

# OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 15, No. 05 • February 2007

## RUMBLINGS FROM THE CLUB PRESIDENT

by Dennis Murphy

Prior to starting on the "Head to Shedd" bike ride on January 13th, I noticed a gathering of people on the other end of the Samaritan Lebanon Community Hospital parking lot. Then soon, Rod Sell, a Santiam Spokes club member, came by to tell us that about the event of the Build Lebanon Trails organization. To hear more about it, and to get a warming cup of coffee, I walked over to that area where tables with literature were set up and many people were gathered, waiting to take a bus tour of the over 45 miles of proposed bike and pedestrian trails. I'll share some of the literature about this project at our next club meeting for discussion about the Santiam Spokes establishing a closer relationship with this group.

At our January meeting, Jim Lawrence reminded us of the Bike Education program in the Albany and Corvallis school districts. This program is sponsored by the BTA. There were many questions about this program, and sincere interest in bringing such a program to the

Lebanon and Scio school districts. I hope we can have a speaker at a club meeting to tell us how this valuable program can be expanded.

The board had a meeting prior to the January General meeting. The purpose was to make sure that we have our feet on the ground with regard to the Strawberry Century coming up June 9th. Bill Pintard is the Strawberry coordinator this year. Reservations for facilities are being made. Volunteers are stepping up for the many positions that are needed for a successful event. Kari Kropf has designed an exciting logo. A highlight of this year's century is a significant revision of the 100 mile loop. More details of this revision will be given at the February meeting!

Many of you have noticed that the Santiam Spokes Website was taken down. We look forward to having the new website up and running well. Roger Gaither is spending a lot of hours on this implementation. We look forward to seeing the results of his work. He gave us

1

Cont. on page 2



Meeting at the Brownsville Post Office for the Brownsville to Holly Ride. Craig Eucken, Mary Ellen Lind.

Photo courtesy of Dennis Murphy

## February Meeting

Thursday • 7:00 pm • February 1, 2007

Samaritan Lebanon Community Hospital  
525 N. Santiam Hwy, Lebanon



*Brownsville to Holly Ride Regroup near McKercher Park. L to R: Ace Johnson, Jo Johnson, Craig Eucken, Roger Gaither, May Garland & Dennis Murphy*



*Above: Brownsville to Holly Ride: Jo, May, Roger & Craig  
Right: Head to Shedd Ride; Bev Henderson, Jo & Ace Johnson, Mary Ellen Lind.*

*Photos courtesy of Dennis Murphy and Kari Kropf*

*Cont. from page 1*

a preview of the website at the January meeting - there was a lot of enthusiasm and excitement.

We talk about having streaks of luck. I am sincerely amazed that every Saturday morning so far this winter we have managed to remain dry on bike rides - at least on the outside of our clothing. It has been cold enough, though. Some of us have trouble adding and removing clothing layers fast enough, and perhaps feel that we are riding in a sauna. On one ride Ace Johnson noted that the water in his bottle was frozen. Speaking of rides, hats off to Laura Engel, who chose to take on the Lebanon to LaComb ride after having taken an extended leaving from biking for medical reasons. The Golden Hill took the steam out of all of us. On this ride we started at 10 a.m., the last of us returned to the parking lot around 3:30pm. We had two flats, one fall, and very tired riders. However, once again, the rain held off.

This coming month we have the Chocolate Ride on February 10th. This was a great ride last year and I am optimistic that it will be so again. Please mark the date on your calendars and make it a point to ride for the finale of a chocolate treat.

These winter months, please be safe. Ride defensively. Watch out for yourself. Watch out for each other.



### **ATTENTION MOUNTAIN BIKERS!**

For all you riders out there who have a mountain bike hiding away in the garage - well dust that bike off and air up those knobbies! There are some wonderful bike trails in the area just begging to be explored. If you would be interested in doing some mountain biking give Dan Guzman a call or send off an email. Let's see if we can get a group together and hit the trails.

Dan Guzman  
541-961-3781  
guzman@wwdb.org

# And *The Wheels Keep Turning*

By *beverly Henderson*

2006 - ah, what a year that was. There were many personal firsts (first time to the observatory on McKenzie Pass, first time from Corvallis to Newport and back, first time to New York City). I flew to New York, but bicycled the other two, in case you were wondering.

