

# OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 16, No. 02 • November 2007

## MOTHER NATURE'S DANCE

By Dennis Murphy, Santiam Spokes President

When I hear Mary Ellen's voice saying it's time to get up, it is still dark, and 7:30 in the morning. I had been sleeping so very soundly - the kind of sleep that you know is good for you in both body and soul. I rise quickly and take a look out the window at wet streets, leaves blowing and wind bent trees. I check the weather on the computer. 57 degrees it says....feels like 54. Winds at 10 to 25 miles per hour. Precipitation 100%. One-half inch of rain in the early part of the day. Are we really going to ride today? Thanks to Mary Ellen's preparations the night before, we are dressed in our winter clothing, ready with bikes on the car, and pulling out of the driveway by 8:00am. As we drive to Dian's house in North Albany, I look at the weather and quietly wonder to myself, "Who will show up for a 60 mile ride in weather like this? This has the makings of a memorable day! Surely old Mother Nature has some special treats for those who willing to dance with her today!" My thoughts also wonder to the upcoming events of the Santiam Spokes, the

Strawberry Century, next year's tour, and other little items on Murphy's "to do" list.

After a quick general business meeting on November 1st, the club will have it's, now annual, awards meeting. This is the time when we really get to say thank each other for all that we have accomplished this past year. Bev Henderson has been working hard on the award program and we will all have a lot of fun. Please contact Bev if you have any last minute ideas or suggestions. During the awards meeting, the winner of this year's Jack Thomas Award will be announced.

The club got a late start on planning the week-long tour last year. Roger Gaither had a great idea, and the Ochoco Challenge was a wonderfully successful tour. I would like to be in front of the planning curve this year and am asking for volunteers to be on a committee for planning the summer tour for 2008. Please let me know if you are interested in helping with this.



Photo courtesy of Dennis Murphy

## Hospital Foundation receives \$3,000 from Santiam Spokes

(Lebanon, Ore – Oct. 15, 2007) -- The Santiam Spokes Bicycle Club donated \$3,000 to the Lebanon Community Hospital Foundation this week, continuing 14 years of giving to hospital programs.

The club has been a hospital partner since 1993. In that time, the club has donated more than \$29,000 for hospital equipment and programs. "We really appreciate the relationship we have with the Spokes, and the benefits they give to the community," said Bill Rauch, president of the Lebanon Community Hospital Foundation.

"They have made a remarkable difference in what we're able to do for the hospital," said Betty Koehn, foundation director.

Since the foundation was established in 1998, it has raised money for large projects at the hospital like the Healing Garden and the Emehiser Infusion Center. A project to remodel the mammography department and install digital equipment, with contributions from the foundation, is nearing completion.

The club's recent donation comes from the proceeds from the club's Strawberry Century ride last summer. Club president Dennis Murphy said 636 people participated in the ride, which featured lengths of which featured lengths of 101, 72, 53 and 13 miles.



**Annual Awards Meeting**  
Thursday • 7:00 pm • November 1, Samaritan Lebanon  
Community Hospital  
525 N. Santiam Hwy, Lebanon

## Lebanon Bike Club History

On Thursday July 23, 1992 the first meeting of the Lebanon bicycling club was held at Lebanon Community Hospital. Jack Thomas, a retired Lebanon businessman, and avid cyclist was the founding force in forming a bike club.

Jack Thomas envisioned a family-oriented club where families could have fun biking together. Families who otherwise would be riding by themselves will have opportunity to join others who share a similar interest. He felt Lebanon in the lower-half of the Willamette Valley was in the middle of a bicycling paradise. One of the first rides, 8/15/1992 attracted 21 riders and one hitch-hiker. Lloyd Lambert was one of the riders who rode the 17.4 mile route.

Jack Thomas after retiring started as a volunteer at Lebanon Community Hospital. He was assigned to the public relations committee, where he suggested the hospital sponsor a bike club. Jack prior to this had tried to start a criterium bike club. The club held bike races through the streets of Lebanon, for 5 years in the mid-1980s, at high speed, with hay bails at the corners.

Lebanon bike club needed a name, Jim Slusser a respiratory therapist at L.C.H. suggested Santiam Slow Spokes. This name won by one vote. Christy Woods started the newsletter which continues today.

