

OUTSPOKEN

.....
Newsletter of Santiam Spokes, Inc. • Volume 15, No. 01 • October 2006
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May, Roger & David at Niagra Falls.

Photograph courtesy of Roger Gaither

ROGER & MAY'S TOUR ACROSS AMERICA UPDATE

We are in Sault Saint Marie, Michigan; this is our first access to a library and the internet in many days (about 10?). We have crossed the upper peninsula of Michigan and are about to cross the international bridge into Ontario. Contrary to popular opinion, the prevailing wind is not from the west/northwest; we have had headwinds from the east and northeast for the last ten days (with an exception of yesterday). The weather has been cool in the morning (45-50) rising to 65-72 in the afternoon with sunny skies ~ simply beautiful and perfect for bicycling (except of course for the headwind!). Every day is different and we are enjoying ourselves greatly! Our

ANNUAL MEETING & POTLUCK

Thursday • October 5, 2006 • 7:00 pm
Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon

The October Meeting will be a potluck. Bring your favorite finger food, dessert or potluck specialty, to this annual meeting. It promises to be a great evening for everyone!

AGENDA

1. Where to make additional donations with the proceeds from our very successful Strawberry Century 2006. Do you have an idea for a bicycling issue, event or group to support? Come prepared to discuss where to make additional donations in support of bicycling.
2. Collection and completion of nominations for the Jack Thomas award. There is a nomination form included in this newsletter, and we will have extras available at the meeting.
3. Discussion of programs members would like to have presented at club meetings. Santiam Spokes Members: Please think about and bring your ideas for interesting programs so we can plan and do a good job!
4. Discussion of Favorite rides? Do you have a favorite route you like to ride? We all know which one is Dennis' favorite! How about yours? Or do you have a new route you'd like to try out? Bring your ideas for discussion.
5. Amendment to the bylaws: The chairman of the Strawberry Century Fundraising event shall be an officer of the Santiam Spokes and a member of the board.
6. We will have a Slide show of Summer Tour of 2005, and other ride photographs for everyone to enjoy along with great food and wonderful company!



Cont. from page 1

accumulated mileage is about 2590 miles and that should leave approximately 1000+ miles to arrive in Boston.

A few days ago we decided to spend an extra day in Munising, Michigan in order to take a boat cruise out on Lake Superior to see the "Pictured Rocks". This is a three hour cruise that tours closely the rocky cliffs that form the shoreline of Superior in that area. It was a beautiful, if cool day on the lake with temps in the low 60's. The cruise was spectacular. Superior is a giant pond as far as you can see (165 miles across) with numerous islands along the southern shore. The Pictured Rocks are sculpted sandstone cliffs about 200 feet high. I made pictures and will share when we return.

Tomorrow is a scheduled rest day and we plan to spend the day taking a railroad tour up the Algoma canyon north of Sault Saint Marie, Ontario. The tour leaves at 8 and returns at 5:30. The weather will be beautiful and we are looking forward to a great day.

Now this may sound like all we do is play and that's not far from the truth. We are however bicycling 50 - 80 miles each day. The countryside is mostly deserted because (we guess) it's frequently very wet, marshy, forested, etc. and the winters are pretty severe here. A few people we have asked said that last winter wasn't too bad; it only got down to minus 28 degrees with a wind chill of minus 58 degrees with only 24 feet of snow. Still they like it and call it home. It does seem as though most people live in the cities and not on the landscape.

As we arrived in Sault Saint Marie the land turned farmlike and there were several dairy farms along the way. Overall, people have been very friendly and helpful. A trip like this confirms our faith in the basic goodness of people here in the US. We are all doing well physically and are enjoying the bicycling. Our air mattresses have gone into the trash, however, and we have purchased new ThermaRest mattresses. Our old air mattresses developed multiple leaks that required re-inflating them every two hours at night - not your best night's sleep! The bikes are doing well.