As always, our merry band of misadventurers would start out from one point or another and bicycle some of the roads in the mid-Willamette Valley. A few that stand out for me was riding from Corvallis south towards Smith Loop, then to Greenpasture Road/Decker Road and back into Corvallis. This was just after the Corvallis area had been hit with some heavy flooding. The brush along the sides of the road, what there was, was brown and icky, but I saw something wonderful. Flowers blooming! There were bright yellow daffodils in the midst of the brown muddy brush. And then there was the ride from

Corvallis to Newport and back. From my point of view, the weather could not have been better. Well, except for the stiff wind coming off the ocean as we were heading into

Newport. Other than that I couldn't find anything to complain about. The Sisters/Mckenzie Pass weekend was fun too. I've tried about 5 times to get to the top from one end or the other and each time had to turn back because there was too much snow on the road. This time I made it. Yes, there was snow up there and it was snowing on us, and it was cold. Oh, we have too much fun sometimes. Racing down the hills, slogging up the hills, riding and chatting. It doesn't get any better than this, except when the price of gas goes ballistic.

I was stuck in the Eugene/Springfield area for most of the summer and fall, due to the high cost of gas. The good thing about that situation is I was able to ride with a couple of other groups, discovering and re-discovering good bike routes. There is a loop out of Springfield that goes toward Lowell and circles around Mt. Pisgah, then back into Springfield. Part of the route is on an old logging haul road

that is still paved. The views are marvelous and there's no traffic! Then when you get back down into the valley the road takes you past author Ken Kesey's old farm. That is simply a lovely ride. Another ride I was on taught me to keep a lookout for cougars. They are quite common in this part of the valley and one shinned up a tree as I went past. Needless to say, I didn't need the downhill to get going faster.

Finally, I was able to get back up to the mid-Willamette Valley for fun rides. We would all gather and discuss the weather and the route. Should we stay on the route or do something different or a combination? The answer is yes. That's the best part of this club. We can enjoy the ride, regardless of the plans, and ourselves unless you come to Eugene for a group ride.

It seemed like a good idea at the time. Lloyd Lambert and Mary Ellen Lind asked me to put together a good ride in the Eugene area and the group could come here for a ride. So I came up with the Crow Valley Loop. Usually, there are good views of the farms with herds of horses and ranch houses. This time, there was fog and lots of it. However, we pressed on. The ride continued on the Fern Ridge Bike Path, which goes back into Eugene and you can

continue on to the University of Oregon campus, and then back to Alton Baker Park, where we started. Normally, nothing happens and the other users of the paths are very aware of bicyclists. Not this time. There were a few dogs running loose, with the owner nearby, and one dog ran into Dian, causing her to fall. She had to be taken by ambulance to the hospital and is home now, recovering from the broken bones.

So 2006 was a year of great highs, wonderful places to go and see, and some things not so wonderful. Seeing Central Park from the top of Rockefeller Plaza, singing at Carnegie Hall, bicycling up McKenzie Pass to the observatory, riding with new friends and old friends - that's what makes life good. So I'll end now with this thought from Sir Arthur Conan Doyle. Who knew he was a bicyclist? "When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking."

Wishing you happy trails and tailwinds for 2007.



## **Santiam Spokes General Meeting • January 4th 2007**

The group gathered at 7:00 for snacks and visiting. The club presented a card to Chuck Young to express our sympathy for the death of his Mother on Dec 22. Two new members, Jim Lawrence and Dan Guzman, were recognized.

Dennis gave details about the bicycling accident that Dian Gerstner had on Saturday, Jan 6 at the end of the ride in Alton Baker Park in Eugene. A dog ran in front of her bicycle. Her pelvis is broken in four places. She's at home now but will be out of commission for several months. We are reminded to be defensive riders around dogs, skateboarders, skaters, pedestrians, etc. especially in a park setting. Diane's cell phone number is 541-905-6561 if you want to call and wish her well.

