

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 16, No. 11 • August 2008

Summer Biking

by Dennis Murphy, Santiam Spokes President

This has been a great summer for the Santiam Spokes! The Saturday rides have had good variety and been very well attended. The Strawberry Century was once again a great success. On Sunday July 20th, the last six riders from the Summer Tour arrived in Carlton, after having spent the "Bonus" night camping along the Nestucca river. You can read more about the summer tour from the daily accounts that have been provided by the riders in this newsletter. The time between the end of the ride and the publication of this newsletter has been short, so next month's newsletter may have any accounts that are missing in this issue.

There is an announcement in this newsletter regarding the Jack Thomas Award. Please start thinking of those members of our club that you would like to honor for their contributions to the success of our club, and to their efforts to promote safe bicycling.

The nominating committee has been picked, and they will soon begin working

on putting together the new board that will lead our club into 2009. Please give some thought to serving on the board. Our success as a club is dependent upon the energy and enthusiasm of its members. Your enthusiasm, your ideas and your willingness to take on a board position allows the club to change and to grow. Ask the current board members about what they do for the club, the time commitments involved, and whether they have found it to be a rewarding experience. I think that their responses will be very positive and encouraging.

As we continue to enjoy these summer days biking be sure you remain alert, don't follow to closely, don't pass on the right, announce that you are stopping, point out that road hazard, watch for cars back and move to the right when you hear "car back". Make sure to wear your helmet, and make sure to ride with a mirror. Drink plenty of fluids on these hot days as you take a few moments to rest in the shade and enjoy the beauty that surrounds us! Good riding to all of you!



*2008 Santiam Spokes Summer Tour
Highlights start on page four!*

August Meeting

Thursday • 7:00 pm • August 7, 2008

Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon



**Nomination Committee
for Club Officers**

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

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

Ron Kropf
Maurice Banning
Raylene Sell

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

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

Nominations for the Jack Thomas Award

The Jack Thomas Award is presented each year to a club member who has given years of leadership and service to our club, the Santiam Spokes, and to the greater community of bicycling. It recognizes their commitment to cycling as a fun and healthy way of life.

The award is in memory of Jack Thomas who founded the Santiam (Slow) Spokes in 1991. As a leader in the Lebanon Community Hospital Foundation, he organized the Hospital's sponsorship of the club with the goal to promote community health and relationships through exercise and organized bike events."

This year we are asking each member to submit 3 names of club members who they think are deserving of this award. Please include specific comments as to why you think that person should receive the award. The award will be given at the November meeting after tallying the votes and reviewing the comments. The final decision will be made by the club president. Past recipients, Roger Gaither, Bill Pintard, Dian Gerstner, Mary Ellen Lind and Kari Kropf are not eligible.

Please mail or bring your nominations to the September or October meetings, or mail them to the attention of Dennis Murphy, c/o the Santiam Spokes.

Name: _____

Comments: _____

Name: _____

Comments: _____

Name: _____

Comments: _____



Bike Smarts

By Bill Pintard

Sharing the Road applies to all vehicles, whether motorized or not. When a faster vehicle, such as a car or truck, approaches from behind, we should move to single file to let them pass. We all know this but sometimes don't practice it. We are allowed to ride two abreast but should always be ready to move to single file. Use your mirror! We annoy motor vehicle drivers when we cause them to slow down and wait for a clear spot to pass. "Car back" means move over and let the vehicle pass. On roads painted with double lines and winding or blind curves and several cars backed up waiting on us, we should stop and pull off the road to let them pass. Courtesy to other road users helps to improve the image of cyclists.

When we stop for a break on the road, we should move our bikes and ourselves off the road and not block driveways either. On several rides lately, bicycles and their riders were standing in the travel lane. Again, courtesy is a good thing. Enjoy the ride and share the road.



Build Lebanon Trails is very thankful for the opportunity to work with the Santiam Spokes during the 2008 Strawberry Century. Each BLT volunteer had a great time and is looking forward to volunteering in the future. We are very impressed with the professional organization of the event and are very thankful for the friendly participants and helpful club members. Sincere thanks from all of the BLT volunteers and Steering Committee members. We wish you continued success with all of your future events.

100M - STRAIGHT
70-50 TURN BT
John Lumsden
Nancy & Wayne Kirk
You rock!
Raylene & Greg Gordon
Happy Trails to you.
Build Lebanon Trails
Karen Dierksen
Thank You
Mrs. Swanson
Raylene & Greg
What a blast!!
Marilyn
Thanks Christine
Thanks
Great Fun
Thanks Rod S.



Photograph courtesy of M. 'Sreeni' Sreenivasan.

**2008 Santiam Spokes Summer Tour,
July 13 - 19 or 20
Northern Coastal Route**

Mary Ellen Lind, Editor and Tour Committee Chairperson

Our tour group was fourteen club members. We were supported by two drivers, Chuck Young and David Gregory - thank you for your kind and attentive support. A hearty thank you to Raylene Sell for her helpfulness in the food purchasing and meal preparation. Thanks to Larry Fratkin for preparing detailed maps and cue sheets.

At our first evening gathering seven bikers volunteered to each write about a day's biking experience. Below are the accounts that were received by the deadline for printing this issue. The balance of the articles may be added to the next newsletter.

Note: Some bikers elected to ride hard to arrive in Carlton on Day 7. Six of the bikers elected to spend another night at Alden Glen, a rustic campground along the Nestucca River, and rode to Carlton on Day 8.

