

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 15, No. 11 • August 2007

A Note From The President By Dennis Murphy, Club President

The Club tour of the Ochoco Mountains was most certainly a resounding success. The scenery, the vistas, and the history, both recent and geological, left me in awe more times than I could ever have imagined. I have been to a lot of beautiful and fascinating places in my life. I have lived in or visited Afghanistan, Iran, Turkey, Israel, and most of Europe, and this part of Oregon matches all of them in beauty and in geological if not human history. The rides each day were challenging and I have clearly deposited another ring of salt on the lining of my helmet. Each day we finished riding by mid to late afternoon. This left plenty of time to pitch tents, sit around and discuss the day's adventures and then help with preparations for the gourmet dinners that we ate each evening. The weather was our friend by giving us cool mornings that gradually turned warmer as the day progressed but

never to points that we were uncomfortable. The people that we met along the way were consistently friendly. The very few vehicles that we encountered were careful when passing us, gave us lots of room, and often waved greetings to us. Most important to a successful ride was the lack of mechanical problems and the safety of the riders. Outside of a couple of flat tires and one broken spoke there were no other mechanical problems with the bikes. I did learn to carry a Kevlar spoke kit in my spare parts on long bike rides. I never would have guessed that a small Kevlar string could successfully replace a metal spoke. Finally, what a fine group of riding companions to share such an adventure with! We shared stories, interests, philosophy, and a great willingness to help each other in the preparation of meals, loading the sag vehicle, and keeping each other safe and



Some of the wonderful scenery you'll find on the backroads around the mid-Willamette valley on the Covered Bridge Bicycle Ride. Photo courtesy of Kari Kropf

MVBC COVERED BRIDGE RIDE

Sunday, August 12, 2007

40, 68, 85 & 100 Miles

Mid-Valley Bicycle Club could use a few extra volunteers for this year's Covered Bridge Ride. Free tee shirt and ride for volunteers! Come early & help out, and still have time to ride, or just come volunteer & get a chance to cheer on all the other riders.

Contact Bill Pintard at 541-967-3295, or Larry Thurber at 541-967-8199 if you'd like to help out.

www.mvbc.com

August Meeting

Thursday • 7:00 pm • August 2, 2007

Samaritan Lebanon Community Hospital

525 N. Santiam Hwy, Lebanon

Announcement

Nomination Committee for Club Officers

The Santiam Spokes Bylaws provide that the President shall select a nominating committee of three members, and that the names of those members be published in the newsletter for at least two months prior to the October meeting.

The following club members have been asked by the President to serve on this committee and have agreed to do so.

Kari Kropf
Roger Gaither
Dian Gerstner

If you have interest in serving on the Board as an officer, or have some suggestion that you would like to make, please contact the above members. The following is a list of the office positions for the Santiam Spokes.

President
Vice-President
Strawberry Century Coordinator
Touring Co-Captains This should be a team of two individuals.
Treasurer
Membership
Newsletter editor and publisher
Publicity chairperson
Historian

Santiam Spokes General Meeting Minutes • July 5, 2007

The group gathered at 7:00PM at Samaritan Lebanon Community Hospital. Club President Dennis Murphy welcomed everyone. For the program, Rod Sell, parks director for the city of Lebanon, presented a virtual tour of the extensive new Park System that is planned in Lebanon. If you missed the meeting, you can find information at www.lebanontrails.com.

The minutes for the June meeting were approved as printed in the Outspoken newsletter.

Wanda Knight, treasurer, reported \$21,129 in the checking account and \$2,330 in the PayPal account. Wanda pointed out that receipts from the Strawberry Century are essentially supporting operation of the Club.

Ron Kropf, membership chairperson, reported that we now have 117 members, including 5 free memberships that occurred on the day of the Century.

Kari Kropf, newsletter producer, asked that everyone send her photos and articles.

Mary Ellen Lind, ride leader captain, encouraged everyone to be there for the ride to Lori Engle's wedding at Avery Park in Corvallis. Other rides in the

future include the Providence Bridge Pedal on August 12 and the Mid-Willamette Club Covered Bridge Ride on August 12.

2007 Awards: Dennis is still asking for volunteers to serve on an Awards Committee to put together the member awards (mostly humorous) that will be given again this year.

Donations: The Donation/Fund Distribution Committee (Bill Pintard, Dian Gersner, Dennis, and Roger) presented a form to help prioritize how Century money will be distributed. The group at the meeting gave feedback.

Decathlon Event: Roger reported that Club members will ride with Dr. Tim Hindmarsh in the bicycling part of his decathlon on Friday, July 13. The doctor and additional riders will be leaving from Sweet Home about 3:00 and bicycling to Pioneer Elementary School. Spokes members will meet at SLCH at 1:00 to bicycle to Sweet Home by 3:00.