### **Business Meeting**

The minutes for November meeting were approved. Treasurer Wanda Knight reported a year end balance in the checking account of \$14,201. The 2006 the club's gross receipts were 21,000; expenses \$16,000. Charitable donations to date are \$4290: \$3000 to the hospital, \$1190 to the BTA, \$100 to the sorority that served the dessert, Sweet Home for

use of the school \$250; \$150 S.Side Church for use of the church. The report was approved. The membership chair, Ron Kropf, reported that we have four new members. He will be sending one final letter to members whose dues are not current from 2005.

**Weekly Ride Updates:** Mary Ellen Lind asked people to check the newsletter for ride information. Al Rimer gave the next Saturday's ride leader two reflective vests that the ride leader and sweep person will wear. Additional vests will be obtained so they can be distributed monthly. Dan Guzman asked about off-road riding. He will write a short article for the next newsletter asking if other club members are interesting in off-road riding.

**Web site update.** Roger Gaither demonstrated pages from the web site on his computer. At the next meeting the group will decide on an Internet Service Provider and a payment system, to use to collect dues and Strawberry entry fees.

**Strawberry Update.** Bill Pintard reported that the Board decided to change the 100-mile route. They are still working on the return route from Brownsville. Various options are being discussed. The route will be finalized by the Feb 1.

### **New Business**

Jim Lawrence, a new member of the Spokes Club and a long time member of the Mid-Willamette Valley Bike Club, spoke to the group about the Bike Safety Education Program in Albany. He said bike safety is important to children of our community. Kids are out there on bikes and we need to help support this program. ODOT support is not adequate. Currently the program serves 200 kids in four schools in Albany. The goal is to get the program into all 14 schools in Albany. They teach rules of the road, helmet safety, and give the children bicycling road experience. The Mid-Valley club supports the program by contributing \$1500 to the Albany program. The only paid employee is the instructor. A grant paid for a trailer to move bikes between the schools and to store the bicycles plus helmets and tools. With the trailer they could teach at two schools in one day. So far the program as served about 2500 kids. When asked about serving other schools in Linn County, Jim said they would need to combine schools to serve rural areas. It cost about \$800 per class. ODOT pays 1/3 of this. Jim raised \$25,000 to get this started. At Roger's request, Jim finally asked for \$2,000 for their operating budget. Charles Taylor suggested that the club

commit \$2,000 this year and in future years. The group did not take action on this request.

**Program:** Winter clothing. Group members made a variety of suggestions about what to wear to stay warm on winter rides. Dennis said he can't have his legs get hot; so he does not wear rain pants. Al showed us gloves with Nitril on the palms and fingers that work very well. He also demonstrated wearing his fleece vest with it zipped up over his neck and chin. Roger suggested that a balaclava will keep your head and neck warm. Wanda recommended the chemical head and foot warming packets. Mary Ellen puts them between her boot and shoe. Wanda also wears net-lined pants. Jim reminded us about the value of polypropylene. Everyone was warned not to wear cotton as it gets wet and does not wick or dry quickly. Ace wears socks and gloves for hunting. Bill showed us his Seal Skins (socks) that are water repellant and lined. He also has fleece ear flaps made by his sister. Helmet covers can help, but are better if they are breathable. Finally, Roger pointed out the advantages of leg and arm warmers.

The meeting adjourned at 9:00 PM.

*Submitted by May Garland, Secretary* 

# Upcoming Events

## FEBRUARY

### Chilly Hilly

February 25, 2007.

33-mile route around Bainbridge Island, starts from Seattle or you can join the crowd directly on Bainbridge Island.

<http://www.cascade.org/EandR/chilly/index.cfm>

### The Worst Day of the Year Ride

Feb 11, 2007

Lucky Labrador Brew Pub  
915 SE Hawthorne, Portland  
<http://www.worstdayride.com/>

## MARCH

### 2007 Group Health

#### Seattle International Bicycle Expo

March 10 - 11, 2007

at Warren G. Magnuson Park.

<http://www.cascade.org/EandR/expo/index.cfm>

### Alice B. Toeclips Awards Party and Auction

March 10th, 2007

<http://www.bta4bikes.org/alice/index.html>

### McClinchy Mile Bike Ride.

Saturday, March 17, 2007

Arlington Washington.

34, 27, or 47 miles.

phone: 360-658-2462

email: [mcclinchymile@bikesclub.org](mailto:mcclinchymile@bikesclub.org)

<http://www.bikesclub.org>

## APRIL

### Tulip Pedal

7:00 a.m., Saturday, April 14, 2007.

