

OUTSPOKEN

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

Notes From The Saddle

Tim Mangan, President

It is encouraging and gratifying to hear the accolades still coming in from people regarding our club's Strawberry Century. Allow me to share a brief story about a recent bike ride Marlene and I were on in the Bend area.

There is a group of about 10 people that my brother occasionally rides with in Bend, no organization, just a group, as they refer to themselves, of "Mature Cyclists" every Wednesday they go out 40 to 60 + miles with a cafe or food along the way, (Hmm sounds familiar).

Having never met any of the people, the usual questions of, "Where are you from?", "How long have lived here?", and other pleasant inquiries were exchanged.

When I told them that we had lived in Lebanon for a long time, a few of the group quickly asked if we had ridden the Strawberry Ride. "Only once", was my response, "love to do it again though."

Four people from this small group had come from Bend for this year's Strawberry Century. They could not say enough wonderful things about the route, the good food, how well marked the route was, the splendor of our area and how well organized and courteous the people were.

All music to my ears, and I never let on until later of our probable meeting at the Holley School and what our club does with the money raised for the event. The popularity of your club's Strawberry Century is spreading as these people are telling others and making plans for riding the 2005 event.

At the club's August membership meeting requests for 3 donations were made and approved.

Bill Pintard presented the first request for \$500 to Albany's Get in Gear Program. The money will be used to purchase parts and maintenance supplies to repair donated bicycles. Last year 52, 4th through 8th grade students were involved. They learned from volunteers how to maintain and repair

their bicycles. This program is administered through the Albany YMCA.

Bill also presented the 2nd request. A donation of \$1,000 was approved for the bicycle safety education program in the Albany elementary schools. This is a joint effort between the Bicycle Transportation Alliance (BTA) and Albany Public Schools. This in-depth class on bicycling skills and safety is geared for 5th graders.

The 3rd request was from May Garland for \$165 to purchase helmets. May included a bike rodeo and safety program in the week long Scio Discovery Week. Forty three kids ages 6 - 14 are participating, and some can't afford a helmet, or did not have one that fit properly, so our club donation provided helmets for those in need.

I encourage all club members to come forward, and present your request for similar bicycle advocacy programs. The money raised by you is going towards promoting what our club is all about.

Wishing you the best of cool tail winds.



One of several bridges along this fully paved rails-to-trails bicycling route.



Trail of the Coeur d'Alenes

Roger Gaither

Recently, May and I did an exploration journey to Idaho to check for ourselves on the Trail of the Coeur d'Alenes. This is an amazing new Idaho state park that to date is largely undeveloped, but beautiful with many inherent bicycling assets.

The trail is railroad grade in terrain that is quite hilly and very scenic. It is paved very smoothly with several special bridges that cross the lake, it's tributaries, and other waterways; it parallels the lake shore for many miles. Several very interesting (and uninteresting) cities lie along its length.

Plummer (at 460 miles from here) is the southwestern trailhead and Mullan the northeastern trailhead is 71.4 miles away. Between are many trailheads and five towns. Near Mullen is the separate and spectacular "Route of The Hiawatha" bike route which is about 15 miles out & back.

There are several options for riding the routes. This is a brief article to see if there are club members interested in planning a tour yet this fall or perhaps next season. Send me an e-mail or call: gaither@smt-net or 503-394-3696.



Minutes

Minutes of the August 5, 2004 General Meeting

Kari Kropf

Tim Mangan called the meeting to order at 7:00. The minutes of the July club meeting were approved. Dennis Murphy gave the treasurer's report.

There was a discussion on two contribution requests. Both requests were from Bill Pintard. The first contribution request was for the bike safety program. This program is presented in local schools by the B.T.A. This program costs approximately \$13,000-\$15,000 in total. The suggested donation was for \$500. Dian Gerstner made a motion to increase that to \$1000. The request was approved for \$1000. The second request was for the Get in Gear Bike program, also for \$500. This money would be used mainly to re-supply replacement bike parts. This request was also approved at \$500. Get in Gear gives kids a chance to learn basic bike mechanics. Volunteers are always welcome to come help the kids learn more about bikes and biking.