Summer Tour Report: Roger reported that 14 people went on the Ochoco Challenge Tour June 24 –July 1. A good time was had by all!

Meeting adjourned at 8:45 PM.

Submitted by May Garland, Secretary



AND THE WHEELS KEEP TURNING

In the Willamette Valley

By Beverly Henderson

Hey roadies! It's the start of summer. The sun is shining, temperatures not too high (yet), winds not too drastic (usually), birds singing, flowers blooming. Life is good in the Willamette Valley.

The Santiam Spokes have had several fun rides lately. Saturday, June 23, we rode from Jefferson to the Dever-Conner area, over quiet farm roads and through several grass fields. Jo wanted to stop at a riding arena to watch her granddaughter showing her horse, so we all stopped. Bill stopped rather abruptly in the ditch. Fortunately, he didn't hurt anything and the bike was okay too. After a few minutes with the horses and their people we all saddled up and got back on our way. Somehow part of the group (lead by Dian) missed a turn, but we all got back together in Jefferson. The lost riders found some cherry trees and black-cap raspberries that were ripe. That would have been fun, but the rest of us were spinning along past the grass fields.

The week before (June 16) was a potluck ride from the Reese's home near Salem. It was cool and cloudy, but still perfect for a mid-valley ride. From their house you can see the thriving megopolis of Independence, which was where we were heading. First we had to go towards Monmouth, then Dallas, then Rickreall, then Independence, then back up the hill to their house, where we had a feast. Oh, and there was a little birthday party too. Most unexpected and very much appreciated. Thank you to all.

Riding with Eugene GEARS has been fun and exciting also. There are several road and bike path construction projects going on which means re-routing rides. It also means more pedestrians, dogs, slow cyclists, children and other creatures to contend with, but as with much of life here in Eugene, everyone is pretty laid back. Well, except for Marty and motorists. That's another story. We have this one hill here that is not much fun to ride up but a blast to go down. Lorane Highway is bumpy, twisty, and has busy car traffic. The last time I went up that hill it was cold and foggy and the views were non-existent. This time it was dry, warm, clear and you could see for miles. In a couple of weeks we'll be going Over the Hump and Around the Dump, otherwise known as Dillard Road. I'll let you all know how that ride went when I get my breath back.

What I appreciate most with the people I ride with, whether it's Santiam Spokes, Eugene GEARS or Springfield Faith Center is the sense of belonging we all have. We may come from different parts of the United States or even other parts of the world, but we all enjoy riding and feeling like a kid again. Remember the thrill! There's nothing better than racing along country roads, playing hounds and hares, regrouping and counting noses and bikes, comparing notes about favorite rides or unfavorable rides, obnoxious drivers and nice drivers (yes, they're out there!). Regardless of the weather, it doesn't get any better than this. Another day in paradise, enjoying God's country. Happy trails to all.



Columbia Gorge Ride

With Louie & Becky Berry

September 8 (9), 2007

30 miles • 62 miles

Louie and Becky Berry want you to join them for a hearty ride that is sure to please. The 62 mile ride starts at 10 A.M. from Glen Otto Community Park at 1106 E. Historic Columbia River Hwy. in Troutdale, OR. This route is Terrain Category III and will follow the scenic highway through Corbett, Crown Point and Multnomah Falls. Bikers will rendezvous with the shorter ride at 17.7 miles at about 11:30 A.M.

The 30 mile ride starts from Multnomah Falls at 11:30 a.m. This route is Terrain Category II. The ride will be on bike path to Cascade Locks where there will be lunch at the Charburger.

Mary Ellen will be contacting club members by e-mail to find out your interest in this bike ride, or please call her if you want to go (738-8600). The driving time from Albany to Troutdale is about 2 hours. We want to know that there are club members who are willing to car pool and drive the distance for this ride. Please think about - would you like to stay overnight Saturday (camp or motel) in Troutdale and bike another route on Sunday?



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, Mary Ellen Lind, 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 _____

AUGUST • SEPTEMBER RIDES 2007

KEY FOR ROUTE DESCRIPTION

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 Terrain Category will be identified on each route description in the newsletter and on each route sheet that is given at the start of the ride. Also on the route sheet areas that are known to be hazardous will be marked with the word "CAUTION".

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.

