

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 14, No. 11 • August 2006



Santiam Spokes Summer Tour~2006

Day 1-by Kari Kropf

Friday morning started out Sunny and warm-a great start for the tour. Everyone gathered at the Benton County Fairgrounds with their gear, to be sorted and organized and squeezed into one shrinking trailer and pick-up. Chuck Young, our sag driver, took off for the night's destination to drop off the gear and arrange campsites for the night. We headed out of Corvallis, and into the mountains with 2 big climbs on Highway 20. We took a break at Blodgett Country Store then began the ride up to Summit. The ride to Summit is nice though it is a climb it's hardly noticed with all the great scenery. After checking out the campground, Chuck met us again in time to offer rides over the gravel section after Summit. Some took the offer of a ride, some of us walked over the gravel section and at least a couple brave souls rode over the gravel! After words it was a smooth leisurely ride into Logsdan and on to Moonshine Campground for the evening. Moonshine Park is a lovely park with open, grassy campsites surrounded by mountains and the Siletz River.~KK

Day 2-by Bill Pintard

After a day of climbing and miserable gravel, day 2 promised to be much better. The weather was perfect for riding. After passing through Logsdan, we went mostly downhill and came into Siletz on Gaither St. (really). After a brief stop to talk to one of the locals, we crossed Highway 20 and passed through Toledo. May and Alethea went looking for a quilt shop as the rest of us continued along the beautiful Yaquina Bay to Old Town Newport. After lunch at Mo's, some of us watched the fishing boats and some browsed in the shops. Our destination for the night was South Beach State Park so we had to cross the Newport Bridge, always a challenge. Some took the road and others the sidewalk. All made it safely.

Tim and Marlene, who had taken Highway 20, met us at South Beach. After having a great dinner prepared in our moving

Cont. on page 3



Top: Regroup on Day 4, after the big climb.

Middle: Everyone ready to go Friday morning. From Left: Ron & Kari Kropf, Bill Pintard, Chuck Young, Roger Gaither & May Garland, Frank Gaillardet, Alethea & Bill Robinson, Carol Gregory, and Lloyd Lambert.

Right: Bill P. and Kari K, somewhere on the road

Photos courtesy of Ron and Kari Kropf





Upper Left: Ron & Kari enjoy a treat in Newport.



Middle left: Roger, May, Tim and Frank working on dinner at Clay Creek Campground.

Lower left: Marlene, Tim, Lloyd, Bill R., Bill P., and Kari around the campfire at Fernridge.

Below Right: Lloyd takes a break after Summit.

Middle right: Frank at the first regroup on day 5.

Top right: May and Roger along Yaquina Bay...or is it still a river?

Photos courtesy of Ron and Kari Kropf



Cont. from front page

kitchen, Chuck, Lloyd, Frank and Bill P. went back to the Rogue Brewery to sample their product. It almost looked deserted since it was late on a weekday night but the beer was really tasty. ~BP

Day 3-Bill Pintard

What a great day for riding the Oregon coast route. We had a nice tailwind and clear skies. Stops were occasionally made for photos and to visit Lloyd's brother who lives off of Highway 101. Our challenge for the day was the Heceta Head Tunnel. There was a long, but beautiful climb up to the tunnel and lots of cars and trucks as we went through it. Bill R. had a flat just after coming out the tunnel and needed help. Bill P. stopped and got him going again. Alethea decided that she wanted to visit Sea Lion Caves so the rest of us continued with a strong tailwind at our backs. We literally flew into Florence. At Florence, some of the group went into the Old Town area to shop and scout for a dinner restaurant and a laundry. Others went to the bike shop where Bill R. got a new tire and derailleur adjustment.

We then proceeded to Jesse M. Honeyman State Park. Lloyd was not happy with the reserved campsites so several of us looked for other options but found none. After much discussion, we decided to stay put. After setting up camp we all piled into Chuck's truck for the trip back to the restaurant. Some were in the cab and some were in the back, sitting on our laundry. I don't think you could have gotten another thing in that truck. When we got out of the truck in Florence, it was like a circus clown car. After a great dinner, May and Marlene went with Chuck to do the laundry. Chuck then returned for the rest of us and brought us back to camp.

Tim Merzenich, Lynn Trimpe, Bob and Carl found a campsite near ours and visited our

site. They had been following the same route but with fully loaded bikes.