SEPTEMBER 18

Our group of three bicyclists arrived in Niagara Falls, Ontario yesterday afternoon, September 18. We are completing our travels through the beautiful Great Lakes and agricultural areas of Ontario. The bicycling has been good, except that Canada does not appreciate the need for paved shoulders on their roads. Therefore, we searched very hard for paved backroads and found ones that took us past dairy farms, hog farms, tobacco, soybean and corn fields. Geographically the Great Lakes dominate this area. We have learned much about how the lakes connect to each other and how important they have been in the development of this region.

Weather is always a factor for us. In the last few days winds have been favorable. Before that we had headwinds for ten days in a row. When we entered Ontario at Sault Saint Marie it was very cool. Our camping area was frosty in the early morning. The trees were changing. Now that we have traveled south, it is warmer and very humid. As we came along the edge of Lake Huron, we were fortunate to avoid most of the rain. After riding for 16 miles on one day in the rain, we decided it was just too unpleasant and too hard to see or be seen, so we canceled that day of bicycling and stayed in Port Elgin for the night. Otherwise, we are still just three days behind our original schedule.

Today we are seeing some of the sights here in Niagra Falls. In addition to the famous falls which we found were groomed and are manipulated largely by the electrical power companies of the US & Canada, the shore area downtown is wall-to-wall tourist stuff - mostly in very bad taste. Tomorrow we cross back into the U.S. and will continue our bike tour along the Erie Canal. We are currently at 3120 miles with approximately 460 miles left to Boston.

Best regards to everyone,
Roger, May and David



AMENDMENT TO THE BYLAWS

At the last general meeting an amendment to the bylaws was proposed. The board has made the recommendation that the Chairperson(s) for the Strawberry Century fundraiser should be an officer of the club and a member of the board. The Strawberry Century is a major part of our club and the biggest funding event we have. The club will take a vote on this amendment at the October meeting.

Amendment to the bylaws:
The chairman of the Strawberry Century Fundraising event shall be an officer of the Santiam Spokes and a member of the board.

MINUTES OF THE SEPTEMBER MEETING

By Kari Kropf

TREASURER'S REPORT: Dennis Murphy gave the treasurer's Report. \$16,101.48 is in the account.

CORRESPONDENCE: Al Randall Read through the club's mail. We had a note of Thanks from the BTA (Bicycle Transportation Alliance), for our contribution to them. Also we had several thank you notes from Samaritan Hospital, from Becky Pape, Bill Rauch, President of SLCH, and Betty Keen, expressing appreciation for what the club contributes. Our Adventure Cycling membership is due. This will be taken care of when the new officers take office. Also in the mail were several area bike club newsletters, and some misc. mailers. Dennis Murphy had an email from Roger & May that he read aloud at the meeting. We will include a copy of the email in the Oct. Newsletter.

REGISTERED AGENT: Our club has been in need of a member to volunteer to be our registered agent. This is a position that comes with some legal accountability. Dennis Murphy asked Dave Delsman if he would be willing to accept this position and Dave has said that he would be willing to hold this position.

STRAWBERRY CENTURY NEWS: Bill Pintard reported that on Saturday the club will ride a possible new route section we are considering for the Strawberry Century. This will give us a chance to check mileage and see what kind of ride it would be. Dennis Murphy reported that our net income from the

Strawberry Century is \$12,316. He ran a comparison with past events and figures expenses are around \$7,000 on average. Participation may be up or down on varying years.

RIDE REPORT: Mary Ellen Lind reported that the September rides are set, and that the wine tour was great. She went through the list of rides for October. These are posted elsewhere in the newsletter. Two notable issues for October: The covered bridge ride we usually do in October will be held in November instead. It will be in place of our progressive dinner ride. More information to follow; Also We will be returning to standard time at the end of October. So in November Saturday rides will start at 10:00 instead of 9:00 am.

ANNOUNCEMENTS: We need a ride co-captain to work with Mary Ellen. Several members volunteered to help with mapping routes, but we need some one to officially hold this position. It was suggested that we put an announcement in the newsletter to invite members to let us know where they want to ride. What rides do we like? How far, etc. There was some discussion of trying new types of rides, perhaps joining other clubs now and then for a joint ride.

