

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 15, No. 08 • May 2007

MORE RUMBLINGS AND RUMINATIONS

From the club President, Dennis Murphy

There has been a lot of information about calculating our carbon footprint in the news lately. The Albany Democrat-Herald actually made reference to several websites in the Sunday edition. Having recently installed a solar power system on our roof and since we are purchasing our electricity from 100% wind power, I was anxious to see how small our "carbon footprint" is. I learned that we are saving approximately 1.6 tons of carbon dioxide emissions by producing solar power; this gives me satisfaction. To counter that satisfaction I came to the realization that by driving almost 40,000 miles each year because my job is located in Eugene, I add back almost 12 tons of carbon dioxide to our atmosphere. There are ways we can work to "offset" our carbon footprint. The impact of taking our bicycle to the store, to our job, to school, to visit a friend, or to just get some good exercise, is admittedly small on an individual basis, but on a community wide basis it is significant. Think about this, one gallon of gas puts 19.56 pounds of carbon dioxide into the atmosphere. Now think about all the bike

riders in our communities, and how many cumulative miles they ride each day. I wish I knew those numbers; it would be fun to do more calculations!

Often those miles that I drive are on Highway 34. One must wonder how well that 30 mile stretch of highway between Corvallis and Lebanon serves us. It is 4 lanes wide and the average speed on much of it is 65 or more. I find it interesting that for such a high speed, wide road, there are only two places where a pedestrian or a cyclist can cross the highway with minimal risks to their lives? If you go 21 miles north on I-5 from the Highway 34 interchange, there are 5 safe places to cross the Interstate highway! Highway 34 seems to be a barrage of danger that slices across the Willamette Valley. If the Interstate has intersections for safe crossings, why doesn't Highway 34?

Ok, it is time to lighten up a little. I have been curious about how many calories an



Group photo at the covered bridge on Campus way bike path Demo-Daze Ride. From left: Kari and Ron Kropf, Bev Henderson, Vince Nowell.

Photo courtesy of Vince Nowell

Bend and Sisters weekend

Saturday - Monday, May 26 - 28, 2007

This year we are welcomed by Tim and Marlene Mangan to stay overnight at their home in Bend starting Friday through Sunday night. The first biking event will begin at 10 a.m. on Saturday, with the ride up the McKenzie Pass (as far as is passable) on a road that is closed to auto traffic. Please contact Mary Ellen Lind if you are interested in more information at 541-738-8600 or melind@peak.org. See details under Ride Descriptions on page 7.

May Meeting

Thursday • 7:00 pm • May 3, 2007

Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon

Guest Speaker: Angie Frederic, RD, LD, CDE.

Angie works for Samaritan Lebanon Community Hospital in the Dietitian/Diabetes Education department. She will be speaking to us about guidelines for nutrition and cycling. This is an important subject for us all to be as up to date on as possible as we head into the prime riding season.



And The Wheels Keep Turning

By Beverly Henderson

"Normally you wouldn't send a dog out in weather like this, but hey, we cyclists are up for any fun." And we do have fun. If we're not dodging rain showers, we're hunkered down chugging into the wind or flying like a bird with the wind. Hills? What hills? They're just speed bumps. There are the views of the valleys and fields, mountains; the smells of cut grass as we ride by the houses; Flowers blooming, noses running from allergies.

Saturday, April 7 started out like any other ride day. Sort of cool, but not too bad. It had been raining, but it had stopped. Momentarily. Then about the time everyone started arriving the rain really came down. One person pulled up, didn't get out of the car, said he was going home. Someone else said they were going to go home. Another couple said they were going to the health club. However, after everyone stood around talking about the weather, the rain stopped so we all saddled up and took off, before it started raining again.

I mention the rain on this particular day because, as you all know, it doesn't rain

*Waiting out the rain:
Ron, Dennis, Bev,
Mary Ellen, Bill,
Emma and Jeff.*

when I'm the ride leader and I was the ride leader that day. Actually, I was the substitute ride leader, so it only rained for the first half of the ride.