Day 4 Honeyman to Clay Creek-by Tim Mangan

Honeyman State Park to Clay Creek, 45 miles for everyone else 59 miles for me.

As usual the morning starts out early (4:50) the crows are cawing for some reason, and quite enthusiastically. Oh well, enough sleep for one night.

The coffee man is up before the crows, preparing caffeine for the slumbering campers. We all agree to get an early start and have breakfast in Mapleton. Blue sky and 70 degrees is about as good as it gets for the Oregon Coast, but wait a tail wind assists us to Mapleton.

Franks Café is staffed with one very busy waitress/cook/ cashier. The home made apple pie is 2nd best I have eaten. The calories I was putting away would be burned off along with some from the reserve pile, later this day.

Up the hill, through the tunnel and off the main road to Clay Creek, we go. The group regroups with a short lunch break at Whitaker Campground, a beautiful campground with tall firs and alder.

I pause to enjoy the scenery, but it's time to push on towards Clay Creek. Now is it a left or a right turn? The group has departed in great haste, as I look both ways and see no one. A 50/50 chance, I never was lucky at heads or tails, taking a right I pedal at an above average pace, amazing no one is sight. After 6 miles, who should I meet, our reliable sag driver, Chuck, who also took a wrong turn.

Chuck who always knows where he is, points the way as I feverishly pedal after him, our

reliable sag driver has directed me up the steepest 3.6 miles of the entire Coast range.

Thankfully there is no traffic as it is too steep for cars, but wait here comes a vehicle it's Chuck. Road becomes gravel in 8 miles he says.

I turn my bike around with a smile on my face, as it is down hill now, and back to the T in the road where I should have turned left.

Clay Creek Camp ground is the most idyllic site. Grass area for a tent, a sheltered area for a long quiet meal preparation, a huge fireplace, and right on a pretty little creek. What a way to conclude a day of a wonderful bike ride.

Sometimes you have to take a right turn to really appreciate the left turn and where it takes you.~TM

Day 5-by Alethea and Bill Robinson

How can you pick one day to write about, but here goes. The obvious choice would be

Day 3-the ride down the Oregon Coast. With clear skies and fair winds. But no, day 5

is a day to recall. After leaving Clay Creek Campground and riding a gentle few miles along the Siuslaw river. We began to climb. And climb. More flat roads and more of Oregon's glorious farmland. And then up and over a 1 or was it a 3 mile hill to the top of a mountain ridge with a view to take your breath away. From there it was a free fall to the bottom. Truly, the best part of the Santiam Spokes Summer 2006 Tour was the company!

Thank you for a well organized, smooth running tour. My friend Carol and I have done a couple of week long tours (and my husband, Bill's first) and I agree when

Carol says that the Santiam Tour is our new

GOLD STANDARD, by which all others will be judged against. And a special thanks and kudos goes to Chuck, the best SAG Driver in the West!!

~Alethea and Bill Robinson.

Day 5 & 6-by Kari Kropf

Day 5 ended near Veneta. We had lunch at an adorable little café that is in a renovated church. It was a nice little place to stop after an exciting day of riding. We had a few more miles to go. When we arrived at the campground, several headed straight for the reservoir for a cool swim in the water. Everyone had a chance to relax a little before evening dinner preparations began. We met up with Tim Merzenich, Lynn Trimpe, Bob and Carl again. They had taken a different route, farther down the coast, but we all ended up in the same campground after all.

Day 6 and more great weather for our final ride back to Corvallis. We edged our way along the coast range and eventually rode into Harrisburg. We stopped for a short break at the park along the river before heading out for Peoria Road. No more mountains, no more hills, just a little wind to fight against. A stop at the Country bakery was more than enough motivation to keep us going. Everyone had a chance to load up on some yummy carbs before heading out onto our last leg of the trip. The afternoon was really heating up as we headed back into Corvallis to sort out all the gear and hop into our nice, hot, cars. Back to the real world. 

A special thanks to all the authors who helped me put together this article: Bill Pintard, Tim Mangan, Bill and Alethea Robinson.

~Kari Kropf

2006-07 Santiam Spokes Slate of Officers

President:	Dennis Murphy
Vice President:	Al Rimer
Treasurer:	Wanda Knight
Secretary:	May Garland
Backup:	Laurie Engel
Membership:	Ron Kropf
Ride Captains:	Bev Henderson Mary Ellen Lind
Newsletter:	Kari Kropf
Webmaster& Publicity:	Roger Gaither
Historian:	Connie Taylor
Strawberry: Assistants:	Bill Pintard Roger Gaither May Garland Mary Ellen Lind

Committee: Al Randall, Mary Ellen Lind,
Bill Pintard, Lloyd Lambert



Please turn in any receipts you have to Dennis Murphy by the end of August. ~ Thanks !