First Strawberry Century was held eight months after the club formed. Tim Merzenich organized the first Strawberry Century and wanted it to coincide with the annual Lebanon Strawberry festival. One hundred and thirty-nine riders enjoyed the ride. With the farthest coming from Barrow, Alaska (later to become the mayor of Barrow). Also two cyclist 70 and 71 years old rode (not Lloyd Lambert). Tim Merzenich said in June, 1993 "I don't see why we can't get up to 600-800 people eventually". The route left Lebanon Union High School and looped around Foster Reservoir. Then cyclist had a choice of 53, 72, or 100miles. The Century ride went through Brownsville and past Boston Mill. At the finish each rider enjoyed a Strawberry Wheel. The Strawberry Wheel was a cake doughnut topped with ice cream and strawberries. Members still riding with the club though many of these years include, Sally Skaggs, Lloyd Lambert, Ace Johnson, Jo Johnson, Susan Greenup, May Garland, Roger Gaither, and Ken Fullen.

*by Charles Taylor when he was president of our club in 2005.*



## Santiam Spokes General Meeting October 4, 2007

The group gathered at 7:00PM at Samaritan Lebanon Community Hospital. Our first order of business was to enjoy the wonderful pot luck foods that everyone had brought. When our stomachs were full, Club President Dennis Murphy started the meeting by welcoming everyone. The minutes for the September meeting were approved as printed in the Outspoken. Treasurer Wanda Knight reported that the club has \$18,000 in the checking account. From January through September club assets have increased by \$4,387. Philanthropic contributions of \$4,236 have been made, including \$3,000 to the Samaritan Lebanon Community Hospital Foundation. (That check will be presented when Dennis makes arrangements to meet with the Foundation staff. We hope that a photograph can be taken.) One application for club philanthropy funds was received from Build Lebanon Trails. This application will be reviewed and a recommendation made at the next Spokes meeting.

Ron Kropf, membership chairperson, reported that we now have 130 members. He has received renewals from about 30% of the people who are due to make them and will be sending out a second request soon.

Mary Ellen Lind, ride leader captain, reviewed the rides for October and November, and encouraged folks to participate.

Roger Gaither presented the slate of officers. After some discussion about filling the Strawberry Century position, the membership voted unanimously to accept the slate. New officers are President, Dennis Murphy; Vice President, Bill Pintard; Secretary, Raylene Sell, with help from other Club members; Treasurer,

Maurice Banning; Newsletter Editor, Kari Kropf; Membership Coordinator, Ron Kropf; Historian, Connie Taylor; Publicity Coordinator, Charles Taylor; Ride Co-Captains, Bev Henderson & Roger Gaither; and Webmaster, Roger Gaither. The 2006 Strawberry Century will be coordinated by Dennis Murphy with assistance from Dian Gerstner, Mary Ellen, Bill Pintard, Jerel Gall, and Arnold Larsen.

Bicycle paraphernalia was offered for swap or sale. Though the items were small in number, the sale was spirited and fun, with all of the money generated going to the hospital foundation.

### Announcements:

Dennis asked folks who have been making ride photos throughout the year to get them to him. He will put them together into a retrospective to be shown at the November meeting as part of the Award Ceremony. Club members are urged to nominate other club members for the Jack Thomas Award. Information about this award was in the August newsletter. This year's Christmas party will be on Friday, December 7, at Santiam Place in Lebanon. Please mark that date on your calendar and plan to be there. The food is great and the white elephant gift exchange is lots of fun. Bill Pintard will be organizing the event and would appreciate your help.

Meeting adjourned at 9:00 PM.

*Submitted by May Garland, Secretary*





*Somewhere between North Albany and Dallas on a very rainy, stormy day! From left: Arnold, Dian, Bev, Jerel, Mary Ellen, Becky and Louie.*

*Photos courtesy of Dennis Murphy*

## **Ride Report: North Albany-Dallas Ride**

*by Arnold Larsen*

I decided to contribute an article to the Santiam Spokes newsletter about the North Albany/Dallas ride and Dennis was kind enough to give me written guidance on what to include. I'll try not to deviate too far from his instructions.

