

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 14, No. 12 • September 2006



Above: Dian and Wanda enjoying a glass of wine on the 2004 Wine tour in Yamhill County. Right" Bill and Larry looking over the selection at one of the winerys visited.



Winery Tour

Saturday, September 2, 2006 • 11:00 a.m.

Join us for this special tour of winerys located here in the beautiful Willamette Valley. We'll start later in the morning to accomodate winery schedules - A great chance to sleep in on Saturday for once! We'll meet under the Harrison Street Bridge in Corvallis and meander over to the Springhill Cellars. We'll also visit "tasting rooms" in the Philomath area. Come along and discover the vineyards and wineries "in our own back yard". Chuck Young will provide SAG support to carry what you buy!

Autumn is coming

Kari Kropf

It's been a hot, dry summer. For me, summer is the off-season. After a great tour in June, and with the hot weather settling in, the bikes have been taking a little vacation. The pedals came off the tandem and haven't made it back on the bike. There is a fine coating of dust settling on the boom tube. (Housework has apparently taken a vacation as well.) In the mean time . . .

Ron and I have been having an affair . . . with a couple of kayaks. I'm not sure why I have developed affection for these little boats. I don't like water, and these little boats seem designed to tip you into the river. Ron and I will never be a tandem team on a kayak. He heads straight for rapids (ok, they were really just little riffles), and as soon as I hear any hint of splashing water, I'm heading for the opposite bank. When it comes to water, I guess we are not a match made in heaven.

I saw sheep in a grass field this week. The harvest is in and autumn is coming. It's time to dust off the bike, reattach those pedals and dig out the bike gear from the back of the closet. Rather strange really, when many other cyclists are wrapping up their season, I'm ready to get back to it. Falling leaves fluttering about in the (head) wind, refreshing rain tumbling down . . . Yeah, that's real biking weather. -k-

September Meeting

Thursday • 7:00 pm • September 7, 2006

Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon

How to Tell if You Are a True Cyclist

from Ken Kifer's Bike Pages

<http://www.kenkifer.com/>

Printed from a collection written for cycling newsletters

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To understand this better, see the parent article at

<http://www.kenkifer.com/bikepages/lifestyle/trucycle.htm>

For those who are unsure if they really qualify as True Cyclists, the following test has been devised. Add up your points. A True Cyclist should score at least 100 points.

1. Give yourself two points for each item of visible cycling clothing that you wear when OFF OF your bike. Give yourself one point for each item which is NOT visible (socks, underwear, keychains, etc.).

2. Give yourself the following points:

For a dark tan in back with no tan in front: 1 point

For an oval tanned spot on the back of the hand: 3 points

For a frayed right shoelace with the other normal: 3 points

For a chain mark on right inside leg: 5 points

3. When you eat --

Do you eat more than anyone else? 2 points

Do people take turns passing you food? 4 points

Do people forget about eating to watch you? 6 points

4. When you drink at a fountain--

Do you make loud slurping sounds? 1 point

Do you drink all the cold water? 2 points

How much do you drink at one stop from cans or bottles?

A pint or half liter: 1 point

A quart or liter: 2 points

Two quarts or liters: 4 points

5. When giving directions to a motorist --

Do you mention only back streets and roads? 5 points

When told something is five minutes away --

Do you ask, "How far is it?" 5 points

6. Does your motor vehicle have a bike carrier? 2 points

Is your bike worth more than your car? 6 points

Do you not own a car at all? 10 points

7. For EACH quickstop or small food store you know in your area--

Give yourself 1 point.

If you know the owner's name, give yourself 1 more point.

If you have used the rest room, give yourself 1 more point.

8. In your office, for each inconspicuous cycling object--

Give yourself 1 point.

For each conspicuous cycling object--

Give yourself 2 points.

If your bike is in your office--

Give yourself 5 points.

9. In your home--

For each bike decoration, 1 point

For each bike in the bathroom, 3 points

For each bike in your bedroom, 4 points

For each bike in your living room, 5 points

For each bike elsewhere in the living quarters, 1 point

Also, count bike trailers the same as bikes!

10. For your children last year--

For each that rode 10 miles, 1 point

For each that rode 25 miles, 3 points

For each that rode 50 miles or more, 6 points

Note: Children or pets in trailers and baby seats count too!

Minutes of the Santiam Spokes General Meeting August 3, 2006

by Kari Kropf

Meeting called to order at 7:00. We didn't have enough members to form a quorum. Present were: Bill Pintard, Chuck Young, Connie Taylor, Al Randall, Ron and Kari Kropf. We had a short, casual meeting. Al Randall gave the treasurer's report he received from Dennis Murphy. We have \$14,267.72 in the account, with some costs still outstanding from Strawberry Century.

Minutes: Minutes from the July meeting were approved.