20 & 40 miles, in Skagit County, WA.

phone: 360-428-3236,

email: [email@skagititems.com](mailto:email@skagititems.com),

[www.skagititems.com](http://www.skagititems.com)

### Daffodil Classic

Sunday, April 22, 2007

40, 60, or 100-mile loops; or a flat, family-

friendly, paved trail option of 1-30 miles.

Tacoma, Washington.

[www.twbc.org](http://www.twbc.org),

email: [daffodil@twbc.org](mailto:daffodil@twbc.org)

### Tour de Lopez

April 28, 2007

10 & 26 miles on Lopez Island, WA.

phone: 360-468-4664,

email: [tourdlopez@aol.com](mailto:tourdlopez@aol.com),

[www.lopezisland.com/tour.html](http://www.lopezisland.com/tour.html)

### Monster Cookie Ride

Sunday, April 29, 2007. 62 miles in Salem,

Oregon. Held by the Salem Bicycle Club.

email: [mcoride@easystreet.com](mailto:mcoride@easystreet.com)

[www.salembicycleclub.org](http://www.salembicycleclub.org)

## MAY

### 15th Annual Rhody Bike Tour

Metric and Half-Metric Century

Sunday May 6, 2007,

<http://www.ptguide.com/rhodytour/>

### Inland Empire Century

Saturday, May 12, 2007

25, 50, 75, 100 miles

Tri-City Bicycle Club

PO Box 465, Richland, WA 99352-0465

<http://www.tricitybicycleclub.org>

### 13th Annual Scenic Tour of the Kootenai River - STOKR

May 12-13, 2007 - 2-Day Bike Ride

[gregrice@libby.org](mailto:gregrice@libby.org).

<http://www.libbymt.com/events/stokr.htm>

### Olympic Cycling classic

May 19, 2007

Century, Metric century, 8 mile fun ride

Wendy Hoine, at 360.477.9842 or

360.457.6027.

Port Angeles WA

### Ride Around Clark County

Saturday, May 5, 2007

18, 34, 65, 100 miles,

Vancouver Bicycle Club,

<http://www.vancouverbicycleclub.com/RACC.html>

[bbazley@hotmail.com](mailto:bbazley@hotmail.com)

360-571-0202 or 360-606-7899 (cell)

### Reach The Beach

Saturday, May 19 2007

110, 100, 77, 55 or 26 miles--ends in Pacific City.

[www.reachthebeach.org](http://www.reachthebeach.org)

email: [RtB@LungOregon.org](mailto:RtB@LungOregon.org)

Phone: 503-459-4508

### Your Canyon for a Day Bike Tour!

Sunday, May 21, 2006, 9:00am to 3:00pm

35-mile round trip through Yakima River Canyon.

contact Mark Peterson at (509) 453-2561

e-mail: [hffurniture4@aol.com](mailto:hffurniture4@aol.com)

### Two-County Double Metric Century

Sunday, May 21st, 2006

Millersylvania State Park

<http://www.capitalbicycleclub.org/index2.htm>

Capital Bicycle Club - Olympia, Washington

### Century ride of the centuries

Memorial Weekend May 26-28, 2007.

Three days of support for your riding addiction

in beautiful Eastern Oregon

<http://www.cyclependleton.com/events.htm>

### NorthWest Tandem Rally

Wine Country Yakima Valley!

Memorial Day Weekend

May 25-28, 2007

22nd Annual Northwest Tandem Rally

<http://www.nwtr.org/2007/>

### 9th Annual 7 Hills of Kirkland

Monday Memorial Day, May 28, 2007

40 mi, metric century, century

<http://www.7hillskirkland.com/>

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

*If you know of an upcoming bike related event, please let me know, and I can add it to the next newsletter.*

## Santiam Spokes Board Meeting January 4th 2007

Board members present: Mary Ellen Lind, Roger Gaither, Bill Pintard, Al Rimer, Wanda Knight, Ron Kropf, Kari Kropf and Guest Jim Lawrence.

The purpose of this meeting was to discuss plans for the 2007 Strawberry Century.

