

# OUTSPOKEN

Newsletter of Santiam Slow Spokes, Inc. • Volume 12, No. 8 • May 2004

## Notes from the Saddle

*Tim Mangan, President*

What a gorgeous Saturday morning for a bicycle ride. Departing from Brownsville and heading to Harrisburg. This was also a review of the last leg for our Strawberry Century coming up in June. The complete route has now been confirmed, with locations for water and food stops. If we can have a salubrious Saturday in June like this one in April, our event recipe is complete.

I have recently been researching the benefits of computerized bike fitting. It seems nothing is simple anymore. Remember your first bike? Remember how it felt to jump on it and ride as fast as you could for as far as you could? My riding has evolved from a childhood pastime into an adult elixir. Finding the best possible fit seemed like a worthy effort.

The old, typical test of standing over a bike doesn't result in the best bike size for most people. Well it was good enough when Marlene and I bought our Raleigh Kodiaks 25 years ago. Oh, how times have changed when it comes to cycling.

Back pain, I learn, is probably caused by leg length differential. Most people are not equal on both sides. Shoulders ache a little after a few hours on the saddle? ~Handlebars are too wide. Knees hurt? ~Saddle height is wrong. This could be just millimeters of adjustment. Saddle height is the most critical adjustment.

Besides comfort, riders can have bikes set up so as to propel themselves in the most efficient manner. There are ways to make sure a rider is sitting in such away as to take in as much air as possible by not having their lungs scrunched up while in the