Well, back to the ride. We headed out, nine hardy souls in all. Dennis and Mary Ellen turned

back first due to other commitments, then Jeff and Emma turned off towards Independence. That left Ron and Kari with Kermit (their tandem), Rod and Raylene Sells and me. We reached a point where rain coats could come off, then another shower hit. The rain coats go back on. Then the sun came out, the road started drying, the coats came off again. The hills weren't too bad, mostly speed bumps. After a stop for lunch, we headed back to Corvallis. With the wind at our backs, we had a quick flight back to the cars. At one point I looked at my computer and I was going 25 mph and wasn't pedaling or going downhill. Oh boy, that was fun!

Just when you think that the weather is going to do one thing, wait a few minutes and it will change. This is Oregon and it is April. It could be pouring cats and dogs in one place and bone dry just a few miles up the road. As my friend Jo told me one time (and I agree with her), if you're going to play outside in Oregon you might get wet. Yes, we got a little wet and muddy but we had fun! Great ride, good friends, wonderful food. It doesn't get any better than that. Come and join us for more fun rides.

Cont. from page 1

hour we burn when we ride our bikes. Given that the club typically rides an average of 12 to 14 mph, at 195 lbs in body weight, one burns about 708 calories an hour. I guess there are some advantages to carrying around a few more pounds....I can burn more calories in an hour! On the subject of intake I read an article on the importance of drinking quantities of water. On an average, we need about one milliliter of water per calorie expended. Now a 20 fl. oz container has 591 ml. So someone like me should be drinking the equivalent of 3-4 water bottles on a 50-mile ride. If you don't keep up on your water consumption you can get hurt, especially as we are coming into warmer riding weather. We should make sure that we bring plenty of water to our rides as well as hydrate ourselves both before and after our rides. So let's all be more aware of our fluid consumption as we go into the summer riding season.

Since I like numbers I asked Bill Pintard about the number of volunteers needed for the Strawberry Century. Most of us know that the Strawberry requires a lot of effort on the part of a lot of people. There are approximately 55 different jobs that need to be done. Some people do more than one job. This year it's going to take around 40 volunteers to successfully host the Strawberry Century Ride. Bill still needs 5 more pointers and a few more volunteers for other jobs. Some club members want to ride in the route on the Strawberry Century day so they may do their volunteer work before or after the ride. There is clearly an exciting energy when one is riding with so many different people on so many different styles of bicycles. I discovered the first time that I volunteered to work on the Strawberry there was a terrific sense of joy in participating to help all the riders that you see have a great time, and especially when one after another walk up to you, smile and say THANK YOU, that's the best ride around! I have always walked away after working on the Strawberry Century with a tremendous sense of satisfaction. If you haven't already volunteered, I encourage you to do so. You will join the club by having a sense of pride at having helped several hundred people enjoy a wonderful day in our part of the beautiful Willamette Valley. It really doesn't get any better!





Bikes & The Law: Accident Insurance For Bicyclists

by Ray Thomas

Oregon bicyclists who are also car owners pay for insurance coverage on their automobiles that also covers their families while riding bicycles. A few bicyclists realize that automobile insurance also covers bicyclists and pedestrians and that, when an accident happens, all available resources must be used to pay for the consequences. Previous articles have discussed the various types of Oregon automobile insurance; see "Accidents and Insurance" on the Swanson, Thomas & Coon website under "Bicycle and Skate Law." The purpose of this article is to discuss insurance options for bicyclists under Oregon law that will pay for a potentially catastrophic accident involving collision with a motor vehicle.

The Car-free Life

Some bicyclists have sworn off motor vehicles entirely and use bicycles as their sole means of transportation. While this decision is commendable in making a lifestyle choice that eases traffic congestion and pollution while promoting physical vitality, the carless life does eliminate many insurance options. When a car-free bicyclist, who has no family household member or house-mate listing the bicyclist as a named insured on an automobile insurance policy, is involved in an accident on a bicycle, then the injured rider must make any claim for damages against the insurance of the other person involved in the collision. It is an unfortunate fact that many drivers who cause the most serious accidents have no liability insurance whatsoever. While driving without insurance is illegal under Oregon law, and is legal cause for a

drivers license suspension, if a bicyclist is hurt by a negligent driver without insurance, then there may be no insurance coverage whatsoever to pay for medical costs and other damages.

