

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 13, No. 3 • December 2004



President's Comments

Charles Taylor

Bylaws

At the Nov. board meeting we discussed inconsistencies in our Bylaws. We are proposing changes to better reflect what we actually do and need for the Club. Those proposed changes are included in this newsletter.

Please read them over carefully. At our January meeting we will vote to modify these changes or approve them as presented.

Biking Turkey

Willie Weir, one of the best speakers I have ever heard, spoke November 10 at the the LaSells Stewart Center in Corvallis. His topic was "Biking Turkey."

A few club members met there to hear his adventure. I won one of five door prizes and will give it to the first person who calls me.

Willie writes for Adventure Cycling and lives in Seattle, WA. Last summer, he

The Strawberry Century last June 12 was a great success; we worked very hard and earned a lot of money for our several club causes.

Primary among those responsibilities is our tradition of supporting the Lebanon Community Hospital Foundation.

Recently Charles Taylor, club president for 04-05 had the opportunity to give Bill Rouch, President of the LCH Foundation, the \$3,000 donation from the club for this year. Bill expressed the sincere appreciation of the Foundation for our gift.

and his wife biked for three months in Turkey, meeting farmers and having dinner with many friendly Turks.

At each stop they were offered tea and other refreshments. They traveled what locals called bad, bad, bad roads, but on a bike you can pick your way and see what only a few tourists ever see: ancient statues and ruins thousands of years old.

Willie accompanied his comments with a great slide and

sound show, but the real star was Willie Wier himself. Be sure to catch his next presentation.

Christmas Bikes

Here is part of a Dec. "Bicycling" story our club should find interesting. Titled, "Must Be Santa", the article tells how David Moore purchased and gave bikes to poor children in Houston for Christmas gifts. He started with eleven bikes, but now his program is up to 20,000 bikes.

continued on page 2

Aren't we happy we don't live in Minnesota right now?



No Club Meeting
Dec. 2

Spokes Holiday Party

THURSDAY, DECEMBER 9
7 PM. DIAN'S HOME

It is tradition that our December meeting is a gathering recognizing the holiday season with fun and food. This year we are graciously hosted by Dian Gerstner who will prepare the entree and provide drinks. The rest of us will bring a potluck dish to round out the food. Bring bicycling stories to share a triumph and maybe a laugh. Also bring a funny and cheap (\$5.00) wrapped gift for our white elephant gift exchange. Remember how much fun this was last year!

Please RSVP to Dian so she can plan the entree (call 541-926-1188 or e-mail diang@comcast.com).

Her address is 1020 Pulver Lane, Albany, OR 97321. This is in North Albany and here are directions: • Highway 20 through Albany and over the bridge into Benton County. • Turn North at second traffic signal onto North Albany RD. • North Albany turns West and becomes Gibson Hill. • Go past Fire Station and Park. • Turn left on Pulver Lane. • Paved road turns to gravel ~ go straight on gravel. • Follow driveway. • Home is in the middle of 20 acres.

Plan to come. We'll see you Thursday, Dec. 9, 7:00 PM.



Minutes

Kari Kropf

11-04-04 General Meeting

The meeting was called to order at 7:00 by Charles Taylor. The minutes of the October meeting were approved as published in *Outspoken*. Dennis Murphy gave the Treasurer's report. Mary Ellen Lind was absent due to surgery so we did not go over the membership report this month.

Our Guest Speakers were Jim Lawrence with the Albany Bicycling Commission and Josh Storer with the BTA (Bicycle Transportation Alliance) and the Bike Safety Program. Josh teaches the BTA Bike Safety Classes in the Corvallis schools.

They gave an overview of the program they do with the school kids about bike safety. The kids go from riding bikes in the school parking lot to being able to ride in traffic on busy streets following the rules of the road. They learn how to handle traffic situations and how to maneuver on the road. For a final the kids get to go on a neighborhood ride at the end of the program.

Many kids come in to the program with a lot of misinformation

on the safest way to ride on the road. Parents and teachers are also often involved in these classes.

The presentation was followed with a snack break. After the break Roger Gaither gave the Ride Report. He presented the suggested rides for December. Members had an opportunity to volunteer to lead rides and to help in the decision process such as which rides to do, when and where.

• December 4 will be Albany to Independence led by Roger. • December 11 - LCH to Jefferson by Larry Fratkin. • December 18 - Corvallis to Shedd by Bev Henderson. • December 23 - A Thursday night Christmas Lights ride. Please bring the appropriate decorations on your bikes!