*continued on next page*

## Blue Skies/ Blue waters

**A Preview Of Our Club Tour  
Will Be The May 6 Program**

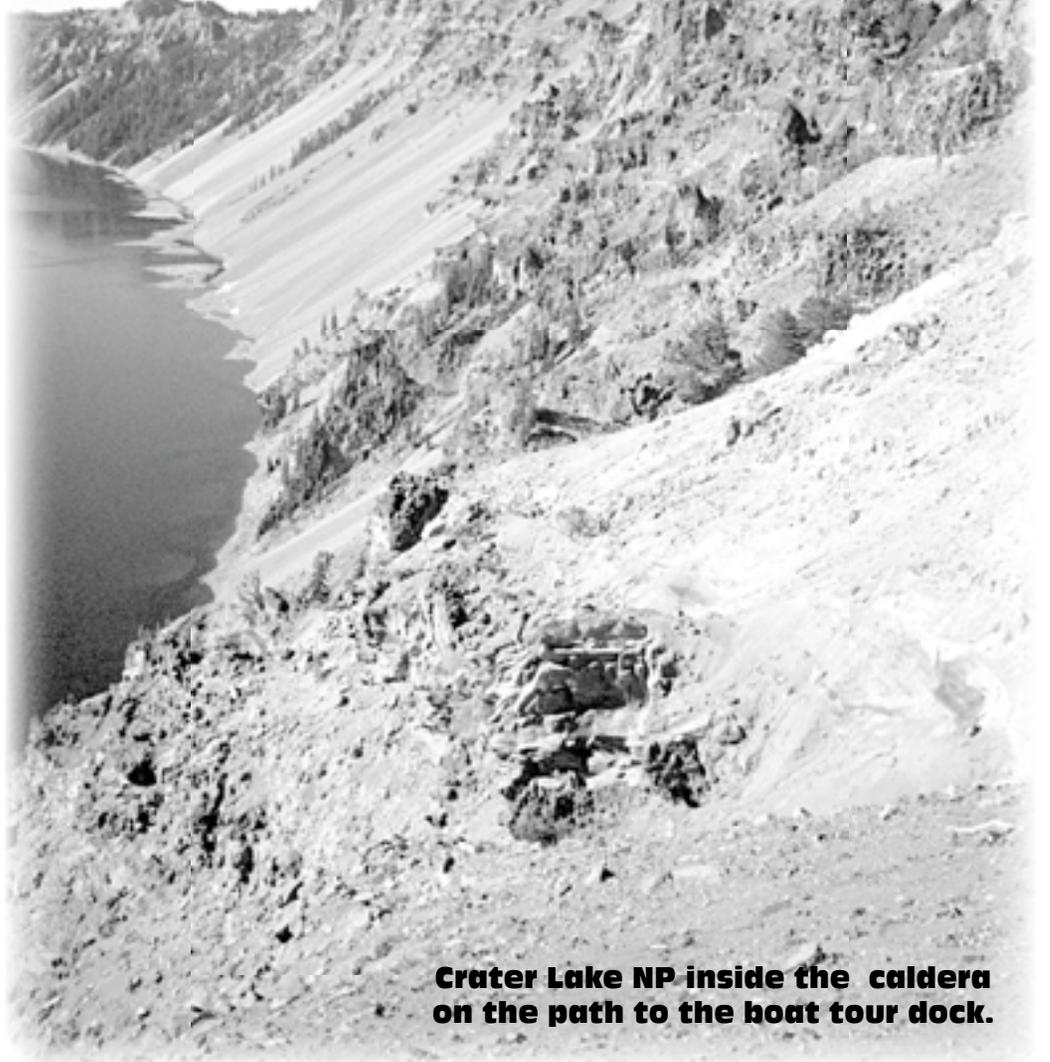
*Roger Gaither*

Recently May and I drove the route for the summer tour to update our info on roads and services. It's a challenging route in places, but exhilarating in others with great downhills. Overall it has some of the most beautiful scenery in Oregon.

Chuck Young has graciously offered to sag the ride; thanks Chuck! For the program, I'll show a few slides of the route. May and I will answer questions about the tour, services and our recommendations for nightly stays.

We'll see you Thursday, May 6, 7:00 PM at LCH. 

Sat. July 10 ~ Fri. July 16 • Canyonville to Crater Lake and loop back



**Crater Lake NP inside the caldera  
on the path to the boat tour dock.**

## Notes from The Saddle

*...continued from page one*

drops (and I thought it was the steep hill).

As the computer and video measure and monitor stance, position, body parts, and bike parts, the perfect fit is achieved.

I have been in the stone age of biking all this time. To think we could just hop on a bike and pedal away. What naïveté. As the story and sales pitch proceed. I receive all this information for only \$150.00, bicycle not included. I'm told, it will be easier for me to keep up with friends on group rides and really enjoy myself. Remember that first bike; it was all so simple-and cheap.

One last thought; driving our Subaru costs \$.012 per mile. Our Raleigh bicycles \$0.00 per mile.

See you on the next ride, and wishing you the best of tailwinds. 

## Jack Thomas Award

Jack Thomas founded our club and was the first recipient of the Golden Cluster Award. It is appropriate to rename the award for Jack.

If you have someone you would like to see receive the Jack Thomas Award for his or her contribution of time and talent to our club, please submit his/her name and your reason. The award will be presented in June. Thanks and please mail your nomination to:

**President  
Santiam Slow Spokes  
C/O Lebanon Community Hospital  
PO Box 739. Lebanon OR 97355**



## Ride Images

Fm. top left clockwise: Charles Taylor crossing suspension bridge on Eugene wetlands ride. Regroup on Daffodil ride. Bill Pintard on Eugene ride. Mary Ellen & Dennis on the swing at the Mennonite Bakery. Ron crossing Foster Dam. Images courtesy of Ron and Kari Kropf.



**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](http://santiamslowspokes.org)), or call any of the officers.

## Adventure Cycling Said Thanks

We recently received a most appreciative letter from Greg Siple, co-founder of Adventure Cycling. "Thank you very much for your recent donation of \$200 to the Adventure Cycling Outreach Program. Your donation will help bring our message to clubs throughout the nation so that we may better serve bicycling in America. Your generosity is greatly appreciated." 

# May & June Rides

**May 1. 9:00AM  
Bike Rodeo.**

**10:00AM. Lebanon  
to Corvallis.**

The ride begins at the Lebanon Fire Department, Oak St, Lebanon and travels rural roads to Corvallis for lunch. The route is relatively flat. The distance is 35 miles. Ken Fullen. 541-327-2084.

**May 8. 9:00AM.  
Albany/Corvallis  
Stage**

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. Ken Fullen. 541-327-2084.