Of course, individual health insurance policies or health maintenance organization programs may be available to pay medical expenses separate and apart from some type of accident coverage. However, these policies, like stand-alone disability policies, provide coverage regardless of the cause of injury or disability and cannot be used to reimburse for damages for pain and suffering, impairment of earning capacity and property damage. While a bicyclist can piece together a patchwork of health and disability insurance to cover some accident related costs, only a policy associated with paying damages for bodily injury claims will fully compensate a bicyclist seriously injured due to the fault of a motorist.

Insurance for Bicyclists Without Cars

It has been frustrating for bicyclists without cars to attempt to obtain coverage for potential injuries. No companies presently offer bodily insurance for bicyclists without automobile policies. Bicyclists advocates have attempted to fill this void in a number of ways. The most recent effort has been undertaken by the League of American Bicyclists in order to provide insurance benefits to members.

Non-traditional insurance brokers have explored these potential products, but it has been difficult to quantify the numbers of potential purchasers and the scope of the costs on the risks. Jeff Lang of Gale's Creek Insurance in Portland has met with the national leadership of the League of American Bicyclists to explore alternative coverages. He reports that obtaining accurate data on how many bicyclists ride who do not also have applicable car insurance is difficult and that there is little



information available to the public about the damages level associated with the types of accidents that would be covered under "bicycle only" insurance. While he has been successful in creating non-traditional insurance products that have been turned into viable offerings (such as coverage for participants in golf tournaments), so far he has not been successful in assembling a package for bicyclists.

The League of American Bicyclists has recently offered a type of bicycle insurance coverage that is a step in the right direction, but is limited to roadside service for members with bicycle break-downs. They do this through the Better World Bicycle Club, which acts as a broker for auto insurance for League of American Bicyclists members but it still only sells the same insurance products traditionally available to motorists.

How to Obtain Bicycle Insurance Coverage

At the present time in Oregon, one way to obtain accident insurance for a bicyclist is to obtain a drivers license and buy an inexpensive car. If a person were to buy a 1972 Chevrolet Nova for \$350.00 (in other words, buying a very cheap car, as long as the car is not a "performance" muscle-car), then the Oregon mandatory insurance amount for liability coverage is \$25,000.00, which carries a corresponding coverage for Under-Insured Motorist coverage (UIM) and Uninsured Motorist coverage (UM) of \$ 25,000.00. Since a person cannot buy UM/UIM coverage in an amount greater than his or her liability coverage, the person who wants to obtain a higher level of protection must pay to increase both coverages. Fortunately, higher levels of insurance for persons with a safe driving record is usually not expensive, particularly where the underlying automobile is considered a low-risk vehicle. If a person wants to use the medical benefits and wage-loss provision of Personal Injury

Protection, which is no-fault, then higher coverage can also be obtained at a reasonable cost in Oregon.

While it may seem to be a bizarre solution and a gigantic step backwards for a bicycle zealot to have to buy a car in order to protect themselves from a catastrophic accident caused by an uninsured motorist, it is a possible solution. Fortunately, the costs associated with higher levels of coverage is quite reasonable relative to the cost of the first \$25,000.00 of insurance. For example, one of the staffers at Gale's Creek Insurance (which also serves as the broker for the League Of American Bicyclists Better World Club car insurance offerings) related that a \$250,000.00 automobile policy coupled with 250,000.00 UM/UIM policy on a low-risk car would cost approximately \$500.00 per year, a relatively modest cost for the ability to make a claim against one's own insurance policy for damage if a serious accident is caused by an uninsured motorist.