May Garland presented a request for funds to buy 20 bike helmets for the Scio Discovery week bike rodeo. This was a weeklong event in Scio for the local children. The kids were taught basic bike safety, and extra helmets were needed for those children who were without helmets, or who needed damaged helmets replace. The request was approved.

The nominating committee presented the nominees for 2004-5 Officers. Nominees included: See the listing to the right >>>

Mary Ellen Lind gave the membership report. There are 94 total members. There was some discussion on having charter/honorary members included. These could be long-time members who no longer ride, but would still receive the newsletter. It was also suggested that newsletters continue to be sent to ex-members/inactive members, and to local bike shops as a form of advertising for the Club.

Bill Pintard went over the upcoming rides for September and October. There was some discussion on a Sunday Octoberfest ride in September. Also there was a suggestion for a 2-day ride along the Auf der Heide Highway.

Meeting adjourned at about 8:30 PM.

Officers

Slate of Proposed Club Officers for 2004-05

Tim Mangan

This is the slate of proposed club officers for 2004-05. These folks have agreed to serve in the capacities listed. The election will take place at our regular September club meeting and the new officers will assume their responsibilities beginning with October.

President

Charles Taylor

Vice-President

Bev Henderson

Secretary

Kari Kropf

Treasurer

Dennis Murphy

Membership

Mary Ellen Lind

Ride Captain

Roger Gaither

Historian / Publicity

Bill Pintard

Outspoken Editor

Roger Gaither

Webmaster

Larry Fratkin

Donations & Expenditures

How do we wish to invest our club funds?

Roger Gaither

In June the Club staged our very successful 12th Strawberry Century. This is our fundraiser for the year and we were quite successful as in years past. The Club has a tradition of making a major donation each year to the Lebanon Community Hospital Foundation in recognition of their sponsorship of the club and for the good work they do for the hospital. Moreover, even with reserving the necessary pre-century start funds for 2005 and other routine club expenses, the treasury will have funds left.

We should consider ways to spend these funds in keeping with the objectives of the Club as outlined in our Bylaws.

- To promote the general interest of cycling in all phases by encouraging and facilitating: 1) touring, 2) rides, 3) cycle outings, 4) all forms of recreational cycling activities.
- To secure a better understanding and recognition of the need for safe riding habits and conditions.
- To encourage the allocation of facilities for cycling on public lands.
- To cooperate with the public authorities in the observance of all traffic regulations.
- To promote recognition of the bicycle as a vehicle used for pleasure, health and economical transportation.

The Board discussed the process for making donations and expenditures and suggests:

- Please research specific ways in which we can use our discretionary funds to help achieve the club objectives. Prepare a brief but complete request including: 1) the name of an organization or project addressing our objectives, 2) describe how the organization or project furthers our objectives, 3) list exactly how much money you recommend, 4) list in detail (as appropriate) how the money will be spent, 5) when to donate or expend the funds, and 6) address and contact information for the organization, etc.

Please give this information to any board member for consideration at the next board meeting. The Board will then bring the requests to the membership for approval at the next general meeting.

Thanks.



Fish Lake to Rogue Elk Park

Day 6: Blue Skies/Blue Waters Tour

Larry Fratkin

In the article about the tour published in the August "Outspoken," I omitted Larry's account of the day. He had volunteered to write it up and did just that. However, when I was putting the August newsletter together, I lost track of his article in the milieu of my e-mail box and substituted an account by May thinking (erroneously) that Larry hadn't sent his article. My apologies Larry. (v.r.gaither)

Being an early riser I took a walk down to the lake and watched the sun come up while reading a book. By the time I got back to the cabin Lloyd, also an early riser, had coffee ready as usual. The rest of the crew was still sleeping. This was going to be the easiest day of riding so no one was in a hurry to get going.