**May 15. 9:00AM.  
McDowell Creek**

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, 541-451-4446.

**May 22. 9:00AM.  
Kings Valley**

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. 541-738-8600.

**May 29/30. 8:00AM.  
McKenzie Summit**

This is a two day tour. Carpool to Sisters. Ride the old McKenzie Highway to the Dee Wright Observatory. The road is closed to cars, but will be plowed if snow. It will probably be cold. Distance is 26 miles with a long climb to the summit. The Sunday ride will be riders' choice. Call for info. Susan Greenup. 541-259-3923.

**June 5. 9:00AM. The  
Pre Strawberry**

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, 541-926-1188.

**June 12. 9:00AM.  
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.  
Waterloo Stage Ride**

Start at Linn County Fairgrounds, Albany and LCH. Long riders to Lebanon via rural roads where they will join the short stage riders for the ride to Waterloo Park for a potluck picnic lunch. The short stage is also the graduation ride of the Discovering Bicycling class. 15/50 miles. Flat. Bill Pintard. 541-967-3295.

**June 26. 9:00AM.  
Luckiamute Loops**

Starts in Monmouth. Two loops ~ each 29 mi. Pretty ride. Roger Gaither. 503-394-3696.

## 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)

# May 2004 Cycling • Santiam Slow Spokes

Sun	Mon	Tue	Wed	Thr	(Fri)	Sat
30 MAY	31 MAY	<ul style="list-style-type: none"> <li>• Program • Thurs., May 6, 7 PM</li> <li>• July 2004 Club Tour Preview</li> <li>• Regular Club Meeting</li> </ul>			<b>May 1. 9:00AM. Bike Rodeo at Fire Station 10:00AM. Lebanon to Corvallis.</b> The ride begins at the Lebanon Fire Department, Oak St, Lebanon and travels rural roads to Corvallis for lunch. The route is relatively flat. The distance is 35 miles. Bill Pintard, 541-967-3295.	
2	3	4	<b>WED. WANDERERS</b> For info or to start a ride call: Bill Pintard @541-967-3295 or Ken Fullen @ 541-327-2084	<b>Club Meeting</b> 7 PM • LCH • Program will be a preview with slides of our club tour July 10 • Followed by a regular club meeting.	<b>May 8. 9:00AM. Albany/Corv. Stage Ride</b> Begins at Jefferson Middle School; all riders to Albany. Short stage riders to Buena Vista via Springhill Drive & ferry back to Jefferson. Longer stage riders to Corvallis via Riverside & return through N. Albany to Buena Vista & ferry to Jefferson. Lunch in Albany for short & Corvallis for long. One hill on short & several on long. Short: 34mi.Long: 53mi. Ken Fullen. 541-327-2084.	
9	10	11	<b>WED. WANDERERS</b> For info or to start a ride call: Bill Pintard @541-967-3295 or Ken Fullen @ 541-327-2084	12	13	<b>May 15. 9:00AM. McDowell Creek Ride.</b> 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, 541-451-4446.
16	Submit material for June Outspoken by today to Roger Gaither: gaither@smt-net.com or POBox 129, Scio 97374	18	<b>WED. WANDERERS</b> For info or to start a ride call: Bill Pintard @541-967-3295 or Ken Fullen @ 541-327-2084	19	20	<b>May 22. 9:00AM. Kings Valley Ride.</b> 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, but beautiful ride. The distance is 50 miles. Mary Ellen Lind, 541-738-8600.
23	24	25	<b>WED. WANDERERS</b> For info or to start a ride call: Bill Pintard @541-967-3295 or Ken Fullen @ 541-327-2084	26	27	<b>May 29/30. 8:00AM. McKenzie Summit.</b> 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 in this season. Distance is 26 miles with a long climb to the summit. The Sunday ride will be riders' choice. Susan Greenup, 541-259-3923.



**Santiam Slow Spokes, inc.**  
 c/o Lebanon Community Hospital  
 P.O.Box 739, 525 North Santiam Hwy.  
 Lebanon, Oregon 97355  
[www.santiamslowspokes.org](http://www.santiamslowspokes.org)