In addition, additional coverage can be obtained for a relatively modest price if a bicyclist is interested in insuring both car and home with the same company because this creates the opportunity for purchase of an excess personal umbrella/liability policy for coverage amounts up to \$1,000,000 or more. These excess coverage policies include the typical liability insurance coverage included in many homeowners policies and also contain an option for purchase of an UM/UIM policy that "stacks", or is excess above the auto policy. In the situation described above the excess UM/UIM policy could be placed on top of the car policy for \$200.00 more per year for total coverage of \$1,000,000.00. Gale's Creek Insurance reports that excess umbrella policies can also be purchased in conjunction with renters insurance so that home ownership is not necessary so long as associated autos are covered through the same company.

Why Have Insurance?

While auto insurance companies have done a fair job (out of economic self-interest) in calculating the accident frequency for automobile usage, there are no accurate figures for bicyclists. One rule of thumb frequently mentioned is that a high-mileage bicyclist is likely to get into an accident about every seven years which involves some personal injury. While most cases probably only involve a scraped knee or elbow, when motor vehicles are added to the traffic equation on the street, experienced riders know that collisions with cars can have catastrophic consequences. Though none of us in the bicycle advocacy community like to dwell on risks associated with transporting ourselves without a protective steel exoskeleton, nevertheless it is important to think about the burden placed upon our family and friends if we were to get in a serious accident caused by some idiot driver who cannot pay for our damages. If we can buy insurance which covers us and our family members on their bicycles, as well as any owned automobiles (including liability for our own driving mistakes and homeowners liability), for a cost of less than \$1000.00 per year, then it begins to sound like a pretty good investment.

Sometimes, in bike safety classes I tell people that the reason increasingly large amounts of coverage are a better deal than minimal amounts of converge is that people who buy a lot of insurance never seem to be the ones to get hurt. If large insurance limits are indeed a talisman against a bad accident, so be it. As a bike lawyer, it is one of the worst experiences imaginable to investigate a client's serious accident, learn the bicyclist was doing everything right, but then the motorist who caused the accident has no insurance, and the bicyclist, because he or she does not own a car, has no coverage whatsoever to pay for medical bills and damages.

What Does the Future Hold?

Jeff Lang at Gale's Creek Insurance is determined to work with the League of American Bicyclists to devise a collection of figures to provide accurate risk and cost information to insurance underwriters in order to provide insurance for folks who depend exclusively on the bicycle for transportation. In Oregon alone, there would be many potential customers for such an insurance product. However, in the meantime, we are aware of no coverage currently available that affords the equivalent of UM/UIM motorist coverage for bicyclists who have no motor vehicle. The League of American Bicyclists is keen to offer its members some type of accident coverage, but to date the market has not been tapped. In the meantime, the only practical alternative is to become a named insured on a motor vehicle and then raise the insurance limits to provide a reasonable level of coverage. While it is ironic that safety minded and risk averse bicyclists who have weaned themselves from car ownership may go back to owning a car just to be insured against idiot drivers, until we find an insurance company willing to underwrite this type of coverage, there are few alternatives for bicyclists. Health insurance coverage and disability coverage do provide some protection for folks without automobiles to take the sting out of an accident, but the coverage is limited to medical costs and wage loss.

Finally, for careful bicyclists who already own cars, it is important to remember that existing automobile coverage in Oregon includes PIP and UM/UIM insurance while on their bicycles and that it is probably a wise investment to substantially increase coverage amounts "just in case."

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www.oregoncycling.org

Santiam Spokes Board Meeting

April 5, 2007

Board members present: Mary Ellen Lind, Dennis Murphy, Roger Gaither, May Garland, Bill Pintard, Wanda Knight, Ron Kropf, Kari Kropf, and Connie Taylor.

Dennis announced that Al Rimer has resigned as Vice President. Dennis distributed copies of the Santiam Spokes By-laws dated Dec 1, 2004 and it was decided that the president can appoint another Vice President.

Dennis requested that the club go back to asking for volunteers for refreshments for the meetings. The Board agreed.

Roger discussed the PayPal arrangements for new member registrations and for Strawberry Century registrations. Wanda, as treasurer, will establish contact with PayPal so she can transfer money sent to PayPal to the Club's checking account.