Bill Pintard brought up the Walk/Bike to school day. It will be on Oct. 4th, so get the word out. He also mentioned that Adventure Cycling website has a link to a "touring 101" website/forum. This has lots of information on bike touring, and may have a place for readers to contribute their information/articles.

OLD BUSINESS: Election of Officers.

Al Randall read through the list of Officers, posted previously in the newsletter, nominations for 2006-07. Al Rimer made a motion to approve the nominations and Dian Gerstner seconded the motion.

NEW BUSINESS: Dennis Murphy brought up the subject of making the chairperson for the strawberry century a board member. The Strawberry Century is a major part of our club and the biggest funding event we have. An announcement will be in the next newsletter and we will take a vote at the October Meeting.

Discussion of the upcoming awards banquet. We need someone to head this up. JACK THOMAS AWARD: It was decided to ask club-members to help pick three nominees for the Jack Thomas Award. A ballot will be sent out in the next newsletter, so people can submit names for this award. Past recipients are not eligible.

For the October meeting we will have a potluck and install the new officers. We will collect ballots for the Jack Thomas Award at the meeting and present the award at the next meeting. Traditionally club scrapbooks are available at this meeting, and we will go over the year's highlights.

We had some discussion of the Christmas Party. We will contact Sally Skaggs about using the Santiam Place, 1st Thursday in December to see if it's available. More discussion in the next meeting. We will wait until installation of new officers to discuss upcoming donations and contributions that the club might want to make.



CALLING ALL MEMBERS!

We need your input! Come to the October Meeting with your Ideas on:

- Nominations for the Jack Thomas Award.
- Awards Ceremony in November: Do you have ideas on members deserving of an award? Humor is acceptable as well as genuine appreciation and recognition of members for the achievements in biking. Send your award suggestions to Mary Ellen Lind, ph: 541-738-8600, 541-231-6973.
- Additional donations from the proceeds of the Strawberry Century.
- Programs you'd like to see presented at our monthly meetings
- What are your favorite Rides? Or do you have a new route you'd like to try?



THE WIKER (wine-biker) TOUR

by Mary Ellen Lind

On the 2nd of September, ten SS bikers plus Chuck Young, our veteran SAG driver, started biking from the Corvallis Bridge to Philomath to visit local wineries, to learn a bit about the process of preparing wine, to hear about varieties of grapes that grow in our valley, and most of all, to taste and select our favorites. Many of us are neither wine connoisseurs nor frequent consumers so we had a lot to learn about the excellent wine production that is happening all around us.

Our first stop was at Spindrift Cellars on Applegate Street in Philomath. We were greeted by the owners who told us about the grapes they use- where grown, how selected and fermented. We toured the display room and saw the oak barrels used to hold the aging wines. The owner

explained the "modern" method of screw-capping wine bottles rather than corking them, thereby avoiding a corky taste and making it easier to open! Wine tasting involves eating oyster crackers between the different wines to nullify the previous taste. We sampled about 6 varieties. I thought I would like the red wines best, but my favorite was Spindrift's Pinot Gris. Some of us purchased a bottle or two to accompany Chuck, our "designated driver".

Our second stop was at the Wine Vault on Main Street in Philomath. This is an old-looking renovated small tasting room that resembles a wine cellar. The owner provided us with selections of wines from local wineries including Airlee, Tyee, Pheasant Court, Seven Twenty, Cardwell Hills, Lumos, Belle Vallee and Harris Bridge. We selected wines to taste and buy -- Pinots, Chardonnays, and Rieslings -- plus a few additional treats from the Vault's interesting store -- wine lover's chocolate drops!

Our next gathering was for lunch at Gathering Together Farms on the south side of Philomath. At this wonderful harvest-plenty location we feasted on several unusual fresh-produce meals as we sat around a table in the center of their market. It was a delightful experience of foods other than wine for short awhile.