We are still looking for co-leaders for the Strawberry Century.

Dian Gerstner volunteered her home for the holiday Party. Note this will be the second Thursday (December 9) instead of the first Thursday of the month.

Charles Taylor presented the idea of creating a new club jersey. He had a sample from another club of a jersey they did. He did some research with different companies and Louis Garneau could do the

shirts for about \$40. Each. Kari Kropf will work on a design for the jersey that reflects our area.

Bill Pintard, our club historian, mentioned that we need to either get a new album or more page inserts, as our albums are full.

It was decided to buy a new album as the current common page size is different from the old books, and more supplies can be found in the newer sizes. The Scrapbooks haven't really been updated in the last few years.

There was also some discussion on the current state of the website. Larry Fratkin reported the issues that are going on with the domain name and service provider. He is continuing to try and get the situation resolved.

Roger Gaither brought up that we had not yet made our donation to the LCH Foundation. It was decided at an earlier meeting to donate \$3000. The donation was approved. A second donation of \$250 to Adventure Cycling was also brought up by Tim Mangan. This was also approved and amended to include that we check to see if we have donated to Adventure Cycling earlier.

Meeting adjourned at about 9:00 PM.

President's Comments

Continued from page 1

The most striking aspect of the gifts was the life changing effect a bike gives to a child whose family is too poor to own a car or even to afford bus fare. The bike gave kids freedom to visit friends, go to after school programs, run errands for the family, and even to take a part-time job.

We all know how great it was to ride a bike when we were children. I rode to school, to go swimming, to go fishing (14 miles one way), and to visit girl friends.

Our communities have children in need of Christmas present bikes. We could involve bike shops and other merchants. What do you think?

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 Lebanon Community Hospital. See *Outspoken* for specifics. The public is invited to the rides & meetings. 2004/5 Club officers are: Membership > Mary Ellen Lind, 541-738-8600. President > Charles Taylor, 541-258-1850; Vice-President > Bev Henderson, 541-461-3884; Ride Leader & Newsletter > Roger Gaither, 503/394-3696; Secretary > Kari Kropf, 541-451-4446; Treasurer > Dennis Murphy, 541-738-8600; Historian & Publicity > Bill Pintard, 541-967-3295; Web Master > Larry Fratkin, 503-526-3977. Membership information and form are posted on our web site (santiamspokes.org), or call any of the officers.

Get In Gear! is Expanding

Bill Pintard

The Community Health Improvement Partnership (CHIP) has given the Mid-Willamette YMCA a grant to expand their mentoring program into E. Linn County. This would include the Get In Gear! Bike Shop program currently operating in Albany.

The bike shop will be located at Pioneer School in Lebanon and is anticipating a mobile bike shop which can travel to East Linn County schools. Volunteers who know about bicycle maintenance and like working with kids are needed to get this project up and running. Club members are asked to participate. The time commitment would be limited to a few hours a week.

Contact Bill Pintard or Kathleen Magnuson, the Y Mentoring Director, in Albany, if you have an interest or would like more information. Kathleen can be reached at 926-4488, ext. 306.

Corvallis/Albany Rails With Trails

Bill Pintard

Benton County has requested a grant from ODOT to construct the first phase of the The Corvallis to Albany bicycle and pedestrian path. The path section would extend from Springhill Rd to North Albany Rd and follow the existing railroad line. If the grant is approved, the path would be completed in the summer of 2006 or 2007.

In the future, the path will link with the Dave Clark path in Albany and Avery Park in Corvallis. When completed, a cyclist could travel from Albany to Philomath on off road bike paths.

The path is expected to increase bicycle commuting and safety. It will also serve as a tourist attraction to the area. Santiam Spokes has sent a letter of support to ODOT recommending that the path be constructed. Both Benton and Linn County Parks and Recreation Departments and Public Works Departments have been involved in the project development, as well as the Corvallis and Albany Parks and Recreation Departments.

Jan. 7 Meeting Diet & Training

At our club meeting on January 7, Jeff Storie and his wife will present a program on diet and training.

Jeff is director of the Lebanon Community Pool. He has competed in over 150 triathlons since 1979. This includes six times in the Hawaiian Iron Man. This event is: swim 2.3 miles in the ocean; bike 112 miles; and run 26.2 miles.