THIS BITES By Christine Fennessy

When a dog chows down on your calf, the puncture wound should be a bigger worry than any road rash, says Warren Scott, M.D., of California's Stanford University. The bite injects germs than can cause infection. If the skin is broken:

- Make sure your tetanus shots are up to date.
- Wash the wound with soap under running water for 10 minutes.
- If the wound is deep enough to scare you or difficult to clean, there may be serious damage such as punctured tendon. See a doctor immediately.
- Bandage the wound and inspect it every day.
- Infection takes two or three days to set in. If the area turns red and swollen, see a doctor.

BAD DOG
You shouldn't have to ride in fear. A dog that keeps harassing riders should be reported to law enforcement or animal control. Many towns have leash laws-the dog isn't supposed to wander free beyond the owner's property. If it does and it bites you, the owner is liable for your injury, says Robert Woomer, a civil litigation lawyer in Pittsburgh. Here are three tips for getting legal on them:

- Find the owner. Thi90s might take a few days, but without an owner, you have no case. And make sure (for your own sake) that the dog is healthy.
- Photograph your wound daily-you need proof.
- Look for a civil litigation lawyer with experience in dog-bite cases.

DOG FIGHTING
When a blur of teeth and slobber gives chase, most cyclists instinctively sprint, reach for the pump to nail the dog in the head, unclip to kick him in the gut, or scream profanities-all exactly wrong responses, according to experts.

"I wouldn't suggest being aggressive at all," says Suzanne Hetts, Ph.D., a certified animal behaviorist. "There's so much potential for that to backfire and arouse the dog even more." Most dogs aren't out to hurt you, she says-they think you're just a big ball to chase, or a rude invader who needs a verbal spanking.

The key to safely riding away is to rein in your fear and act with confidence, says Steve Schmitt, a licensed certified instructor for the League of American Bicyclists. Trying to hit or kick a dog is just as likely to cause you to crash as it is to repel the beast, says Schmitt. Chemical sprays can blow back into your face (then you'll be blind, gagging and crashing). Shouting can incite dogs rather than scare them, and if you try to outrun dogs you risk colliding with them when they intercept you.

Here are seven tactics our experts recommend:

1. Stop. If you're not moving, you're less exciting, and the dog might lose interest.
2. Impersonate the owner, says Schmitt. Look at the pooch and use a strong, steady "bad dog" voice.
3. If your routes are routinely plagued by problem dogs, or you're a canine-phobic, carry and air horn. It's the best deterrent, say both Schmitt and Hetts.
4. Use only a nontoxic spray such as Direct Stop. Dogs don't like the citrus odor but you won't be bothered if it accidentally blows into your face.
5. Toss treats or tennis balls. This will distract the friendly dogs just looking to play, says Hetts.
6. With a dog that's out for blood, sprinting could make things worse. Get off, and put the bike between you.
7. If you do fall and are attacked, get into the fetal position with your hands clasped over your neck. Stay still. You'll be bitten more if you struggle.

Article courtesy of *Bicycling Magazine*.



WELCOME NEW MEMBERS!

The Cole
Family

Dan Baird

Melissa
Thompson

Bruce
Garrett

Dan Gorman

Paula & Mark
Newsome

Ruth Kanagy

Amy Scheele

Alicia Kuni

Martha
Hotchkiss

Boy Scout
Troop 326
Sara Heaney

Dorothy Cook

Bill Graybill

Michael J.
Cheever

Herb Hoffer

• **August Meeting** • Thursday • 7:00 pm • August 3, 2006

Samaritan Lebanon Community Hospital • 525 N. Santiam Hwy, Lebanon

Santiam Spokes Bicycle Club Executive Board Meeting

July 6, 2006

By May Garland

Members present: Kari and Ron Kropf, Mary Ellen Linn, Dennis Murphy, Tim and Marlene Mangan, May Garland, and Roger Gaither.

President Roger Gaither welcomed the group and opened the meeting at 6:00 PM. At 6:15 PM, pizza and sodas were brought in.