Saturday, August 4, 2007 9 a.m. **Santiam Terrace Ride**

Mid-summer riding - bigger hills - ready for more challenge? You get this on a local ride that includes opportunity to view our beautiful valley from above and below. The ride starts at the Samaritan Lebanon Community Hospital and follows some of the Strawberry Century route. Exceptions will be turns onto roads such as Santiam Terrace, Liberty Rd., Fern Ridge Rd., and downward on Old Holley Rd... We will have lunch in Sweet Home. The route will return by way of Cascade Drive and Crowfoot into Lebanon. Terrain Category III. Approximately 50 miles. Ride Leader: Maurice Banning, ph. 541-928-6311

Saturday, August 11, 2007 9 a.m. **Salem Loop over Wheatland Ferry**

You get to first enjoy an early morning auto ride for about an hour to the start of the ride. Park and begin the ride from under the Marion Street Bridge at the Wallace Marine Park. We will follow Wallace road to Brush College Rd then Spring Valley Road and Hopewell Road then have a rest stop at the Maud Williamson State Park. We'll pass several one-room country school houses that closed in the 50's (Mary Ellen's story). We across the Willamette River on to the Wheatland Ferry then ride on a bike path through Willamette Mission Park. We ride into Salem on the East side of the river and take the bike path over the Willamette River to the parking lot. We'll have lunch in Salem at a place selected by the ride leader. Terrain Category, II. Approximately 35 miles. Ride leader: Jakey Ross, ph. 503-581-7462

Saturday, August 18, 2007 9 a.m.

BROWNSVILLE TO MARCOLA LOOP

This was a new ride to our club last year, and many who rode it want a repeat! This is certainly a beautiful route. Start the ride in Brownsville; park behind the post office. Ride over Gap road, cross I-5 to Coburg Rd. We'll stop a market along the way where you may purchase items for your lunch or carry a bag lunch to eat in a park in Coburg or further on. The route follows back roads to Marcola then climbs over some hills to Brush Creek Rd. We ride a short time on Hwy 228 then after Crawfordsville, take Northern Rd. back to Brownsville. The terrain is mostly rolling hills, a few significant climbs with worthwhile views and great Terrain category, III. About 65 miles. Ride Leaders: Ray and Raylene Sell, ph. 541-258-8328

Saturday, August 25, 2007 9 a.m.

CORVALLIS LOOP

(Decker Rd, Smith Loop)

This ride starts from under the Harrison Street Bridge in Corvallis. The first part of the route follows Hwy 99W going south to Smith Loop. This 5 mile loop encircles several farms then returns to Hwy 99W. Decker Road has a challenging climb that warms you well then gives you the pleasure of a cool breezy descent towards Philomath for lunch. Return to Corvallis via bike path. Terrain Category III. proximately 45 miles. Ride leader: Dennis Murphy, ph. 541-738-8600

Volunteer to Lead a Ride!

If you would be interested in leading a ride please contact: Mary Ellen Lind, PH: 541-738-8600, 541-231-6973

SEPTEMBER RIDES (tentative)

- 1 Winery Tour
- 8 Bike the Historic Columbia Hwy from Troutdale (62 miles) or from Multnomah Falls (30 miles). More information elsewhere in newsletter. Also there will be a local ride out of SLCH.
- 15 Oktober Fest in Mt. Angel
- 22 Monmouth Loop
- 29 Quartzville Rd to Yellow Bottom

DIRECTIONS TO START LOCATIONS

Please Note: All rides leave promptly no later than 15 minutes past the designated start time. Please arrive at least 15 minutes prior to the departure time to allow yourself time to sign in and get ready for the ride. Your ride leader will thank you!

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

Corvallis Rides • Harrison St. Bridge

From I-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.

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.

Wallace Marine Park • West Salem

From I5 south exit at 253. Go west on Mission St (Hwy 22) into downtown Salem, turning right on Liberty St. Go north on Liberty Street to Center St. and turn left to cross the bridge. Get into the right lane to turn right on Wallace Rd at the end of the bridge. Stay on Wallace Road for a few blocks to the sign to Wallace Marine Park (at Glen Creek Rd.) Turn right on Glen Creek and go into the park and to the parking area under the bridge.

For more information, see our website at:

www.santiamspokes.org

Regional Events

AUGUST

Covered Bridge Bicycle Tour

August 2007 • 40, 68, 85, 100 miles
Corvallis OR • www.mvbc.com

Get Your Guts In Gear

August 3-5 • 210 miles - Seattle WA
718-875-2123 • [web www.ibdride.org](http://web.www.ibdride.org)

Tour de Whatcom

August 4 • 20, 46, 109 miles
Bellingham, WA • 360-739-9953
www.tourdewhatcom.com

MS150 Bike Tour

August 4-5 • 150 miles
Forest Grove, OR • 503-223-9511
www.ms150oregon.com

Courage Classic

August 4-6 • Snoqualmie, to Skykomish, WA
253-403-4374 or 800-39CYCLE
[web www.courageclassic.com](http://web.www.courageclassic.com)

Blackberry bRamble

August 5 • under 20, 62, 100 miles
Eugene OR • (541)484-1734
<http://www.eugenegears.org>