Jeff's best finish was in 1985 when he finished 19th overall.

His hero in the Iron Man is six-time winner, Dave Scott.

Jeff trains weekly: swimming about 10,000 yards, biking 200 miles, and running 25 miles.

Jeff's diet is high in carbohydrates and fluids to fuel his intense training regimen.

The first bike he used in competition was a 40 lb. Schwinn Varsity. Today his bike is much lighter and more aerodynamic. In the Iron Man, Jeff has been able to average 22.5 mph for the 112 miles.

I hope everyone will mark this date on your calendar to see this special presentation.



Redwoods, Elk, and Ocean Breeze

Tim Mangan

Any bicycle tour is an enjoyable way to see the scenery, soak up the culture and ambiance of a route. When it is along a coast as rugged and beautiful as our Pacific Ocean, a cyclist feels a prize has been won.

Our route starts at Brookings, Oregon. Heading south to Crescent City the route follows back roads paralleling the coastline. This avoids Hwy 101 until reaching the small town of Klamath. I am pleasantly surprised with the lack of traffic. This being the 1st week of October, the tourists have obviously gone else where, but where are the locals?

The last 22 miles for the first day is into Redwoods National Park. Turning off Hwy. 101 the Newton B. Dury Parkway is a scenic corridor through the majestic redwoods. We spend our first night at Elk Prairie Creek Campground, again so few people, this place is almost closed.

Departing the next morning a light fog is hanging over the meadows. I stop to change gloves, spotting the largest Roosevelt bull

elk imaginable. The antler spread had to be at least 60. A few more miles down the road the Elk are migrating across a dry streambed. What a display of wildlife.

Our destination today is Fortuna, 63 miles mostly on Hwy 101. The ocean scenery is spectacular; it is easy to take your eyes and attention off the road.

Eureka is an old (1850) timber and shipping port, many of the aristocrats' homes have been restored to original condition, some serving as bed & breakfasts, museums, or upscale restaurants. The architecture is what you would expect to see on the north Atlantic coast.

Heading inland to Fortuna the temperature is near 80 degrees, a most pleasant day.

Turning off Hwy 101 the route takes us on another scenic byway, the Avenue of the Giants, and 32 miles of 300' redwood canopied road. As I pedal along, thoughts come to mind of the road being closed, for nearly 10 miles only one car passes me. I keep track now, and after 30 miles, eight cars either direction have

passed. Sunshine, giant redwoods and a lonesome road. Can it get any better?

Moving on we come to Leggett, turning onto Hwy 1, a nice 28-mile climb to 2500 feet and returning to the coastal town of Fort Bragg. Fort Bragg boasts of having one of the 10 best breweries in the world. We couldn't prove them wrong, as the brew was good.

Two days remain of our coastal ride and 122 miles of scenery remain.

The weather gods have been smiling on us, sunny days with the fog staying a few miles off shore. Bodega Bay is the final stop. A white granite cross can be seen as one approaches the community. The cross can be easily missed if traveling by auto, on a bicycle it can be seen for about 2 miles. The significance of the cross, being it's placement in 1775, by Captain Bruno Heceta and Lt. Juan Francisco Bodega. The explorers took possession of the territory in the name of Charles III of Spain. Looking at the scenery and you can understand why the explorers wanted to give it to their king.

For those of you who enjoy Alfred Hitchcock movies, Bodega Bay was the location for the filming of "The Birds". Abundant change since that 1959 film, and for the first time, traffic is heavy. A fine place to culminate this fall tour. 378 miles and splendid weather this first week of October. If you are considering this ride, early fall is about as good as it gets. Plenty of campsites, B&B's or motels, and the scenery is free.

Christmas Ride.

Bill Pintard

The Christmas ride is scheduled for Thursday, December 23. It will start at South Albany High School Pool at 7 PM. The ride will be at a more moderate pace than regular club rides allowing plenty of time to view the decorations and visit.

The route will go through several Albany neighborhoods and the historic downtown to view the Christmas decorations. We will stop at Wyatt's in downtown Albany for some Christmas cheer. The ride distance will be about 15 miles.

Since this ride will be at night, riders will be required to have both front and rear lights. Of course, you may decorate your bike for the season as well.

For more information, contact Bill Pintard, 967-3295.



Proposed Bylaw Changes

The club Board Of Directors proposes the following changes to the club's bylaws. These will be considered in the regular January 6, 2005 club meeting. Key To Changes: ~~Delete~~. Add.