Treasurer, Dennis Murphy, reported a tentative profit from the Century of \$12,313.53. However, all expenses are not paid because all receipts are not in, namely those for the food from Sally Skaggs. Now that the ride is over, the club needs to send money to the insurance company to cover liability for riders over 525. This cost is \$1.80/rider. We also need to follow our pledge and send \$1.00/rider to the BTA. Secretary, May Garland, will send a check for \$690 with a cover letter. While it might be interesting to know, Dennis is not able to separate types of income, e.g. shirts, socks, registration. Dennis also suggested that we might need to refund money to some people who registered twice! (Al Randall, who handled registration at the Century, later reported that he has this information and will get it to Dennis.)

The PayPal account that we used to let people register and pay over the interest will only let us take out \$500/month. The revenue from online registration is included in the tentative profit and eventually the remainder of those funds will find its way into the checking account. Urge people to get receipts in by

the end of August. Mileage payment will be \$.28/mile.

Roger distributed a tally of the numbers from about 250 Century Evaluation Sheets. Information from the evaluations suggested that the mailer worked well. These data also show that almost everyone who rides the 100 decides to ride that distance before they start the ride. They do not decide when they arrive at Sunnyside or in Brownsville. For this reason, the club could change the route and put the extra miles at the beginning of the ride. Several Board members want to revise the return route between Brownsville and Lebanon to get people out of the wind and to make it more interesting. Tim Mangan, the 2006 Strawberry Century director, stated that the new route needed to be identified by October in order to revise food and water stops and to start planning for the June 2007 Century. Tim suggested that the club form a committee to work on revising the route. This group would work with our current ride leaders, Ron Kropf and Mary Ellen Linn. Roger will present this idea to the general meeting. Road markings were another issue for Century riders. The club needs to continue working to make clearer and more consistent.

Roger noted that the evaluations need further transcribing to include the subjective comments. He will ask in the general meeting for a volunteer to do this.

Because many riders appear to be representing their various clubs, it was suggested that Kari begin to feature the special rides of other area clubs in the newsletter. Then our club members could reciprocate by riding in their special rides.

As is our practice, the club will donate a portion of the Strawberry Century profits to the Santiam Lebanon Community Hospital Foundation. The donation will be in two parts - one now and one later when the final accounting is completed. The Board voted to donate \$3,000 now. The check will be given to Betty Koehn, Executive Director of the Foundation. When the second check is written and presented, the Board wants it to be a media event.

Tim reported that the Strawberry Center "How-to Notebook" is updated and ready for next year's Strawberry Century leader.

The Board discussed our current practice of using some club funds to food and other amenities for club meetings and events. This practice is viewed as a way of rewarding volunteers and active members for all their work in making the Century and other club function successful. To support the volunteers and to encourage active participation in club activities, the Board voted to budget 20% of the net proceeds of this year's and future year's Century profits to fund club-sponsored events, such as refreshments for the meetings, food for the summer picnic and holiday party, sag support for the club tour, awards, partial payment for club jerseys, etc.

Other Business. Dennis reminded us that Jack Money is still the registered agent for the club. This needs to be changed and Dennis does not want the responsibility. The club voted to ask Dennis to identify someone who could do this and to employ them if the fee does not exceed \$150. He will check with club member, David Delsman, who is an attorney. If David cannot do it, Dennis will continue and find someone.

Santiam Spokes Bicycle Club General Meeting

July 6, 2006

By May Garland

Business Meeting: Roger Gaither, President, called the meeting to order at 7:12 PM. Everyone introduced themselves. The minutes were approved as they appeared in the newsletter.

Dennis Murphy, treasurer, reported that the club currently has \$18,848.23 in the combined checking account and PayPal account. Preliminary reports indicate that the net revenue from the Strawberry Century is \$12,313.53. This amount may change a bit as people continue to turn in receipts. The treasurer's report was approved.

Membership: There was no membership report. Roger announced that the club has 15 new members who took us up on the offer of a free membership for one year available only on the day of the Strawberry Century. Kari Kropf, newsletter editor, will send these new members receive a copy of the newsletter.

Strawberry Century: Tim Mangan, this year's Strawberry Century leader, was very pleased with the way the Century went. He asked people to turn in their receipts as soon as possible. If you have lost your receipt but can remember how much you spent, you can write this on a sheet of paper and give it to Dennis for reimbursement. Mileage can also be reported and will be computed for reimbursement at \$.28/mile.