Breakfast at Fish Lake Resort Restaurant was very relaxed. My omelet was carefully prepared and nicely presented. A couple came in on motorcycles and sat down at the table beside us. They were from Vancouver Island, BC and had just been to the Laguna Seca Superbike GP an old stomping ground of mine.

The ride started with a few hills to climb followed by some great long downhill stretches that we all felt we had earned. At Butte Falls we stopped for a break and stretched out on the park lawn in the center of town. May and Marlene went grocery shopping for the evening meal. They came out of the store

and announced that they weren't in the mood to make anything that evening and that we should each do our own thing. I was disappointed but they had both put in a lot of work on several group meals and felt that they deserved a break so I began negotiating with Ken about a meal I had packed that would serve two. We headed for our campground at Rogue Elk County Park. On the way there May let me in on the fact that they were just kidding about dinner, but wanted to shop at a market nearer the campground.

The campground had some very noisy spots but we found one as far from the road as we could get. The only problem was that it had automatic sprinklers. Tim made quick work of figuring out how much weight we needed to place on top of each sprinkler to keep it from going off.

That evening we prepared dinner—a Chinese style stir-fry. And, since I had been vocal about the correct way to make rice it became my duty. Now my culinary skills were on the line. I had everybody repeating, don't lift the lid. Well I was exonerated when the rice came out perfectly lucky to be sure. We had a great meal and then settled down by the fire for our usual social hour. This was a very pleasant day.

A Proposed Name Change

A Little History

The founders of the club, chose Santiam Slow Spokes for our name and filed it with the state. However, there has been a running discussion, debate (argument?) about the "slow" in our name. The Board of Directors has discussed this question several times this year and at the June board meeting voted unanimously to propose that we change our club name to Santiam Spokes.

The Board feels that now is the time to eliminate "slow" to better reflect the range of abilities and the range of rides we have in the club. They feel that the simpler name will no longer dissuade better riders from joining. We will be a stronger club.

Preserve Our Character

In changing our name, we pledge to retain our quality of caring, frequent regrouping on rides, and looking out for the welfare of every rider. These are the essence of our club.

Making The Change

This proposal will be discussed in the September club meeting.

Following discussion, the votes of all present plus mailed in ballots will be tallied. If unable to attend the meeting, members should return their ballots by mail for counting at the close of the discussion. A simple majority of the votes at the September meeting will decide the question.

Vote

In the August "Outspoken" I included a full explanation and a mail-in postcard ballot. It was pointed out quickly that only one ballot was sent even to families. Also a person could vote by mail and come to the meeting and vote again. Yes, I made no pretense that this was a certified, controlled election; I simply expect that people will do the right thing. If a family, duplicate the ballot or make your own so that everyone entitled votes once. And I just expect that everyone entitled votes just once. The important thing is to vote and let's decide this question.

Vote NO, if you wish the club name to stay the same. Vote YES, if you agree that it's time to drop "Slow" and shorten our name to "Santiam Spokes."

Stamp and mail your ballot ~ right now. Your ballot must arrive at Lebanon Community Hospital by September 2. Better yet, come to the September 2 club meeting.





Thanks to John Pritchett for this great illustration of what bicyclists are up against.

S. S. 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. 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; Kari Kropf - Secretary, 541-451-4446; Dennis Murphy - Treasurer, 541-738-8600; Bill Pintard, 541-967-3295 & Marlene Mangan, 541-258-6310 - Ride Captains; Craig Eucken - Historian & Publicity, 503-394-2384; 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.

Bike Tourism

Roger Gaither

There is a liberating feeling in looking at the Cascade mountains knowing that I have bicycled over them and can again, if I choose. In the same way that people assume they can drive anywhere, we can bicycle almost anywhere, if we choose.