Article 1. Name

The name of the organization shall be SANTIAM SLOW SPOKES, INC..

Article 2: Objectives And Purposes

F. No member shall make commercial use of the name or emblem of the SANTIAM SLOW SPOKES, INC..

G. No member shall use the name or emblem of the SANTIAM SLOW SPOKES, INC. to exploit personal views.

Article 4. Membership

A. Classes of membership shall be regular, and family group.

B. Anyone interested in bicycling is eligible for regular membership:
~~1. upon acceptance by the board of their application.~~

1 2. payment of dues as may be set by the board.

2 3. with signature of an adult legal guardian if applicant is under 18 years of age.

C. Any person eligible for regular membership, together with ~~spouse and/or dependents~~ any person at the same address shall be eligible for family group membership.

D. Members' names, addresses and/or phone numbers will not be provided to any person or organization outside of the SANTIAM SLOW SPOKES, INC. without permission of the members.

Article 5. Dues

A. Dues shall be paid once annually on or before ~~the October annual meeting~~ their anniversary of membership in amounts set forth by the board.

The anniversary of membership is the next closest October or April after the date a member joins the club.

New members who join the club less than six months previous to the annual meeting may pay for the remainder of that year at a

~~rate equal to one half the regular annual dues as set forth by the board.~~

Article 8. Meetings Of Members

D. Quorum shall consist of ten percent of the club membership, but ~~not more than 25 nor less than 5~~ 10 members.

G. Voting of classes

Each regular member shall be entitled to cast one vote on all matters submitted to a vote of the members.

Each family group membership shall be entitled to cast two votes on all matters submitted to a vote of the members.

Article 9. Election Of Officers

A. Nominations

Nominating committee selected by the President shall consist of three members. The committee shall present a list of candidates for election to office at the ~~annual~~ October meeting of the members.

The names of the members of the nominating committee shall be published in the club newsletter at least two months prior to the date of the ~~annual~~ October meeting.

B. Officers and elections

1. The elected officers shall be; president, vice-president, recording secretary, treasurer, two ~~touring ride~~ co-captains, membership chairperson, newsletter editor, publicity chairperson, and historian.

The election of officers shall be held annually at the ~~annual~~ October meeting. A plurality of the vote of the members voting constitutes an election. Mail-in ballots shall be received prior to midnight two days before the election.

In the event only one candidate is nominated for each office, the entire slate may be elected by a simple majority vote of the ~~annual~~ October meeting members.

The term of office shall be for one year.

No person may serve more than three consecutive terms in any one office.

Installation of officers shall take place during the seven days following the ~~annual~~ October meeting.

Newly elected officers shall assume their duties immediately following installation, and shall serve until their successors have been installed.

Any person who is a member as of the first of the month of the ~~annual~~ October meeting shall be eligible for office.

Each new officer shall receive one copy of the bylaws.

Parts A through B, 9 of this article shall be read to the membership prior to any election activity at the ~~annual~~ October meeting.

Upon failure of any member of the board of officers to attend three consecutive board meetings, any member may recommend termination of that officer and the board may declare that position vacant. The board shall make necessary appointments to fill vacancies. Such appointments shall be for the remainder of the unexpired term.

C. Duties of Officers.

4. ~~Touring Ride~~ Co-captains

a. ~~One captain responsible for scheduling~~ Schedule weekly and/or other ~~occasional club~~ club rides that are ~~medium to difficult routes and/or longer rides.~~

b. ~~One captain responsible for regular or occasional rides that are easy to medium routes and/or shorter rides.~~

b. e. Maintain the ride files and records.

c. d. Appoint and instruct leaders for scheduled club rides.

9. Historian

b. At the ~~annual~~ October meeting, provide a display of the year's activities that will be filed in the SANTIAM SPOKES, INC. historian book history records.

Article 10. Officers

A. Number of Officers. The number of officers shall be not less than ~~9~~ 5 and shall be also called the officers of the club.

H. Fees and Compensation of Officers. Officers and members of committees may not receive compensation for their services. Reimbursement of expenses, as may be determined by resolution of the board to be just and reasonable, is permitted.

1. Pre-approval by the board of any purchases in the name of the SANTIAM SLOW SPOKES, INC. is required for reimbursement.