Cont. from page 5

Tim's email asking for feedback from the volunteers about ways to improve the Strawberry ride resulted in eight returns with good suggestions. He is including them in the notes from this year.

Al reported that his final figures show 688 riders - 21% of them registered online; 92% were from Oregon; 17.3% from Portland, 11% from Eugene; and only 3.34% from Lebanon. Thank you letters have been received from the city of Brownsville and Geosolve, the company that produce the Century maps. Roger reported that 246 evaluations were completed by riders while they ate their strawberries and cake. He distributed copies of the numerical summary of their responses and discussed several items that give us good information about future Century rides. He asked if someone would be willing to transcribe the comments from the sheets. Craig Eucken will do this big job!

As a special thank you, the club president presented yellow jerseys to Tim and Marlene for their work on the Strawberry Century this year.

From the earlier Board meeting, it was reported that an initial donation of \$3,000 will be made to the Santiam Lebanon Community Hospital Foundation. It has been the practice of the club to donate approximately one-half of the net proceeds from the Strawberry Century to the Foundation. A second donation will be made when all of the financial information is completed.

Two recommendations from the Board were presented to the group. First, the Board is suggesting that the 100-mile route be changed. The evaluation data show that almost everyone who rides 100 miles decides prior to starting that they will ride this distance. Riders have complained for years that the 30-mile loop out of Brownsville is boring and always windy. A committee of Bill Pintard, Bev Henderson, and Maurice Banning was formed to work with the two current ride leaders, Mary Ellen Linn and Ron Kropf, to develop a revised route. This new route needs to be set by October in order to have it ready for the 2007 Strawberry ride. The committee also needs to think about changes in support services that a different route would require.

The second recommendation is that a policy be adopted for the club to budget 20% from the net proceeds of this year's Strawberry Century and future Century's to support on-going club activities, such as refreshments for meetings, food for the summer picnic and holiday dinner, sag support for the summer tour, awards for volunteer recognition, and partial payment for club jerseys. In the discussion that followed, Ron asked who will decide how to spend these funds? The group was not sure about structure, but suggested it needed to be a decision of the group. Many of these expenses have been paid by the club over the years, but this makes it official. The policy was voted on and it passed unanimously.

There was a brief report on the June Club Tour, which included twelve riders, plus Chuck Young, our sag driver. Everyone had a good time, with only two flats. Roger read a thank you letter from Alethea and Bill Robinson, who were amazed that the total per person cost for two meals a day and camping for six days was \$48.74.

Upcoming Rides: Mary Ellen reported that the Quartzville to Yellow Bottom ride scheduled for August is delayed until school starts and will be in September. The August 19 ride from Corvallis to Summit needs a leader. The 15th anniversary ride on July 29 will include a meal at Charles and Connie Taylor's home. Please let Mary Ellen or Charles know if you plan to ride. There was a brief discussion of how to get more people to participate in short rides. It was suggested that we describe these rides in more detail and that we re-emphasize that we always wait for people.

New Officers for 2006-2007: The election process needs to start soon. The slate of officers must be announced at the August meeting, voted on in the September meeting, and the new officers are installed at the October meeting. The club president asked the following people to serve on the nominations committee - Al Randall, Mary Ellen, Bill, and Lloyd Lambert. To put the slate in the August newsletter Kari needs it by July 25.

The Second Annual Awards Presentation will be held at the October meeting. Bev and Laura Engle will work on this

and Kari will contribute ideas. This was a big success last year and should be fun again this year.

Other: Bev announced that the next Cycle Oregon Weekend will take riders from Eugene to Oakland and back. They need volunteers, or you could ride. Contact Bev for more information. Laura reported on dog bite articles in the recent issue of Oregon Cycle. These were passed on to Kari for possible inclusion in the newsletter. Bill will be writing another article for the local newspaper about bicycling. He asked the group to contribute ideas about what we can do as a group to change the attitudes of people toward bicyclists. People offered suggestions of how to think about dealing with dangerous drivers. Al Randall brought copy of another newspaper that discussed bicyclists and drivers sharing the road.

Program: Tonight's program was presented by May Garland and Roger Gaither, who leave on Tuesday, July 11, to travel to Anacortes, WA to start a bicycle trip across the northern United States terminating in Boston, MA. They brought their fully-loaded tandem bicycle, a detailed itinerary and a map to explain their trip which will last approximately 10 weeks. Roger explained the development of the route and May explained how they will meet their various eating, sleeping and living needs as they camp most of the nights. Various pieces of camping gear were displayed, many of them miniature in scale. This will be Roger's fourth cross-country trip and May's first.