A labeling party to get out a second mailing of the Strawberry Century brochure was scheduled for April 18 at 7:00 at the hospital. Pizza and drinks will be served.

The Board agreed that the Ochoco Challenge is an official Club Ride. Other rides could be planned and scheduled if other club members want to do this. They would also be supported by the Club.

Bill Pintard announced that the Century needs another mechanic to drive the route and help with bike breakdowns. Bill discussed several issues concerning road markings and the Board asked that he go ahead and take care of them. He also said that we still need a few pointers. Connie will contact the Lebanon Boy Scouts

The Board set up a committee of Roger Gaither and Bill Pintard to develop policies that will guide how Century funds are used each year. Additional club members will be encouraged to serve on this committee.

Submitted by May Garland, Secretary



Santiam Spokes General Meeting

April 5, 2007

The group gathered at 7:00 for snacks and visiting.

The program for the evening was a video presentation of "Every Moment Counts", a documentary of the only woman rider in the 2005 Race Across America. The film was produced by the daughter of John Luna and Sue Rutherford, who were there to answer questions. Elaine Miles, a massage therapist, who was along on the cross country trip also answered questions and added interesting details.

Business Meeting

The minutes of the February meeting were approved. Treasurer Wanda Knight reported a balance in the checking account of \$13,250. The membership chair, Ron Kropf, reported that we have 125 members. Weekly Ride Updates: Mary Ellen Lind reminded us about the ride to Newport on April 20 and the Memorial Day event which will be in Bend at the Mangan's house, with a drive back to Sisters to ride up McKenzie Pass. Website update: Roger Gaither announced that we are now receiving memberships and registrations through the website. He encouraged everyone to visit the website and provide feedback. The address is www.santiamspokes.org. Strawberry Update: Bill Pintard announced that 8 pointers are needed. We need to update the cell phone list for the volunteers.

New Business

Dennis sent a sheet around and asked for people who were interested to sign-up to bring refreshments to a future meeting. He announced the brochure labeling party on April 18, 7:00, at the hospital. The Ochoco Challenge is the official club tour for the summer. Ride support can only be provided to 15 people, so get in touch with Roger at 503-394-3696 or gaither@smt-net.com if you are interested. Mary Ellen Lind reported that club member, Ace Johnson, is updating the north Linn and Marion county rides. Thanks, Ace. Roger announced that Brad Canfield from the hospital had contacted him about having members of our club ride with one of their physicians who does his on decathlon each year. The date suggested by Brad did not work for most club members, so the club suggested June 29. Roger will get back in touch with Brad. Jim Lawrence reminded the club about the Bike Safety program starting April 25 at South Shore School. It will run each day from 9:15 - 11:15 and again from 12:15 to 2:15. Please volunteer if you can. Or ask Jim when the next schedule starts. Volunteers were requested for a newly formed Fund Distribution Committee to develop policies that will guide how Century funds are used. Roger, Bill, and Dian Gersen volunteered.

The meeting adjourned at 9:00 PM.

*Submitted by
May Garland, Secretary*



MAY, JUNE & JULY 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, May 6, 2007

Lebanon Bike Rodeo, from 9 - 10 a.m. Ride: Lebanon to Corvallis Loop 10 a. m.

Our club has opportunity to promote safe biking to the children and their families in the Lebanon community at the annual Lebanon Bike Rodeo located at the Fire Hall in Lebanon, 1050 W. Oak St.. Club members are asked to help with mechanical checks of children's bikes, give out helmets and check them for fit, move bike seats up or down, guide young bikers in riding an obstacle course, give information about bike safety and other activities at this family-fun community event. Please bring along your bike tool box!

After the Rodeo the club will bike over Tangent road to Corvallis for lunch and return another route.

Approximately 46 miles.

Terrain Category, I.

Bike Leader: Bill Pintard, ph. 541-967-3295

Saturday, May 12, 2007

9 a.m.

Scio To Mt. Pleasant Loop

Meet at the home of Roger Gaither and May Garland, 38795 N. Main St, downtown Scio, for the start and finish of this ride.