January 2005 Rides

January 1, Saturday, 9:30 am LCH / New Year's Ride

Come one, come all. Clock some miles for 2005. We will depart LCH at 9:30 AM. If the weather is good, we will ride a 30 mile route. If poor, we will loiter around coffee and ride 10 miles. Refreshments will be provided after the ride at Sally Skaggs new meeting hall. Ride Leaders: Tim & Marlene Mangan. 541-979-5829.

January 8, Saturday, 9:30 am Jefferson~Aumsville~Stayton

Start in Jefferson at Plantation Inn, 237 N. 2nd. St. (coffee & breakfast at 9:00). Park in back. To Aumsville via Marion. On to Stayton for lunch at Ixtapa Mexican. Return via Shelburn. Pretty flat with total 236' gain. 35.6 miles. (planned & mapped)(need leader)

January 15, Saturday, 9:30 am Albany~Lebanon Loop

Start at Beanery south of Home Depot (1852 Fescue St.). Meet early at 9:00 for coffee and pastry. Park on street or away from Beanery. To Lebanon for lunch at Big Town Hero. Return via Tennessee, Gore, Goltra & Midway. Quite flat with 123' gain. Pretty easy 29.18 miles. Roger Gaither. 503-394-3696.

January 22, Saturday, 9:30 am Adair to Monmouth

Start at Adair County Park. To Monmouth the long way via Airlie, Lewisville and one hill after another. Beautiful but challenging. Lunch downtown Monmouth. Return by direct route. Hilly, 1560' gain. 37 miles. (planned & mapped)(need leader)

January 29, Saturday, 9:30 am LCH~Brownsville Loop

Start in Lebanon at LCH. Share a cup of coffee in the cafeteria at 9. Ride to Brownsville via flats. Lunch at the Corner Cafe; they have great soup and sandwiches. Loop back to LCH via Stoltz Hill. A couple of hills, 113' gain. 33.6 miles. Roger Gaither. 503-394-3696 

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.

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 Spokes, Inc.
c/o Lebanon Community Hospital
P.O.Box 739, Lebanon, OR 97355

You're now a member. We'll send you membership materials & *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.

•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)

December 2004 Cycling • Santiam Spokes

Sun

Mon

Tue

Wed

Thr

(Fri)

Sat



Wed. Wanderers

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

No Club Meeting

Come to the Holiday Party December 9.

December 4, Sat., 9:30 am Albany~Independence~Jefferson

Start at Boccherini's (9am for coffee) (208 1st, Albany). To Independence via Springhill & Buena Vista. Lunch downtown. Return via Jefferson & Millersburg. A few hills, total 583' gain. 46 miles. Roger Gaither. 503-394-3696.

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Wed. Wanderers

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

Holiday Party

7:00 PM • Albany at Dian's Gerstner's Home. See details on front page. We'll see you there!

December 11, Sat., 9:30 am LCH~Jefferson~Crabtree

Start at LCH (9am for coffee). To Jefferson via Tennessee (west of S. Santiam R.) Lunch downtown. Return via Crabtree (east of S. Santiam R.) Relatively flat except for Scrael Hill, total 371' gain). 40 miles. Larry Fratkin. 503-526-3977.

12

13

14

Wed. Wanderers

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

16

December 18, Sat., 9:30 am Corvallis~Shedd~Albany

Start at Hwy 34 bridge (9am coffee Great Harvest). To Shedd via Peoria Rd., etc. Lunch in Shedd. Return via Tangent & Albany. Snack in Albany. Pancake flat, total 96' gain. 37.2 miles. Bev Henderson. 541-461-3884.

19

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Wed. Wanderers

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

December 23, Thr., 7:00 pm Christmas Ride

Start at South Albany High School Pool. Moderate pace. Tour several Albany neighborhoods and historic downtown to view the Christmas decorations. Stop at Wyatt's for Christmas cheer. Front and rear lights required. Decorate your bike! About 15 miles. For information contact Bill Pintard, 967-3295.

26

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Wed. Wanderers

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

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Jan 1, Sat., 9:30 am • New Year's Ride

Come one, come all. Clock some miles for '05. We will depart LCH at 9:30 AM. If the weather is good, we will ride a 30 mile route. If poor, we will loiter around coffee and ride 10 miles. Refreshments will be provided after the ride at Sally Skaggs new meeting hall. Ride Leaders: Tim & Marlene Mangan. 541-979-5829.



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c/o Lebanon Community Hospital
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Lebanon, Oregon 97355
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