Cont. on page 4

Regional Events

SEPTEMBER

September 2-3, 2006

THE WALLOWA CLASSIC

A two-day event from La Grande to Wallowa Lake State Park and back.
web: www.cyclingcrazy.com

September 9

OREGON COAST CYCLING FESTIVAL

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

September 9-10

GROUP HEALTH MS150 BIKE TOUR

La Conner, WA.
Ph: Rachael Nuwash 206-284-4254 ext. 235
email: rachael@nmsswas.org
web: www.nationalmssociety.org/was/home/

September 9-16

CYCLE OREGON XXVIII

Fully supported week long tour.
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.
American Lung Association of Washington.
206-441-5100
email: alaw@alaw.org
web: www.alaw.org

September 10

HEADWATERS CENTURY

45, 65, 100 miles. Enumclaw, WA.

Tacoma Wheelmen
web: www.twbc.org
email: headwaters@twbc.org

September 10

SISKIYOU CENTURY

37, 64, 100 miles. Yreka, CA. Yreka Rotary Club.
phone: 530-842-1649
email: contact@siskiyoucentury.com
web: www.siskiyoucentury.com

September 16-17

TOUR DE LACS

Multiple route options, some include a cruise on Coeur d'Alene Lake, Spokane, WA. Holy Family Foundation and Sacred Heart Medical Center,
web: www.roundandround.com

September 16-18

TREK TRI-ISLAND

135 miles. Seattle to Port Townsend to Orcas Island to Victoria B.C. American Lung Association of Washington
phone: 800-732-9339
email: alaw@alaw.org
web: www.alaw.org

September 17

CASCADE SPAWNING CYCLE

6, 14, 33, and 44 miles. Downtown Seattle.
Cascade Bicycle Club
phone: 206-522-BIKE
web: www.cascade.org

September 23

TOUR DE WHIDBEY

25, 50, 100 miles. Whidbey Island, WA. Benefits Whidbey General Hospital Foundation
phone: 360-678-7656 ext 4020
email: tourwhidbey@whidbeygen.org

web: [http://www.whidbeygen.org/Tour de Whidbey-2006 - Information.htm](http://www.whidbeygen.org/Tour%20de%20Whidbey-2006-Information.htm)

September 23

KOOTENAI RIVER RIDE

20, 56, 95 km. Bonners Ferry, ID. Bonners Ferry Rotary Club.
web: www.ruralnorthwest.com/rotary

September 23

RIDE THE ROGUE

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

September 23-24

KIWANIS WINE COUNTRY TREK

120 miles in two days, Yakima to Prosser, WA and back
509-972-8803
email: yakimarides@yahoo.com
web: www.desertvalley.com/rides/

September 24

PEACH OF A CENTURY

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

September 30

DAM 2 DAM, THUMBS UP BIKE TOUR

25, 50, 100 miles. To benefit the Mike Utley Foundation, Hand cyclists and traditional riders. Lincoln Rock State Park, East Wenatchee, WA
Phone: 1 800-294-4683
email: utley60@aol.com
web: www.mikeutley.org

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

Cont. from page 2

Membership: Bill mentioned that we have a new member: Tom Thompson.

Ride Report: Ron Kropf gave the ride report. No new changes from the last newsletter. See the newsletter or website for information.

August 12 the ride will be Mid-Valleys annual Covered Bridge Ride. There will be no designated leader. Riders can come early & help at registration & waive the fee. We will have two future rides to plan out changes for the Strawberry Century route. One will feature the end of the route. The other will feature the front part of the route.

Announcements: Al Randall mentioned a DVD that the club might consider purchasing as a resource, titled: How to Ride in Traffic. It costs \$32.00. It was decided to go ahead and get the DVD and add it to our library.

Old Business: Election of Officers. Bev Henderson declined the nomination for Ride Captain. The nominating committee will be contacting several other members as options for this position. Ron offered to train the new ride captain in the software he used for maps.

Meeting was adjourned at 8:10.

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)

September & October Rides ~ 2006

September 2, 2006 11 a.m.

(NOTICE the time change because wineries don't open until noon)

Winery Tour

Park and start ride from under the Harrison Street Bridge in Corvallis. The route will meander to the Springhill Cellars then visit "tasting rooms" in Philomath area. Lunch in Philomath. This ride will help to discover the vineyards and wineries "in our own back yard". Chuck Young will provide SAG support to carry what you buy! A few rolling hills. Approximately 40 miles.

Ride leader: Larry Fratkin, ph. 503-526-3977

September 9, 2006 9 a.m.

Ride revised 30 mile loop for next years' Strawberry Century

Park and start ride at the Samaritan Lebanon Community Hospital. Bill Pintard and Ron Kropf are proposing a loop at the beginning of the Strawberry Century route for those who select the ambitious 100-mile route. (The plan is to offer the extra 30 mile section at the beginning of the ride rather than loop out of Brownsville). Join the group to ride a route east of Lebanon before returning to the usual route on Berlin road. The terrain will be hilly.

Distance, approximately 35 miles.

Ride leader: Bill Pintard, Ph. 541-967-3295

September 16, 2006 9 a.m.

Oktoberfest in Mt. Angel.