That's bike tourism, and we can promote biking visits to our wonderful Oregon by 1) organizing local hosts for bicycling and 2) packaging the rides we enjoy right here at home.

#2 is actually easier because we already know many-many enjoyable rides in Oregon. The next step is to package them into guides including: clear maps and cue sheets while fleshing them out with attractions and services along the way.

#1 could be easy also. If a number of club members will volunteer to serve as hosts on an as needed basis, we could form a network of local hosts for bike touring. Hosting can range from telephone advice, to arranging motel reservations, to allowing camping in your lawn, to hosting visitors in your spare bedroom. May and I have done it as hosts and travelers; it's very interesting to meet hosts and bike travelers this way. It's great fun!

There are ways we can pre qualify visitors, and some of that might be a good precaution, but mostly bicycling tourists are good folks (if a little quirky for traveling by bike:-) Also we would want to control just how much, how often, and under what conditions we would host.

Our task would be to organize the effort and get started. Once we have a working plan, we can publicize the effort and encourage other bike clubs across the nation to reciprocate, perhaps even the world. There is an effort in Oregon government to figure out how to promote bicycle tourism. I propose that if we organize like this on a grass roots level, we can serve as a model and participate as the opportunities expand.

If you are interested in joining this effort, contact me and we'll decide how best to proceed. The cartoon nearby is the alternative we are up against ~ just more and more cars until our roads are clogged bumper-to-bumper. If we use the roads for bicycling, they will be less susceptible to car clogging. Join me. gaither@smt-net.com. 503-394-3696.

Thanks

Thanks So Much!

It was a great honor to receive the Jack Thomas Award at the July meeting. Believe it or not, I do have another life, but bicycling is indeed an important element in my enjoyment of life. In what other way can I enjoy: clean air (*sometimes dirty*), peace (*sometimes noisy*), beauty (*sometimes ugly*), interesting places (*sometimes boring*), exercise & good health (*sometimes exhaustion*), promoting ecology (*sometimes suffering pollution & more*), and good company (*almost always*).



Jack Thomas had the vision to start this Club; he was a leader who said we can do this. And we are! Because bicycling offers a lot to me, I do what I can and it is an honor to be recognized with this award. Let's build this tradition for the future. v.r.g.

Kids of Discovery Week Say Thanks!

May Garland

On Friday 13th in August, 43 kids from ages 6 -14 were finishing *Discovery Week*, five days of activities including: building birdhouses, studying real trees, hiking Silver Falls, making memory books, bowling, tie dying their own t-shirts, roller skating, arts & crafts, and splashing at the Corvallis Aquatic Center. Friday afternoon they learned a little bicycling safety; had their bicycles repaired & tuned up; were fitted with helmets; rode a five part skill course; and rode their bikes safely on the streets following traffic rules.

The Club donated \$165 to buy 20 helmets for those kids who couldn't afford one. That afternoon, Tim & Marlene, Ron & Kari, Bill, and Dian volunteered their time and skills to make the rodeo a great success. We simply could not have done it without such wonderful support.

The kids of *Discovery Week* and we say thanks to the Club and the generous volunteers! :-)



September & October Rides

September 4, 9 am

Albany to Independence Ride

Start at the Linn County Fairgrounds and ride to Independence via Jefferson. Return via North Albany. Rolling hills. Lunch in Independence. 50 miles. Contact Wanda Knight, 541-926-5999.

September 11, >>> 10 am <<<

Pinot Noir Loop

If you love wine, you'll love this one! Start at Carlton/Wennenberg Park just east of Carlton and left on Grant. This ride will take us to four wineries and two tasting rooms in the beautiful rolling wine country of Yamhill County. Lunch will be in Carlton at the end of the ride. 30 miles. Contact Larry Fratkin, 503-526-3977.