On a personal note, Dian and I celebrated my birthday Friday evening with a really great dinner she was gracious enough to prepare for us. She is still many months older than me no matter what she tells you. We had lots of rain and even some thunder and lightning during the night and it continued into the morning hours. The ride was scheduled to start at Dian's house and she prayed to the "bicycle gods" vociferously that no one would show and we could stay in. I wanted to go because I had never ridden in the rain, and it would be a new experience. (Californians can be really dumb!)

About 8:30 AM (despite her prayers) the most hardly stalwarts of the club

starting arriving for the promised coffee and bagels. Beverly was first to arrive with Louie and Becky (all the way from Portland) and Dennis and Mary Ellen close behind. Dian kept saying something like "I can't believe these crazy people" but she put on her best hostess face, made coffee and toasted bagels for everyone. Just before we were to leave, Jerel arrived, having ridden his bike all the way from Lebanon ( a pretty incredible feat in itself). He was welcomed and the eight of us donned our rain gear and started out.

Our first obstacle was a fairly steep hill and Dennis wondered why he deserved such awful treatment so early in the ride (he used other language but I'm not sure you can send it through the U.S. Mail). Also the rain started really coming down hard from time to time, but no one wanted to admit they would prefer the shelter of Dian's house. We continued on, welcoming each respite from the downpour.

We finally reached Independence and made a bathroom stop. The rain was really coming down and it was fun to observe the people in the Italian restaurant across the street, looking at us like we were really crazy. Dennis lobbied for the group to turn around and return to North Albany, but as usual we ignored him and silently voted to keep going.

We headed for Dallas, and the showers and occasional downpours continued. After what seemed like an eternity (to me), we finally reached Murphy's restaurant and the warmth of this great establishment. We were led to a nice table and we all promptly spread our wet jackets, gloves, and other soaked items all over several other tables and chairs. Dian recommended the pot roast soup and most of us ordered that with sandwiches, etc. It REALLY hit the spot after a very difficult morning, and we were soon ready to venture out into the weather again.

Bev immediately discovered that she had a flat tire but Louie quickly and expertly took care of that (using no tools) and I watched carefully, since I have yet to have a flat on the road. I hope he is along when I do have my first flat. We then headed out, with Albany many miles away.

At the Fir Villa intersection, Jerel was in the lead and chose to go straight thru. The rest of the group obediently turned right per the map instructions, and despite repeated efforts to get his attention, Jerel continued on, not to be



realized how much energy we had burned. After some time, Jerel stumbled in. He had blown a tire, hitched a ride to Albany, and walked to Dian's house. We were all glad to see him, safe and sound. A successful end to a tough day.

Just a few additional comments of my own. I am really happy I joined this group and the rides are really fun (despite the weather conditions). I think it is a good idea that we stick together and help out with mechanical problems. The exercise is great for all of us and I would like to see more of the membership on Saturday mornings. 

*Left: Lunch at Murphy's Restaurant in Dallas. from Left: Louie, Arnold, Dian, Jerel, Mary Ellen, Bev and Becky*

*Below Detering Orchard. From Left: Jo, Ace, Ken, Mark and Jerel.*

*Photos courtesy of Dennis Murphy*

*Cont. from page 3*

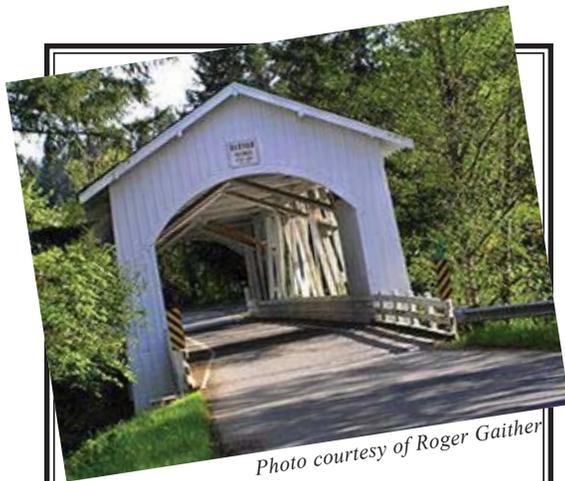
seen again until we returned to Dian's house. Mary Ellen soon had some problems with her chain and Louie (and Becky) came though again.

We were soon back on the road all together (except for Jerel), braving the wind and the rain.