E-mail message from Mary Ellen to Craig: "I need some detail about the ride. It will start at Maud Williamson State Park on Wallace Road and cross Wheatland Ferry. It passes over rolling hills, mostly, as I remember. What would entice folks to want to join the ride?"

E-mail response from Craig: "Wow! I don't know what would entice people. The enticement for me is to enjoy German-style culture: beer and real German-style bratwurst! There is only one booth selling real bratwurst (he describes where it's at). The dancing and singing, German bands in the "garten" are excellent examples. . . come along for a chance to see some real German culture without having to do the 10 hour flight across the Atlantic. . . The ride itself is not as bad as one might expect. I can do the hills on my recumbent!"

Rolling pace average of about 12 mph. Approximately 35 miles. Ride Leader: Craig Eucken, Ph. 503-394-2384

September 23, 2006 9 a.m.

Quartzville Road to Yellow Bottom

Park in front of Wiley Creek Community Assisted Living facility on the eastern outskirts of Sweet Home, right off of

HWY 20 (see directions). Ride over Foster Dam, follow North River Rd. to Quartzville Rd.. Pass Green Peter Dam and circle around a reservoir of the Santiam River. Water, woods, cliffs and camping areas will be common sights along this most beautiful route. Bring a bag lunch to enjoy at the Yellow Bottom Park before returning via same route. Terrain includes several long hills and many smaller rolling hills. The ride to the park will be a slow ascent, and the return is a wonderful descent. Average pace about 12 mph. Distance: 50 miles

Ride Leader: Mark Donnelly. Ph. 541-259-3784

September 30, 2006

9 am

STAGE RIDE

Bellfountain Road and Variations

Park and start ride from the Harrison Street Bridge in Corvallis. Follow a beautiful route past many fields of Christmas tree - to be - farms. Rather than a stage ride arrangement, per se, this ride offers options for shortening the route by 15 or more miles. The terrain will have hilly challenges - not so steep but quite frequent and some are long. The second half of the ride will be flat. The ride leader will select a restful stopping place for the lunch that you pack - be sure to bring food and water. There are no restaurants along the way.

Distance: Approximately 52 or 36 miles.

Ride leader: Mary Ellen Lind, ph. 541-738-8600

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

OCTOBER RIDES

- | | |
|------------|---|
| October 7 | Detering Farm - Apple Daze (Starts in Brownsville) |
| October 14 | Albany to Monmouth via Helmick Park |
| October 21 | Covered Bridge Ride and Potluck, Scio (Pending, agreement with Roger/May) |
| October 28 | Annual Cemetery 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 • 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.

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.

Maud Williamson Recreation Site

From I-5: take exit number 263, towards Brooks. Turn left onto Brooklake Rd. Turn right onto Wheatland Rd N. Turn left onto Wheatland Ferry Rd. Cross on the ferry and continue on to Wallace Rd. Turn right onto Wallace Rd NW. Park at Maud Williamson Recreation site. **From Hwy 22, west of Salem:** Head north on Hwy 221. Drive about 12 miles to Maud Williamson Recreation Site.

Samaritan Wiley Creek Community 5050 Mountain Fir Sweet Home, OR

Take I-5 exit 228 or 233 to Lebanon. On Hwy. 20 (Main St.) go south, then east to Sweet Home (13 miles). Right on 49th. Left on Mountain Fir to the Center. Park in front lot most distant from the building.

Visit our Website at
www.santiamspokes.org

September 2006 Cycling • Santiam Spokes

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Visit our website:
www.santiamspokes.org

Saturday Sep 2, 2006 11:00 am Winery Tour

Starting Location: Harrison Street Bridge, Corvallis
Distance: 40 Miles,
Description: a few rolling hills
Ride Leaders: Larry Fratkin, ph. 503.526.3977

See page 5 for Detailed information on Rides

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Saturday Sep 9, 2006 9:00 am Strawberry Century Revision Ride

Starting Location: Samaritan Lebanon Community Hospital
Distance: 35 miles
Description: Hilly
Ride Leaders: Bill Pintard, ph. 541.967.3295

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Saturday Sep 16, 2006 9:00 am Oktoberfest in Mt Angel

Starting Location: Maud Williamson Recreation Site, N. of Salem
Distance: 35 Miles
Description: some hills
Ride Leaders: Craig Eucken, ph. 503.394.2384

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Saturday Sep 23, 2006 9:00 am Quartzville Rd to Yellow Bottom

Starting Location: Samaritan Wiley Cr. Community Center
Distance: 50 Miles
Description: several long hills
Ride Leaders: Mark Donnelly, ph. 541.259.3784

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Saturday Sep 30, 2006 9:00 am STAGE RIDE: Bellfountain Variations

Starting Location: under Harrison Street bridge
Distance: 52 and 36 miles
Description: hilly
Ride Leaders: Mary Ellen Lind, ph. 541.738.8600
 Pack a lunch to eat on the ride

30

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4

5

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

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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

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Please submit material for
 Outspoken by today to
 Kari Kropf:
 kropfrk@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

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