Hottest Day of the Year Ride

August 5 • 15 urban miles - Portland, OR
503-459-4508 • [web www.hottestdayride.com](http://web.www.hottestdayride.com)

Providence Bridge Pedal

August 12 • 14, 24, or 36 miles
Portland, OR • 503-281-9198
www.providence.org/bridgedpedal

Ride from Seattle to Vancouver and Party

August 17-18 • 183 miles in two days
206-522-BIKE • [web www.cascade.org](http://web.www.cascade.org)

Hot August Days

Tour of the Columbia Basin

August 18 • 50, 120, 150 miles
Wenatchee, WA • 509-662-3461 • www.hotaugustdays.com

The Vine Ride

August 18 • 35, 65, 100 miles
Newberg, OR • 800-390-6189
[web www.vineride.com](http://web.www.vineride.com)

Tour de Lentil

August 18 • 62 miles
Pullman, WA • www.lentilfest.com

Alpine Half Century

August 18 • 50 miles, Monroe OR
541-847-6028 • [web www.alpinecommunity.net](http://web.www.alpinecommunity.net)

Yaquina Lighthouse Century

August 19 • 25, 62, 100 miles
Newport, OR • 541-265-2397
www.yaquinawheels.org/Century.html

RAPSody (Ride Around Puget Sound)

August 25-26 • 165 miles in one or two days
Tacoma, WA • 206-577-6999
www.rapsodybikeride.com

SEPTEMBER

Oregon Coast Cycling Festival

September 8 • 3, 10, 25, 60, 100 miles,
Gold Beach, Oregon • 541-251-0063
[web www.oregoncoastcyclingfestival.com](http://web.www.oregoncoastcyclingfestival.com)

Siskiyou Century

September 8 • 37, 64, 100 miles
Yreka, CA • 530-842-1649
www.siskiyoucentury.com

Cycle Oregon

September 8-15 • 503-287-0405
www.cycleoregon.com

Group Health MS150 Bike Tour

September 8-9 • 50-175 miles
La Conner, WA • 206-284-4254 ext. 800
www.nationalmssociety.org/was/home/

Headwaters Century

September 9 • 45, 65, 100 miles
Enumclaw, WA • www.twbc.org
headwaters@twbc.org

Trek Tri-Island

September 15-17 • 150 miles
Edmondsto LaConner WA
800-732-9339 • www.alaw.org

Cascade Spawning Cycle

September 16 • 6, 14, 33, and 44 miles
Seattle • 206-522-BIKE
www.cascade.org

Tour de Whidbey

September 22 •
25, 50, 100 miles • Whidbey Island, WA
360-678-7656 ext 4020 • www.whidbeygen.com

Ride the Rogue

September 22 • 4, 30, 62, 100 miles
Rogue River, OR • www.ridetherogue.org
gmoneyfrank@hotmail.com

Peach of a Century

September 23 • 62, 100 miles
Salem, OR • www.salembicycleclub.org,
gonespinning@msn.com

Dam 2 Dam, Thumbs Up Bike Tour

September 29 • 25, 50, 100 miles
Wenatchee, WA • 800-294-4683,
www.mikeutley.org

LIVESTRONG Ride

September 29-30 • Portland, OR
888-424-2553 • www.livestrongride.com

Kiwanis Wine Country Trek

September 29-30 • 120 miles in two days
Yakima to Prosser, WA and back
509-972-8803 • www.desertvalley.com/rides/

OCTOBER

Kitsap Color Classic

October 7 • 14 to 64 miles
Seattle • Cascade Bicycle Club
206-522-BIKE • www.cascade.org

Please check the website or contact information for the most current details on events. I try to find the latest information, but details on upcoming events are not always available at press time. --kk

August 2007 Cycling • Santiam Spokes

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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 Aug 4, 2007 9:00 am

Santiam Terrace Ride

Starting Location: Samaritan Lebanon Community Hospital
Distance: 50 miles
Description: Cat. III
Ride Leader: Maurice Banning, ph. 541-928-6311

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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

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Saturday Aug 11, 2007 9:00 am

Salem Loop • Wheatland Ferry

Starting Location: Wallace Marine Park
Distance: 35 miles
Description: Cat. II
Ride leader: Jakey Ross, ph. 503-581-7462

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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

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

Saturday Aug 18, 2007 9:00 am

Brownsville Marcola Loop

Starting Location: Brownsville Post Office
Distance: 65 miles
Description: Cat. III
Ride Leaders: Ray and Raylene Sell, ph. 541-258-8328

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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

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Saturday Aug 25, 2007 9:00 am

Corvallis Loop

Starting Location: Harrison Street Bridge, Corvallis
Distance: 45 miles
Description: Cat. III
Ride Leaders: Dennis Murphy, ph. 541-738-8600

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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

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Visit our website:
www.santiamspokes.org



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