Dian led us around the steepest hills (I guess in deference to Dennis) and we were soon back on Gibson Road heading for shelter. We were all tired, and straggled up the last hill to Dian's house. Dennis mentioned in his instructions that I should describe whether the group was happy to complete the ride. YES, WE WERE ALL HAPPY TO COMPLETE A REALLY TOUGH RIDE.

Dennis and Mary Ellen had a previous engagement that evening, but the rest of us went back to Dian's house, and proceeded to wolf down bagels and coffee and sodas. I don't think any of us





*Photo courtesy of Roger Gaither*

### **Scio to Mt Pleasant Ride Saturday, November 17**

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. 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.

## **Map Update**

The current bike map we all use is due for an update. It was published in 1997 and many changes have occurred since then. Some roads have improved, some have gotten worse. Some roads have become more dangerous due to increased traffic as well.

Our map of Albany and the Mid-Willamette Valley is somewhat unique in that it covers portions of 5 counties. Most maps cover only a city or are much less detailed. The Albany Bicycle & Pedestrian Commission, in cooperation with the City of Albany and Linn County GIS staffs, has started the map update process. The goal is to have a published map by the Spring of 2008. The Commission also wants to implement a web based map, as well as publish a CD. This map would be linked to various sites, including our own club site.

In order to make this ambitious date, the Commission will need the assistance of volunteers who will be willing to help by riding or driving a section of the territory covered by the map and making any changes that are needed. Once the data is collected it will be incorporated into the GIS maps and a preliminary map will be produced. Volunteers will again be needed to verify that it is accurate.

The Santiam Spokes members are being asked to contribute some of their time in doing the research necessary. The sections will be determined by early November and be available for checking. If you would like to help, please contact Bill Pintard at 967-3295 or at [pintardb@proaxis.com](mailto:pintardb@proaxis.com).

If you have ideas of changes that you would like to see in the map, please let me know by email or in writing so I can pass them along to the GIS design team.

*Bill Pintard*

## **SANTIAM SPOKES HOLIDAY FEST**

Friday, December 7, 6:30 p.m.  
Santiam Place, 139 S. Main St.,  
Lebanon

**POTLUCK**  
Charles Taylor will  
prepare the meats.

If your name starts with A - L,  
bring salad or side dish;

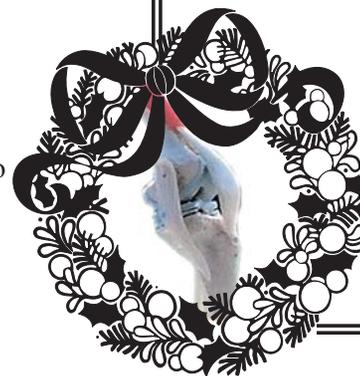
M - Z, bring dessert.

WHITE ELEPHANT gift exchange  
Do you need a new knee joint??

Thanks to Sally Skaggs  
for providing Santiam Place!

Organizers:  
Bill Pintard, ph. 967-3295  
Mary Ellen Lind, ph. 738-8600

Note: NO regular  
club meeting on  
Thursday,  
December 6. Next  
club meeting,  
January 3, 2008.





# NOVEMBER 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.

**Please Note: Saturday Rides will start at 10:00 am beginning November 3, 2007.**

**November 3 10:00 a.m.**

### Jefferson to Stayton

Mary Ellen Lind ride leader,  
phone number 541-738-8600 or 541-231-6973

Description: Start at Jefferson Middle School. Ride a few scenic back roads on the way to Stayton. After lunch return to Jefferson.

**November 10 10:00 a.m.**

### Peoria Loop

Bev Henderson ride leader,  
phone number 541-513-3916

Description: This is a flat Valley ride and sometimes has a challenge of detours due to high water (alternate route provided)! Start at Corvallis under the Harrison Street Bridge. The route goes east, crosses the Van Buren bridge on the bike/pedestrian path, and along Hwy 34 for about a mile. After a right turn to Peoria Road you soon experience a lovely ride through rich agricultural country. One of the treats on this ride is a stop at the family-run Country Bakery a little way beyond the town of Peoria. After delicious cinnamon rolls and brief browse at the gift store of home-made goods, we continue east on many side roads to the town of Shedd for lunch. We return over more open countryside to Peoria road and back to Corvallis.

Terrain category I. Approximately 45 miles.