Several miles later, we visited the Tyee Wine Cellars located outside of Corvallis on Greenbury road. In their wine cellar (that some of us thought looked like a converted milking barn), we joined other visitors to see and taste Tyee wine selections from vintage years 2002 through 2004. A few of us liked the original grapes from the vineyards surrounding this old farm setting.

Our thanks to Larry Fratkin for organizing and leading this bike ride. Our members truly get a variety of interesting experiences, in addition to the thrill of biking around the beautiful Willamette Valley, on our Saturday excursions. 

*Lunch at Gathering Together
Farms on the south side of
Philomath on the Winery Tour*

Photograph courtesy of Bill Pintard.



Regional Events

OCTOBER

October 1

KITSAP COLOR CLASSIC

14 to 64 miles, Seattle, Cascade Bicycle Club, call 206-522-BIKE,
web web: www.cascade.org

October 7

BICYCLE RIDE THROUGH PARADISE

10, 25, 62, 100 miles. Klamath Falls, OR. Benefits CASA Children of
Klamath County, Phone: 541-885-6017
web: www.klamathfallscasa.org/bike_ride.shtml

October 7

MANASTASH METRIC CENTURY - DOESN'T RAIN IN ELLENSBURG RIVER (DRIER) RIDE

104km, 50km. Ellensburg Recreation Department & United Way,
Ellensburg, WA. web: www.manastash-metric.org

October 8

4TH ANNUAL HARVEST CENTURY

42, 75, 102 miles. Champoeg Park, OR. Benefits Community Vision.
Phone: 503-720-6984
web: www.sampros.com/century



OUR BEST WISHES TO AL AND LORI IN THEIR NEW HOME IN SPOKANE WASHINGTON.

A SPECIAL NOTE FROM AL & LORI RANDALL

Imagine that Roger and May are somewhere near the East Coast. I hope they are having a great time. I hope that when I get retired that I will be able to ride across country.

As many of you know, I have accepted a position with Procter & Gamble in Spokane as a Pharmaceutical Representative. My wife, Lori, and I are very happy to be returning to our home and family. This happened very fast and I am currently back in Spokane.

One of the best experiences of my time in Oregon was with the Santiam Spokes. I remember my first ride with you. Boy, was I unprepared! Thanks to Ace and Jo and Wanda, I actually made it to the picnic at Waterloo. I think the ride was a mere 25 miles. From there I started riding more and began doing a 25 mile loop at least once a week with shorter loops a couple times a week. From there the mileage climbed thanks to the support and encouragement from folks like Bill Pintard, Roger, Ace, Charles, Mary Ellen, Dennis Murphy, Ron and Kari, Bev Henderson, Tim and Marlene and others. My personal best was 57.5 miles about a year ago. I can't

verbalize how I felt having passed the 50 mile mark. I know that many of you have done multiple century rides. That 57 was a big one for me.

You all welcomed Lori and me into your group. We thank you for that. Lori also achieved two personal bests of over 30 miles. We enjoyed your company.

I have been disappointed about not getting to ride much this year. I have been trying to get on a Saturday ride since finding out about my relocation. I intend to get back at it, in Spokane, asap. I may even try to get to a Wednesday ride the first week in September in Lebanon.

I was honored to serve as your Vice President this past year. Working on the Strawberry Century was great, too. I look forward to bringing some Spokane folks to you next year. You have a great organization and a real "team" attitude. I was happy to be part of it. I very much enjoyed the rides. I will miss you all! Please keep in touch.

Keep those wheels on turnin' and never forget "lunch".

Best regards, Al & Lori Randall

This & That

From Adventure Cycling's Bike Bits

BICYCLES WITH ICICLES

If there's anywhere in the United States. that's simply too cold for cycling in the winter, it would have to be Fairbanks, Alaska. Right? Wrong, according to the winter page of the Fairbanks Cycle Club: "Naturally, we have a lot of winter here in central Alaska. This is a Good Thing, as it treats us to almost six months of excellent winter bicycling." Here you'll find tried and true information on dressing for the cold, winter safety tips, and bike equipment guidelines. There's even information regarding the club's weekly Sunday winter group rides. Trail etiquette tips are offered, too, such as: "Give mushers and ski-jourers the right-of-way."

