

April 3. 10:00AM. Jefferson/Mahama Loop.
The ride starts at Jefferson Middle School and travels
through beautiful hilly country to Mahama. Lunch is at
a restaurant in Mahama. The distance is 55 miles. Tim
Mangan, 541-979-5829.

4

5

6

WED. WANDERERS
For info or to start a
ride call: Bill Pintard
@541-967-3295 or Ken
Fullen @ 541-327-2084

8

**April 10. 10:00AM. Lower Strawberry
Loop.** The ride starts in Brownsville at the parking lot
behind the Post Office. The route will travel over rural
roads South of Brownsville with a few hills. It is proposed
as a change to the lower section of the 100 mile
Strawberry Century route. The distance is approximately
30 miles. Dian Gerstner, 926-1188.

11

12

13

WED. WANDERERS
For info or to start a
ride call: Bill Pintard
@541-967-3295 or Ken
Fullen @ 541-327-2084

Submit material for
May Outspoken
by today to
Roger Gaither:
gaither@smt-net.
com or POBox 129,
Scio 97374

April 17. 10:00AM. Peoria Loop. The ride
starts at the parking lot under the Harrison St bridge in
Corvallis. The route is mostly flat and will take us South
of Corvallis to Peoria. Riders will stop at the Country
Bakery for a snack before heading back to Corvallis. The
distance is 35 miles. Bev Henderson, 541-467-3884.

18

19

20

WED. WANDERERS
For info or to start a
ride call: Bill Pintard
@541-967-3295 or Ken
Fullen @ 541-327-2084

22

April 25. Start ~ Call. Newport Tour. The two
day ride starts at Mary Ellen's home at 2851 Linda St in
Corvallis. We will turn off the highway at Blodgett and
make a long climb up to Summit and Logsdan through
beautiful forest scenery. It will then travel to Toledo and
Newport. We will stay over night in South Beach and ride
the same route back the next day. The distance is 75
miles each day, total 150. Mary Ellen Lind, 738-8600.

25

26

27

WED. WANDERERS
For info or to start a
ride call: Bill Pintard
@541-967-3295 or Ken
Fullen @ 541-327-2084

29

30



Santiam Slow Spokes, inc.
c/o Lebanon Community Hospital
P.O.Box 739, 525 North Santiam Hwy.
Lebanon, Oregon 97355
www.santiamslowspokes.org