Regional Events

August 5-6

MS150 BIKE TOUR

150 miles, Forest Grove, OR, National Multiple Sclerosis Society, Oregon Chapter. call: 503-223-9511, web: www.ms150oregon.com

The Oregon MS 150 Bike Tour invites you on an unforgettable, two-day journey through Oregon's wine country and woodlands. Cruise along scenic figure-eight courses ranging from 41 to 178 miles that include generous amenities, stunning landscapes, stops at spectacular vineyards, and spirited festivities.

August 6

BLACKBERRY BRAMBLE

20, 62, 100 miles, Eugene, OR, GEARS Cycling Club, Eugene, OR. Phone: 541-484-1734 web: www.eugenegears.org

August 11-12

PROVIDENCE BRIDGE PEDAL HEALTH & WELLNESS EXPO

Double Tree Hotel Lloyd Center, A Providence Rose Pedal Event, Providence Health System. web: http://www.providence.org/oregon/events/rose_pedal/default.htm

August 12

TORTURE 10,000

The Toughest Century in the West 30, 72, 100 miles (10,000 feet of climbing), Mt. Hood Community College, Gresham,

OR, Portland Wheelmen. web: www.pwtc.com

August 12

COVERED BRIDGE BICYCLE TOUR

40, 69, 85, or 101 miles, Linn County Fairgrounds, Albany, OR, Mid-Valley Bicycle Club. web: www.mvbc.com/

August 13

PROVIDENCE BRIDGE PEDAL

14, 24, or 36 miles, Portland, OR. A Providence Health System Event, benefits the Bicycle Transportation Alliance (<http://www.bta4bikes.org>). Phone: 503-281-9198 web: www.providence.org/bridgepedal

August 13-19

OREGON BICYCLE RIDE XXIV

Fully supported tour, 225 riders, Klamath Falls, OR, call Sandy Green 800-413-8432, email info@oregonbicycleride.org, web www.oregonbicycleride.org

August 19

RIM TO ROSEBURG CENTURY

"The Fastest Century in the West", A ride from Crater Lake to Roseburg, O.C. Brown Park, Roseburg, OR, Umpqua Velo Club. call Dave Anderson 541-496-4833 email ildavide@jeffnet.org

August 19

THE VINE RIDE

35, 50, 65, 100 miles, George Fox

University in Newberg, OR, benefits Northwest Medical Teams. Call Wheel Help Rides at 800-390-6189 web: www.vineride.com

August 20

ICE CREAM CLASSIC

65 miles around Mt. Bachelor, Sunnyside Sports and Freshair Sports, Sun River, OR Phone: 541-318-7388 email: gina@freshairsports.com web: www.freshairsports.com

August 20

YAQUINA LIGHTHOUSE CENTURY

25, 62, 100 miles, Newport, OR. Phone: 541-265-2397 email: kdennis@actionnet.net, web: www.yaquinawheels.org/Century.html

August 26

ALPINE HALF CENTURY

50 miles, Monroe to Alpine, OR Phone: 541-847-6028 email: evelee@peak.org web: www.alpinecommunity.net/pg23.cfm

SEPTEMBER

September 9

OREGON COAST CYCLING FESTIVAL

3, 10, 25, 60, 100 miles, Gold Beach, Oregon, benefits the Curry Health Foundation email: info@oregoncoastcyclingfestival.com web: www.oregoncoastcyclingfestival.com

September 9-16

CYCLE OREGON XXVIII

Fully supported week long tour for 2000 cyclists. call 503-287-0405 email info@cycleoregon.com web: www.cycleoregon.com

September 9 – 23

BIG RIDE PACIFIC COAST

960 miles in 15 days, Seattle, WA to San Francisco, CA, fully supported tour down the Pacific Coast, American Lung Association of Washington Phone: 206-441-5100 email alaw@alaw.org web: www.alaw.org

September 23

RIDE THE ROGUE

30, 62, 100 miles, Rogue River, OR, by the Students of Southern Oregon University, benefits Rogue River Recreational Corridor & Greenway web: www.ridetherogue.com email gmoneyfrank@hotmail.com

September 24

PEACH OF A CENTURY

62, 100 miles, Salem, OR, Salem Bicycle Club web: www.salembicycleclub.org, email gonespinning@msn.com

The Silent Wheel

Good-morning, fellow Wheelmen;

here's a warm, fraternal hand,

As with a rush of victory we sweep across the land!