Issue number one was changing the 100 mile route. Bill distributed a cue sheet that described the new route which moves the extra miles to the beginning of the ride with a resulting in 102.9 miles. Changes at the end of this route will extend the 72-mile ride to almost 80 miles, unless two separate routes from Brownsville to the high school are developed. Roger moved to accept the new beginning 100-route miles and to try to maintain the 55 and 72 mile rides at their current distances and, if necessary, to map out two different return routes to maintain the distances. Second by Al the motion and it passed. The final route decision will be made at the February 1 meeting. Kari will have the 2007 Strawberry logo ready at that time. At the March meeting the brochure will be ready for labeling and mailing.

Ron pointed out that a 40-mile route was possible. Indeed in the past a few people had done this route by turning the wrong way at Waterloo. We discussed putting a pointer at the turnaround point. We will wait to offer this option next year.

Issue two was the fee for riding in the 2007 century. The Board approved \$20.00

*Cont. on page 6*

per rider when pre-registering. Bill had constructed a budget based on 650 riders at \$15.00 per rider. He will adjust the budget to reflect \$20.00 per rider.

A group will meet at Roger's house at 4:00 on Sunday, Jan 7, to use the National Geographic computer program to make the final decisions about the return route from Brownsville for the 72 and 100 mile riders.

Submitted by May Garland, Secretary



Consider a man riding a bicycle. Whoever he is, we can say three things about him. We know he got on the bicycle and started to move. We know that at some point he will stop and get off. Most important of all, we know that if at any point between the beginning and the end of his journey he stops moving and does not get off the bicycle he will fall off it. That is a metaphor for the journey through life of any living thing, and I think of any society of living things. ~William Golding

**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 Samaritan Lebanon Community Hospital. See Outspoken for specifics. The public is invited to the rides & meetings. 2006/7 Club officers are: **Membership** > Ron Kropf, 541-451-4446; **President** > Dennis Murphy, 541-738-8600; **Vice-President** > Al Rimer, 541-928-3584; **Ride Captain** > Mary Ellen Lind, 541-738-8600; **Secretary** > May Garland, 503-394-3696; **Treasurer** > Wanda Knight, 541-926-5999; **Historian** > Connie Taylor, 541-258-1850; **Newsletter** > Kari Kropf, 541-451-4446; **Publicity** > Roger Gaither, 503-394-3696; **Web Master** > Roger Gaither, 503-394-3696. **Strawberry Century** > Bill Pintard, 541-967-3295; 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)

# February & March 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.

**February 3 Saturday 10 a.m.**

### Brownsville and Diamond Hill Loop

This ride starts from the Brownsville parking lot that is behind the post office, off of Stanard Ave. The route will travel south and include one long hill, Gap Road, then become mostly flat. Diamond Hill crosses over I-5 and returns over I-5 on Lake Rd. Lunch will be after return to Brownsville. Approximately 30 miles.

Terrain Category II (due to Gap hill).

Ride leader: Dennis Murphy, Ph. 541-738-8600

**February 10 Saturday 10 a.m.**

### Chocolate Ride

This famous ride was created last year. It was designed by Roger and May who will again lead the route and arrange for a delicious ending at Loafers restaurant in Albany. Chocolate is featured because of Valentine week. It also follows the theme of "Bicycle Love" that our President, Dennis Murphy, wrote about in the lead newsletter article last month. He received a book with that title at our Holiday party! Each of us who bikes through the beautiful Willamette Valley and beyond have romantic moments (or hours) when we feel the oneness that spells out a bikers version of "love". So our Saturday group of bikers will celebrate again our love of biking. The ride starts at Two Rivers Market parking lot at 300 2nd Ave. in downtown Albany (Park away from the buildings, please). After return to Albany you may purchase lunch at

loafers after which will be offered a scrumptious chocolate dessert purchased by the club. Club members who don't ride are welcome to come for lunch at about 12:30.

Approximately 25 miles. Terrain category I.