Soon after the start, on Shelburn road, will be a gradual climb of 1116 feet for some spectacular views all around. The route includes several covered bridges to build our spirits towards the traditional fall Covered Bridge Ride from Scio. There are a couple of shorter, less hilly cut-offs of about 9 (start at 11:00 a.m.) and 19 miles (start at 11:00 a.m.) for those wishing to ride less distance and hills. After returning to the Gaither/Garland home, about 12:30 p.m., we will indulge in "make-your-own" tacos with sides of chips, salsa, refried beans bought from a local restaurant, courtesy of the club.

Approximately 32 miles with shorter options.

Terrain Category, II for the longer route.

Ride leaders: Roger Gaither, ph. 503-394-3696

Saturday, May 19, 2007

9 a.m.

LEBANON TO SCIO, Lamb & Wool Festival

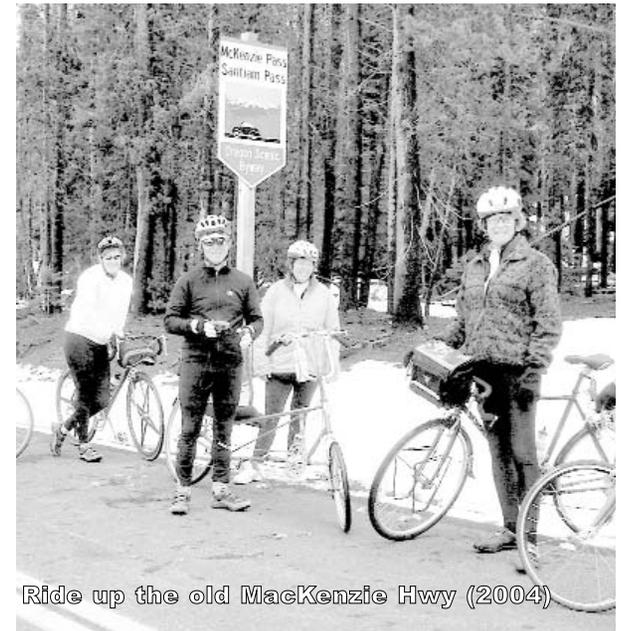
We'll have a traditional, fun ride to the Linn County Lamb & Wool Fair and Northwest Champion Sheepdog Trials.

We'll leave from Samaritan Lebanon Community Hospital and bike via Lacombe, Larwood Bridge and Richardson Gap Rd. There are some hills this way so come expecting to strain a little as you enjoy wonderful scenery! We should arrive in Scio in plenty of time to grab a hot dog or hamburger and settle down for the gala, funky parade at 11:00. We'll browse around the booths, quilt show, etc. and enjoy the live entertainment before biking back to Lebanon via the flat route of Robinson Dr., Crabtree and Tennessee Rd.

Distance, approximately 45 miles at a mild pace with a few hills in the first half of the day.

Terrain category II.

Ride Leader: Roger Gaither, Ph. 503-394-3696



Ride up the old MacKenzie Hwy (2004)

Saturday - Monday, May 26 - 28, 2007

Bend and Sisters weekend

This Memorial Day weekend the club is invited to bike on the high desert at the foothills of spectacular mountains in mid-Oregon, Three Sisters and Mt. Bachelor. The first biking event will begin at 10 a.m. on Saturday, May 26, with the ride up the McKenzie Pass (as far as is passable) on a road that is closed to auto traffic.

This year we are given a welcome by Tim and Marlene Mangan to stay overnight and to have meals at their home in Bend starting Friday through Sunday night. They are eager to lead us on bike routes out of the Bend area on Sunday and Monday.

You may choose to join the biking group some or all of the long weekend. We will make group meals; we will likely eat one meal at a restaurant.

Please contact Mary Ellen Lind if you are interested in more information or if you know you want to join this fun-filled biking weekend. There may be interest in car pooling from Lebanon or Albany.

Ph. 541-738-8600 or melind@peak.org.

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Saturday, May 26, 2007

9 a.m.