## Volunteer to Lead a Ride!

If you would be interested in leading a ride please contact: Bev Henderson, phone number 541-513-3916

**November 17 10:00 a.m.**

### Scio to Mt. Pleasant Loop

Roger Gaither and May Garland ride leaders  
phone: 503-394-3696

Description: 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. 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.

**November 24 10:00 a.m.**

### Crow Valley Loop (Eugene)

Bev Henderson ride leader  
phone number 541-513-3916

Description: Starting at Alton Baker Park in Eugene (near Autzen Stadium), we will ride through town to Lorane Highway, then out through the Crow Valley, past horse ranches, hay fields that are resting for the season and then heading back into Eugene along the West Fern Ridge Bike Path which goes through the wetland portion of the valley. Category 2, approximately 35 miles.

## DIRECTIONS TO START LOCATIONS

### Samaritan Lebanon Community Hospital

525 N. Santiam Hwy, Lebanon

From North: I-5 exit 233 go east on Hwy 20 to Lebanon. Just north of Lebanon the hospital is on the left. Park in back.

From South: I-5 exit 228/Hwy 34: I-5, East on Hwy 34 to intersection with Hwy 20 in Lebanon, left on Hwy 20 about 1/2 mile. Lebanon Hospital on right. Park in back.

## Linn County Fairgrounds

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.

## Jefferson Middle School

1344 N. 2nd, Jefferson

From I-5 exit 238 head east on Jefferson Hwy to Jefferson. Just past the signal the Hwy turns left and becomes North 2nd St. Stay on 2nd St. to Middle School. The school is on the left.

## 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.

## 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.

## Jefferson Middle School

1344 N. 2nd, Jefferson

From I-5 exit 238 head east on Jefferson Hwy to Jefferson. Just past the signal the Hwy turns left and becomes North 2nd St. Stay on 2nd St. to Middle School. The school is on the left.

## Alton Baker Park • Eugene Oregon

I-5 south to exit 194B. I-104/OR-126 to Coburg Rd/Downtown exit. Take Coburg Rd ramp. Left on Coburg Rd. Right on MLK Blvd/Centennial Loop. Left on Club Rd. Right on Day Island Park. End at Alton Baker Park.

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

# November 2007 Cycling • Santiam Spokes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Visit our website:  <a href="http://www.santiamspokes.org">www.santiamspokes.org</a></p>				<p><b>CLUB MEETING</b>                      7:00 pm                      Samaritan                      Lebanon Community                      Hospital                      525 N. Santiam Hwy.                      Lebanon</p>	<p>Saturday Nov 3, 2007 10:00 am  <b>Jefferson to Stayton</b>                      Starting Location: Jefferson Middle School                      Distance: miles                      Description: Cat.                      Ride Leaders: Mary Ellen Lind, 541-738-8600, 541-231-6973</p>	3
4 Daylights Savings Time ends	5	6	<p><b>Wed. Wanderers</b>                      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</p>	8	<p>Saturday Nov 10, 2007 10:00 am  <b>Peoria Loop</b>                      Starting Location: Corvallis under the Harrison Street Bridge                      Distance: 45 miles                      Description: Cat. I                      Ride Leaders: Bev Henderson, 541-513-3916</p>	10
11	<p>Please submit material for                      Outspoken by today to                      Kari Kropf:  <a href="mailto:kropfrk@comcast.net">kropfrk@comcast.net</a>                      PO Box 1183                      Lebanon, OR 97355                      541.451.4446</p>	13	<p><b>Wed. Wanderers</b>                      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</p>	15	<p>Saturday Nov 17, 2007 10:00 am  <b>Scio to Mt Pleasant Loop</b>                      Starting Location: Dian Gerstner's Home                      Distance: 32 miles                      Description: Cat. II                      Ride Leaders: Roger Gaither, May Garland, 503-394-3696</p>	17
18	19	20	<p><b>Wed. Wanderers</b>                      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</p>	22 Thanksgiving	<p>Saturday Nov 24, 2007 10:00 am  <b>Crow Valley Loop</b>                      Starting Location: Alton Baker Park, Eugene                      Distance: 35 miles                      Description: Cat. II                      Ride Leaders: Bev Henderson, 541-513-3916</p>	24
25	26	27	<p><b>Wed. Wanderers</b>                      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</p>	29	DEC 1	