Ride leaders: Roger Gaither and May Garland, Ph. 503-394-3696

**February 17 Saturday 10 a.m.**

### ADAIR TO MONMOUTH AND INDEPENDENCE LOOP

Park in the area of EE Wilson Wildlife Refuge off Camp Adair Road. This refuge is an interesting place so plan to take time before or after the ride to view the various wild pheasants, turkeys, grouse and other birds. The route will travel on Hwy 99W a short time then on side roads to Monmouth. In Monmouth we will bike through the University campus and north towards Rickreall. We will ride a bike path beside Hwy 99W to Independence for lunch, and then over rolling hills south Adair. Approximately 32 miles.

Terrain Category II (rolling hills for the final stretch of Independence to Adair).

Ride leaders: Seph and Lin Reese, ph. 503-375-7620

**February 24 Saturday 10 a.m.**

### Lebanon to Albany to Tangent

The ride starts at Samaritan Lebanon Community Hospital. This is a ride for everyone! It is mostly flat as it covers miles in the middle of the mid-Willamette Valley. See the quiet farm lands and help to welcome the babies of springtime. You'll hear choruses of "ba-a-a-as" along the way. We'll have lunch in Albany and return to Lebanon via Tangent. Approximately 35 miles. Terrain Category I.

Ride Leader: Wanda Knight, ph. 541-497-3765

## Volunteer to Lead a Ride!

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

## MARCH RIDES

March 3	Lebanon to Sweet Home
March 10	Lambing Barn, Corvallis
March 17	Daffodil Festival
March 24	Jefferson to Stayton
March 31	Lebanon to Crabtree

## 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 get ready for the ride. This includes checking that your tires are pumped, signing in, getting a route sheet and checking it so you have a general orientation to the ride including plans for lunch.

Your ride leader will thank you!

### 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.

### Two Rivers Market, 300 2nd Ave SW Albany

From I-5 take exit 233 merge onto hwy 20 Head west into Albany. Take the US-20 ramp toward ALBANY / CITY CENTER / CORVALLIS. Turns into Lyons St. Left onto 3rd ave. Right onto Broadalbin SW. Park at Two Rivers Market.

### 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

### E.E. Wilson Wildlife Area

#### Camp Adair Road

I-5 exit 228. East to Corvallis. Travel 10 miles north of Corvallis on Hwy. 99W. Turn east on Camp Adair Road. Park at the bird cage area.

Visit our Website at:

[www.santiamspokes.org](http://www.santiamspokes.org)

# February 2007 Cycling • Santiam Spokes

Sun

Mon

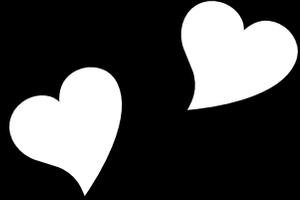
Tue

Wed

Thu

Fri

Sat



**CLUB MEETING**

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

Saturday Feb 3, 2007 10:00 am  
Brownsville & Diamond Hill Loop  
**Starting Location:** Behind Brownsville Post Office  
**Distance:** 30 Miles  
**Description:** Cat. II  
**Ride Leaders:** Dennis Murphy, PH 541-738-8600

See page 7 for Detailed information on Rides

4

5

6

**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

8

Saturday Feb 10, 2007 10:00 am  
Chocolate Ride  
**Starting Location:** Two Rivers Market  
**Distance:** 25 Miles  
**Description:** Cat. I  
**Ride Leaders:** Roger Gaither, May Garland PH 503-394-3696

Lunch at Loafers about 12:30

11

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

13

**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

15

Saturday Feb 17, 2007 10:00 am  
Adair-Monmouth-Independence Loop  
**Starting Location:** EE Wilson Wildlife Refuge  
**Distance:** 32 Miles  
**Description:** Cat. II  
**Ride Leaders:** Seph and Lin Reese PH 503-375-7620

18

19

20

**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

22

Saturday Feb 24, 2007 10:00 am  
Lebanon-Albany-Tangent  
**Starting Location:** Samaritan Lebanon Community Hospital  
**Distance:** 35 Miles  
**Description:** Cat. I  
**Ride Leaders:** Wanda Knight PH 541-497-3765

25

26

27

**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

Visit our website:  
[www.santiamspokes.org](http://www.santiamspokes.org)



**Santiam Spokes, inc.**  
c/o Lebanon Community Hospital  
PO Box 739, 525 North Santiam Hwy.  
Lebanon, Oregon 97355  
[www.santiamspokes.org](http://www.santiamspokes.org)