Head to Shedd

Alternate ride for bikers not going to Bend & Sisters

Start ride at Samaritan Lebanon Community Hospital. Ride south across flat country, over Plainview, Boston Mill rd and cross over I-5. Lunch will be at the Shedd Café. Then the route will return to Lebanon over Wirth Rd and Tangent Dr. This ride is popular for viewing vast agricultural country of the mid-Willamette Valley. **Approximately 35 miles.**

Terrain Category I

Ride Leader: Ken Fullen, ph. 541-327-2084

JUNE RIDES

- 2 Pre-strawberry ride
- 9 Strawberry Century Event
- 16 Ride from Reeses home in Salem, BBQ and Post-strawberry celebration
- 23 Jefferson to Silverton (tentative)
- 25 - 30 Club tour, Ochoco Challenge
- 30 Jefferson to Independence via Buena Vista Ferry

JULY RIDES

- 7 Ride to a WEDDING! Albany to Corvallis
- 14 DaVinci Days, ride to Corvallis, start site not yet determined
- 21 Brownsville to Marcola Loop
- 28 Waterloo Stage ride, celebrate our club's 16th anniversary

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

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!

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.

Lebanon Fire Dept

From 1-5 take exit 228 onto Hwy 34, go EAST toward Lebanon. Turn right onto Denny School Rd. (Truck Route exit). Turn Right onto Oak Street. Turn Right into Fire Dept. Parking area.

Roger & May's House

Scio Oregon

Main Street ~ Across from Homestyle Restaurant.
From Albany (I-5 exit 233) Take Hwy 20 to Hwy 226. Follow Hwy 226 to Scio. Stay on Main Street. Roger & May's house is just past city center across the Street from Homestyle Restaurant.

For more information, see our website at:
www.santiamspokes.org



Above: Parade in Corvallis Oregon, Demo-Daze Ride.

Below: Kari Kropf, Vince Nowell and Bev Henderson demo several new bikes at the Demo-Daze bike event at Benton County fairgrounds.

Photo courtesy of Vince Nowell



Regional Events

MAY

15th Annual Rhody Bike Tour

Metric and Half-Metric Century

Sunday May 6, 2007,

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

Inland Empire Century

May 12, 2007

25, 50, 75, 100 miles

<http://www.tricitybicycleclub.org>

13th Annual Scenic Tour of the Kootenai River - STOKR

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

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

Olympic Cycling classic

May 19, 2007 • Port Angeles WA

Century, Metric century, 8 mile fun ride

360.477.9842 or 360.457.6027.

Ride Around Clark County

Saturday, May 5, 2007

18, 34, 65, 100 miles,

Vancouver Bicycle Club,

<http://www.vancouverbicycleclub.com>

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

Reach The Beach

Saturday, May 19 2007

110, 100, 77, 55 or 26 miles

www.reachthebeach.org

Phone: 503-459-4508

Juniper Flat Rural Fire District - Bike Ride

Saturday, May 19 2007

20 & 40 miles

Maupin Oregon (see details page 6)

Blazingpedalsjf@yahoo.com

Canyon for a Day Bike Tour!

May 21, 2006 • Yakima River Canyon.

35-miles

contact Mark Peterson at (509) 453-2561

hhfurniture4@aol.com

Two-County Double Metric Century

May 21st, 2006 • Millersylvania State Park

<http://www.capitalbicycleclub.org>

Olympia, Washington

Century ride of the centuries

May 26-28, 2007 • 3-day tour

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

NorthWest Tandem Rally

Wine Country Yakima Valley!

May 25-28, 2007 / Memorial Day Weekend

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/>

JUNE

Pioneer Century

June 2, 2007 • Champoeg-Canby area

45, 55, 100 miles

www.pwtc.com

1-503-666-5796

Peninsula Metric Century

June 3, 2007 • Gig Harbor & South Kitsap

County

29, 44, 62, 100 miles

www.twbc.org

Strawberry Century

June 9th • Lebanon, Oregon

13, 53, 72, 101 miles

<http://www.santiamspokes.org>

Century Apple Bike Ride

June 9, 2007 • Wenatchee WA

50, 100 miles

matt@eastmanins.com

Flying Wheels Summer Century

June 16, 2007 • Redmond, WA

25, 50, 65, 100 miles

Ride Line: 1-888-334-BIKE (2453)

206-522-BIKE (2453)

<http://www.cascade.org>



2007 Tour de Blast

June 23, 2007

33, 67, 82 miles.