If some may be dissatisfied to view the way we ride

We only wish their majesties could wander by our side!

For we are good philanthropists-

Unqualified philanthropists-

And would not have our happiness to any one denied.

We claim a great utility that daily must increase;

We claim for inactivity a bright and grand release;

A constant mental, physical, and moral help we fell,

Which makes us turn enthusiasts, and bless the silent wheel!

Anonymous

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. 2005/6 Club officers are: **Membership** > Larry Fratkin, 503-526-3977; **President** > Roger Gaither, 503-394-3696; **Vice-President** > Allen Randall, 541-258-8186; **Ride Captains** > Mary Ellen Lind, 541-738-8600 & Ron Kropf, 541-451-4446; **Secretary** > May Garland, 503-394-3696; **Treasurer** > Dennis Murphy, 541-738-8600; **Historian** > Bill Pintard, 541-967-3295; **Newsletter** > Kari Kropf, 541-451-4446; **Publicity** > Charles Taylor, 541-258-1850; **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.

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)

August & September Rides ~ 2006

August 5 Saturday, 9 a.m.
Lebanon to Brownsville

Start at Samaritan Lebanon Community Hospital. In addition to the fun of biking and socializing, the purpose of this ride is to scout out another route from Brownsville to Lebanon for next year's Strawberry Century ride. You will have opportunity to ride two routes (one going and one coming), plus additional options that include more hills. We will be checking the exact mileage of each route. Hopefully the group will have recommendations for a route improvement. Lunch at the Corner Café in Brownsville. Mostly flat; gentle rolling hills with option for more hills. About 40 miles. Ride leader, Al Rimer, ph. 928-3584

August 12 Saturday, 9 a.m.
Covered Bridge Bicycle Tour

Join the 28th annual bike ride sponsored by our bike club neighbors, the Corvallis' Mid-Valley Bicycle Club. There is opportunity to volunteer to assist at registration or other tasks at 7 a.m. then gather at the registration site at 9 a.m. to ride together as club members, either the 40 mile or 68 mile route. There is a fee for the ride if you are unable to assist, \$15 - \$25. You may register on-line at www.mbv.com or on the day of the ride. Registration and ride start from a new location - around the corner at the Linn County Fairgrounds. Please contact Bill Pintard if you will volunteer, ph. 967-3295. No designated bike ride leader.

August 19 Saturday, 9 a.m.
Corvallis to Summit

Ride starts from under the Harrison Street Bridge in Corvallis. Follow the bike path to Philomath then HWY 20 (two long hills) to Blodgett. Turn onto the Eddyville-Blodgett country road (quite bumpy), and climb more hills to Summit. This is the day of the annual Summit Summer Festival. You have opportunity to buy good food, sit on hay bales and listen to fiddlin', browse through vendor booths and see a quilt display. About 45 miles. Ride Leader: Mary Ellen Lind

August 26 Saturday, 9 a.m.
STAGE RIDE: Lebanon to Crabtree

Ride from the Samaritan Lebanon Community Hospital. All bikers start the same route then there is an option to ride directly towards Crabtree or to circle about 10 miles longer and hillier before entering Crabtree. Hopefully both groups will arrive at about the same time for lunch at the Crabtree Tavern. Both groups will ride the same route back to LCH. Some hills at the beginning; the ride after lunch, all flat. Shorter, slower ride is about 24 miles. Suggested average speed, 8 - 10 mph. Ride leader: Charles Taylor, ph. 541-258-1850 Longer, faster ride about 35 miles. Suggested average speed, 12 - 14 mph. Ride leader: Beverly Henderson, ph. 541-461-3884

Volunteer to Lead a Ride!

If you would be interested in leading one of these upcoming rides or have suggestions for other rides, please contact:
Mary Ellen Lind, 541-738-8600, 541-231-6973,
Ron Kropf, 541-451-4446

SEPTEMBER RIDES

September 2
Linn and Benton County Winery Tour

September 9
Ride revised 30 mile loop for next years
Strawberry Century

September 16
Oktoberfest in Mt. Angel. Start at Maud Williamson State Park

September 23
Sweet Home, North River Rd to Quartzville Road to Yellow Bottom

September 30
STAGE RIDE

DIRECTIONS TO START LOCATIONS

Samaritan Lebanon Community Hospital
• 525 N. Santiam Hwy, Lebanon

From North: I-5 exit 233 go east on Hwy 20 to Lebanon. Just north of Lebanon the hospital is on the left. Park in back.