<http://www.fairbankscycleclub.org/Winter>

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If you like Bike Bits, please forward it to your cycling friends!

See what we are doing at:

<http://www.adventurecycling.org>

"Wheel, Kindly light, along life's cycle path, Wheel Thou on me! The road is rough and I have discerned Thy Wrath, But wheel me on!" - a Christian Hymn

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)

NOMINATIONS FOR THE JACK THOMAS AWARD

The Jack Thomas Award is presented each year to a club member who has given years of leadership and service to our club, Santiam Spokes, and to the greater community of bicycling. It recognizes their commitment to cycling as a fun and healthy way of life.

The award is in memory of Jack Thomas who founded the Santiam (Slow) Spokes in 1991. As a leader in the Lebanon Community Hospital Foundation, he organized the Hospital's sponsorship of the club with the goal to promote community health and relationships through exercise and organized bike events."

This year we are asking each member to submit 3 names of club members who they think are deserving of this award. Please include specific comments as to why you think that person should receive the award. The award will be given at the November meeting after tallying the votes and reviewing the comments. The final decision will be made by the club president. Past recipients, Roger Gaither and Bill Pintard, are not eligible.

You may bring your nominations to the October meeting. There will be extra ballots available at the meeting. Or you may mail them to the club. THANK YOU!

Name _____

Comments _____

Name _____

Comments _____

Name _____

Comments _____



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

October & November Rides ~ 2006

KEY FOR ROUTE DESCRIPTION

The TERRAIN of each route:

Category I:	Flat to low rolling hills (quite easy pedaling).
Category II:	More frequent rolling hills, possibly several short, steep hills (a hearty workout).
Category III:	Moderate, longer hills, with a few steep climbs (need to be experienced and in good biking condition).
Category IV:	Frequent hills, some long and steep climbs (these are tough rides and will take endurance).

The overall average group speed for our club is 12 - 14 mph. Some bikers choose to ride faster and sprint ahead of the group and some bikers ride slower. Each person may set his/her own pace. The ride leader usually selects places along the route where the bikers re-group, usually at a turn in the route.

October 7, 2006 Saturday, 9 a.m.

Detering Orchards - Apple Daze

Seasonal celebrations -- see an array of pumpkins, apples (apple cider) and other harvest produce. Join the festivities of food and music. Last year we were treated to free apple dumpling and ice cream! Park and start the ride from behind the post office in Brownsville. The orchards are off of Coburg road. The first stretch is hilly (Gap road) then levels out for a pleasant, flat ride until the finale of Gap road, going north! Terrain category, combination of I and II. Approximately 45 miles.

Ride Leader: Frank Gaillardet, Ph. 541-812-1565

October 14, 2006 Saturday, 9 a.m.

Head to Shedd

Start at Samaritan Lebanon Community Hospital. Ride south across flat country, cross over I-5 and lunch at Shedd Café. This ride is popular for viewing vast agricultural country of the mid-Willamette Valley and sighting American eagles! Terrain category I.

Approximately 35 miles.

Ride Leader: Ron and Kari Kropf, Ph. 541-451-4446

October 21, 2006 Saturday, 9 a.m.

Albany to Dallas

A longer ride, but mostly on gentle rollers in a corner of the Valley that we don't often visit. Meet at Dian's home, 1020 Pulver Lane, (off of North Albany Road), for coffee and bagels, if you wish before the ride starts. You will have opportunity to enjoy biking through open country as you pass many fields and orchards. Ride through Monmouth and along Hwy 99W on the bike path. Lunch will be in Dallas. Terrain category II. Approximately 60 miles.

Ride Leader: Dian Gerstner, Ph. 541-926-1188

October 28, 2006 Saturday, 9 a.m.