Starts and finishes at Toutle Lake High School

<http://www.tourdeblast.com>

Native Planet Classic

June 23 • Winthrop, WA

28, 126 miles

Limited registrations due by May 20th

www.ride4areason.org

Mountain Lakes Challenge

June 23 • Ashland, OR

27, 58, 65, 100 miles

call 541-482-4814

web www.siskiyouvelo.org

Watermelon Ride

Sunday, June 24th

50, 100, 125, and 200 miles

<http://www.salembicycleclub.org>

JULY

S-2-S (Seattle to Spokane)

July 7 • Lake City, WA

285 miles in one day

call 425-739-8609

www.redmondyclingclub.org

Seattle To Portland (STP)

July 14-15

200 miles in one or two days,

Cascade Bicycle Club, Seattle, WA,

206-522-BIKE

web www.cascade.org

Red-Spoke

July 18-22 • Redmond, WA to Spokane, WA

300 miles, first 100 riders,

206-298-9288

web www.redspoke.org/ (donation required)

Tour des Chutes

July 21 • Bend, OR

6 to 100 miles

benefits the Lance Armstrong Foundation

541-382-8018 • tourdeschutes@gmail.com

www.tourdeschutes.org/

Jackson's Tour de Spa

Gorge Getaway

July 21-22 • 30 & 50 miles

Bonneville, WA. Benefits NW Sarcoma

Foundation & Children's Cancer Association

www.jacksonstourdespa.org

RAMROD 2006

July 26 (Thursday)

153 miles around Mount Rainier

Register by lottery only

Redmond Cycling Club

206-781-3903

ramrod07@redmondcyclingclub.org, web

www.redmondcyclingclub.org

Summit to Surf

(Mt. Hood to Hood River)

July 28 • 10 to 100 miles

an American Diabetes Association Tour de

Cure event

call 888-342-2483

www.SummitToSurf.org

Pedal The Pinchot

July 28 • 30 to 88 miles

two road and two MTB routes

Swift Forest Camp near Cougar,

www.pedaltheinchot.com

Tour de Peaks

July 29 • 7, 14, 31 miles, 14 MTB miles,

Snoqualmie, WA

425-888-4440

www.tourdepeaks.com

Washington Bicycle Ride I

July 29 – August 3 • Fully supported tour

300 riders. Mead, WA

call Sandy Green 800-413-8432

www.oregonbicycleride.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

May 2007 Cycling • Santiam Spokes

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

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 May 5, 2007 9:00 am
Lebanon Bike Rodeo 9:00
Lebanon to Corvallis Loop 10:00

Starting Location: Lebanon Fire Department
Distance: 46 Miles
Description: Cat. I
Ride Leaders: Bill Pintard, ph. 541-967-3295
See page 7 for Detailed information on Rides

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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 May 12, 2007 9:00 am
Scio to Mt. Pleasant Loop

Starting Location: Home of Roger Gaither & May Garland
Distance: 32 Miles with shorter options
Description: Cat. II
Ride Leaders: Roger Gaither, ph. 503-394-3696

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14

15

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 May 19, 2007 9:00 am
Lebanon to Scio-Lamb & Wool Festival

Starting Location: Samaritan Lebanon Community Hospital
Distance: 45 Miles
Description: Cat. II
Ride Leaders: Roger Gaither, Ph. 503-394-3696

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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

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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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SAT-MON May 26-28, 2007
Bend & Sisters Weekend

See Ride Description on page 7 for details
Saturday May 26, 2007 9:00 am
Head to Shedd
Starting Location: Samaritan Lebanon Community Hospital
Distance: 35 Miles
Description: Cat. I
Ride Leaders: Ken Fullen, ph. 541-327-2084

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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



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