From South: I-5 exit 228/Hwy 34: I-5, East on Hwy 34 to intersection with Hwy 20 in Lebanon, left on Hwy 20 about 1/2 mile. Lebanon Hospital on right. Park in back.

Linn County Fairgrounds • 3700 Knox Butte Rd, Albany, OR 97321

From North: Take exit 234A (toward Fair / Expo / Knox Butte) Becomes Airport Rd. SE. Turn right onto Pacific Blvd. SE. Stay straight to go onto Knox Butte Rd. End at 3700 Knox Butte Rd. Park in Fair/expo parking lot near flagpoles.

From South. Take exit 234. Turn right onto Knox Butte Rd. Park in Fair/Expo parking lot near flagpoles.

Corvallis Rides • Harrison St. Bridge

From 1-5 take exit 228 onto Hwy 34, go West to Corvallis. As you near Corvallis, don't take the Hwy 34 bypass (left turn) but cross the Willamette River on the Harrison Street Bridge. After crossing Willamette river, turn right on 2nd St., right on Tyler, then right on 1st St. into parking lot under bridge.

Visit our Website at
www.santiamspokes.org

August 2006 Cycling • Santiam Spokes

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Visit our website:
www.santiamspokes.org

1

Wed. Wanderers

Start at the Linn County Fairgrounds flagpoles at 9 am. For info or to start a ride call: Call Bill Pintard @541-967-3295 or Ken Fullen @541-327-2084

CLUB MEETING

7:00 pm
 Samaritan
 Lebanon Community Hospital
 525 N. Santiam Hwy.
 Lebanon

**Saturday Aug. 5, 2006 9:00 am
 Lebanon to Brownsville**

Starting Location: Samaritan Lebanon Community Hospital
Distance: 40 Miles,
Description: Mostly flat with a few hills, option for more hills
Ride Leaders: Al Rimer, ph: 928-3584

5

6

7

8

Wed. Wanderers

Start at the Linn County Fairgrounds flagpoles at 9 am. For info or to start a ride call: Call Bill Pintard @541-967-3295 or Ken Fullen @541-327-2084

10

**Saturday Aug. 12, 2006 9:00 am
 Covered Bridge Bicycle Tour**

Starting Location: Linn County Fairgrounds
Distance: 40, 68 Miles,
Description: Hilly
Ride Leaders: No designated ride leader
 Come Volunteer to help out with Registration!

12

13

14

*Please submit material for
 Outspoken by today to
 Kari Kropf:
 kropfk@comcast.net
 PO Box 1183
 Lebanon, OR 97355
 541.451.4446*

Wed. Wanderers

Start at the Linn County Fairgrounds flagpoles at 9 am. For info or to start a ride call: Call Bill Pintard @541-967-3295 or Ken Fullen @541-327-2084

17

**Saturday Aug. 19, 2006 9:00 am
 Corvallis to Summit**

Starting Location: Harrison Street Bridge
Distance: 45 Miles
Description: big climbs
Ride Leaders: Mary Ellen Lind

19

20

21

22

Wed. Wanderers

Start at the Linn County Fairgrounds flagpoles at 9 am. For info or to start a ride call: Call Bill Pintard @541-967-3295 or Ken Fullen @541-327-2084

24

**Saturday Aug. 26, 2006 9:00 am
 STAGE RIDE: Lebanon to Crabtree**

Starting Location: Samaritan Lebanon Community Hospital
Distance: 24 or 35 Miles
Description: Some hills
Ride Leaders: Short: Charles Taylor Ph: 541-258-1850
 Long: Beverly Henderson, Ph: 541-461-2884

26

27

28

29

Wed. Wanderers

Start at the Linn County Fairgrounds flagpoles at 9 am. For info or to start a ride call: Call Bill Pintard @541-967-3295 or Ken Fullen @541-327-2084

31

Visit our website:
www.santiamspokes.org



Santiam Spokes, inc.
 c/o Lebanon Community Hospital
 PO Box 739, 525 North Santiam Hwy.
 Lebanon, Oregon 97355
www.santiamspokes.org