September 18, 9 am

Kings Valley Ride

A favorite club ride. Starting from the Harrison St Bridge parking lot in Corvallis, the ride goes through beautiful rural country in the Kings Valley area. Some good hills on the way. Lunch in Philomath. 50 miles. Contact Mary Ellen Lind, 541-738-8600.

September 25, 9 am

Santiam Terrace Ride

This ride starts at the Lebanon Community Hospital and goes to Sweet Home via Santiam Terrace. The return is on Berlin Road with an option of going over the big hill or around it. A very hilly ride. 56 miles. Contact Bill Pintard, 541, 967, 3295.

October 2, 9 am

Aufderheide Scenic Byway Tour

A two day tour through the Willamette National Forest on a scenic forest road. The ride starts at the Blue River Market parking lot, Highway 126, Blue River and follows the Aufderheide Scenic Byway (Road 19) to Westfir, about 3 miles from

the Oakridge Ranger Station, Highway 58. We will stay at the Westfir Lodge bed and breakfast and return to Blue River the next day. Long climbs and great downhill. 59 miles each way. Sag provided. Contact Bill Pintard, 541-967-3295.

October 9, 9 am

Apple Daze Ride

The ride starts at the upper parking lot of Pioneer Park, Brownsville and follows rural roads to Harrisburg. It includes a stop at Detering Orchards for apple cider. Only one hilly area. Lunch will be in Brownsville at the end of the ride. 45 miles. Contact Bev Henderson, 541-461-3884.

October 16, 9 am

Albany to Dallas Ride

The ride starts at Takena Landing Park, just over the Highway 20 Bridge, in North Albany and travels over rural roads and bike paths to Dallas for lunch. Rolling hills. 57 miles. Contact Dian Gerstner, 541-926-1188.

October 23, 9:30 am

Covered Bridge Potluck

Starts at the home of Roger Gaither & May Garland, 38795 N. Main, Scio. Choose between four loops of 8 to 46 miles over as many as five covered bridges. A favorite club ride. There is a ride distance for everyone. Some hills. Lunch will be a potluck on our return. Contact Roger Gaither, 503-394-3696.

October 30, 9 am

Cemetery Ride

The ride starts at the South Albany pool, Albany. We will tour seven cemeteries and a murder site on a spooky Halloween ride. Mostly flat. Lunch in Albany. 41 miles. Contact Susan Greenup, 541-259-3923.

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**

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.

• P l e a s e P r i n t C l e a r l y •

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)

September 2004 Cycling • Santiam Slow Spokes

Sun

Mon

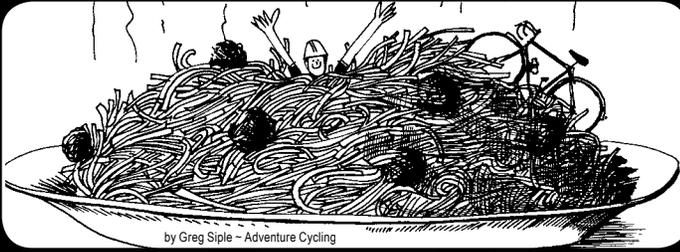
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(Fri)

Sat



by Greg Siple - Adventure Cycling

Wed. Wanderers

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

CLUB MEETING 7 PM • LCH

• We'll vote on officers for 2004-05 and on a proposed club name change and attend to other club business. Please come!

Sep. 4, 9 AM

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Please! Please!
Submit material for the September Outspoken by today to Roger Gaither: gaither@smt-net.com or P.O.Box 129, Scio 97374 503-394-3696

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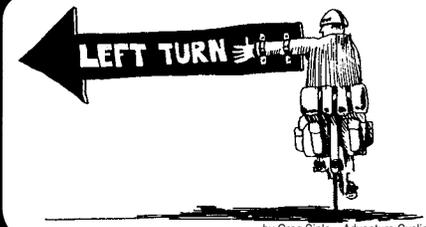
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by Greg Siple - Adventure Cycling



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