Annual Cemetery Ride

STAGE RIDE - long and short options

This ride starts at the South Albany Community Pool and takes you past 7 cemeteries, over murder creek road, and at every corner is a spook. Did someone say, "all clear"? Lunch will be at an Albany restaurant. This ride may feel sluggish because of the theme. Terrain category I - II. Approximate distance is 26 miles on the short loop and 44 on the longer loop.

Ride Leader: Al Rimer, Ph. 541-928-3584

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,

NOVEMBER RIDES

Start time will be 10 a.m.

- | | |
|-------------|--|
| November 4 | Jefferson to Stayton |
| November 11 | Santiam Terrace (LCH to Sweet Home) |
| November 18 | Scio Covered Bridge Loop (8, 16, 31 or 46 miles). Roger and May have agreed to host a thanksgiving potluck in their home after the ride. They will show pictures of their recent ride across the USA. This will replace the progressive Thanksgiving dinner event. |
| November 25 | STAGE RIDE, Luckiamute Loops (starts in Monmouth) |

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 • Albany

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.

Brownsville/Post Office

From I-5 exit 216: head east on HWY 228 to Brownsville. From Sweet Home: Take Hwy 228 to Brownsville. Turn onto N. Main Street. Cross bridge. Right on Stanard Ave. Park in lot behind Post Office

S. Albany High School Pool Parking lot 36th Ave., Albany

From North: I-5 exit 233 go west on Hwy 20 into Albany. Left on Waverly Dr. SE. Right on 36th Ave. The Parking lot is on the left just past the athletic field.

From South: I-5 exit 228 to HWY 34 (go west towards Corvallis). Take first right to Columbus St. and follow to 36th Ave.

Dian Gerstner's House • North Albany

1020 Pulver Lane, (off of North Albany Road). From I-5 take exit 233 merge onto hwy 20 Head west into Albany. Take the US-20 ramp toward ALBANY / CITY CENTER / CORVALLIS. Cross over the Willamette River and turn right at N. Albany Rd. (second light). Bear left onto Gibson Hill Rd. Turn left onto Pulver Lane. From Corvallis take Hwy 20 to N. Albany Rd.

**Visit our Website at
www.santiamspokes.org**

October 2006 Cycling • Santiam Spokes

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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Wed. Wanderers

Start at the Linn County Fairgrounds flagpoles at 10 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 Oct 7, 2006 9:00 am
Detering Orchards - Apple Daze**

Starting Location: Behind Post Office in Brownsville
Distance: 45 Miles,
Description: cat: I - II; hilly then flat
Ride Leaders: Frank Gaillardet, Ph. 541-812-1565

See page 9 for Detailed information on Rides

8

9

10

Wed. Wanderers

Start at the Linn County Fairgrounds flagpoles at 10 am. For info or to start a ride call: Call Bill Pintard @541-967-3295 or Ken Fullen @541-327-2084

12

**Saturday Oct 14, 2006 9:00 am
Head to Shedd**

Starting Location: Samaritan Lebanon Community Hospital
Distance: 35 miles
Description: Cat. I; flat
Ride Leaders: Ron & Kari Kropf, Ph. 5441-451-4446

15

16

17

Wed. Wanderers

Start at the Linn County Fairgrounds flagpoles at 10 am. For info or to start a ride call: Call Bill Pintard @541-967-3295 or Ken Fullen @541-327-2084

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

**Saturday Oct 21, 2006 9:00 am
Albany to Dallas**

Starting Location: Dian Gerstner's - 1020 Pulver Lane, Albany
Distance: 60 Miles
Description: Cat II; some hills
Ride Leaders: Dian Gerstner, Ph. 541-926-1188

22

23

24

Wed. Wanderers

Start at the Linn County Fairgrounds flagpoles at 10 am. For info or to start a ride call: Call Bill Pintard @541-967-3295 or Ken Fullen @541-327-2084

26

**Saturday Oct 28, 2006 9:00 am
Annual Cemetary Ride**

Starting Location: S. Albany Community Pool
Distance: 26 and 44 Miles
Description: Cat. I - II;
Ride Leaders: Al Rimer, Ph. 541-928-3584

29

30

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