Day 1: Carlton to Stub Stewart Campground

It was a bright, sunny Sunday morning as Ken Orwick, Frank Gaillardet and I

(Sreeni) rode to Carlton from McMinnville, where we had stayed the previous night at Ken's daughter's house. As we rolled in to the parking lot at Carlton Elementary School, several of the tour participants were already there. Chuck's sag pick-up and trailer were filling up fast with tents, sleeping bags, luggage, and food with 14 riders from Portland, Eugene, Lebanon, Corvallis and elsewhere assembling for the start of the tour. After introductions, group pictures, and a safety talk by Dennis Murphy, we hit the road just after 10am.

The scenic route through rolling hills in Yamhill County took us past fruit orchards, vineyards on gentle slopes, and fields of golden wheat ready to harvest. The day warmed up rapidly, touching the high 80s by the lunch break at the Deli in the Grove in downtown Forest Grove. By the time the rearguard team of Dennis, Mary Ellen, Pete, and I were ready to place our orders; the faster early birds were almost done with lunch and itching to get on the road again.

There were a couple of miscues on the route out of Forest Grove and beyond. The left turn on SR 8 took us back into town, confusing several riders. We were with Carol, who was familiar with the area and guided us correctly to Thatcher Road. Mary Ellen had a front tire go flat in the mid-day heat with temperatures soaring into the high 90s. While the tire was being fixed, a local biker who stopped by gave us 'helpful' updates on precisely how hot it was and mentioned that his neighbor was also a Dennis Murphy. After the flat was fixed, we rode on and rested briefly in the ample shade of a cherry orchard before finally hitting Stafford Road. Beverly, who took off alone after lunch in Forest Grove, ended up missing this turn, riding the steep uphill that followed, and generally getting lost (but she found Cedar Canyon Road, which eluded the rest of us!). She had run out of water and had to hitch a ride to the camp with Dave.

After passing through the town of Banks, we got off the road and took the Banks-Vernonia trail, which was mostly paved except for a mile or so of packed gravel. The shaded path provided welcome relief from the heat and the traffic. The final five miles or so to Stub State Park took

forever; it was a slow and steady uphill grind with an elevation gain of nearly 600 ft.

We set up our tents, took showers to wash off the day's sweat and grime, and settled down to a hearty dinner of pasta and broccoli salads and other goodies organized by Raylene. After a team meeting led by Mary Ellen to preview the next day's plans, most of us turned in early after a long, hot day's half-century ride. High winds during the night kept some of us awake, but the bird calls and inviting aroma of Lloyd's fresh brewed coffee at 5am got us off to an early, invigorating start for the second day of the tour: a ride to Ken's family cabin on Fishhawk lake.

--Sreeni

Cont. from page 4

Day 2: Stub Stewart Campground to Fishhawk Lake.

My memories of the second day of the coastal tour include: Realizing the need for a sleeping mat (ground was gravel); the first big uphill of the tour a few miles into the day; the seemingly never ending downhill following that uphill (tailwind); the peaceful ambiance of the lake house (owned by Ken Orwick's family); the fatigue experienced trying to paddle the canoe at the pace set by Jerel; the pleasure of taking a dip in the lake; the cold shower accounts (hot water heater was later turned on); the paddle boater's proximity to the hole in the lake; the antics and interesting conversations (Oregonians have fun and know their beer); the delicious group meal (cheeseburger and bratwurst never tasted soooo good); and the comfort of the grass under the tent.

This day was only a part of a memorable week of touring. Thank you everyone for making the Marylander welcome.

--Peter Mule'

Day 3: Fishhawk Lake to Fort Stevens

A big THANKS to Laurie and Ken Orwick's family for letting us enjoy their beautiful and relaxing lakeside home! We departed Fishhawk Lake with good weather for a challenging day's ride that took us past an elk preserve near Jewel, (no elk were seen) then on a long climb through the coast range summit on Route 202. We stopped for lunch in Olney. Finally we arrive at Ft. Stevens via a circuitous route through Astoria and Warrenton. We enjoyed lots of excellent bike/walking trails at this OR State Park.

-- Frank Gaillardet

Day 4: Fort Stevens - layover day

Day 5: Fort Stevens to Nehalem Bay State Park

My how the cool morning air feels sweet coming through the squirrel hole created by an unwanted visitor the day before. We hope he choked on the two inches of missing fabric in our tent.

Ah, yes, the open road and off early at 8am for a down wind ride out to Hwy 101. The French bakery is ahead somewhere. While stopping to regroup a local business owner came out of his bakery and said if we were looking for the coast bike route there wasn't one here. To our delight Ken directed us on to where no bike route signs remain. We took a weaving route through closed gates and no trespassing signs that lead us to the refreshing taste of French pastries, mochas and cappuccinos. Lucky Raylene swooshed off to the back restroom while her peppermint white mocha was being made but it mysteriously got replaced, misplaced or made wrong with no offer to redo. Who drank her peppermint white mocha and left her with a chocolate mocha? Raylene did survive until the next coffee shop.

Back on 101 the wind pushed us to Seaside where Sreeni found a tube to replace the one that failed as he left camp this morning. The Promenade greeted us with a

garbage truck and street sweeper serenading our parade along the almost deserted beach. Back on the highway again and the first climb of the day. What can you see on a hill while trying to remain conscious? Bicyclists crossing the continent, yes, and a two wheeled cart pushed and pulled along by a man making an epic journey to remember 911. He expects the news media to catch up to him sometime soon.

Sweet downhill with a quick turn into the North entrance to Cannon Beach. Ooops, some like the next exit better. Anyone hungry? So many choices. After admiring Ken's son's artwork and a delicious lunch some went south and some went north. The North group (Ken, Raylene and Rod) took the long cut to Ecola State Park and enjoyed wonderful views of Cannon Beach after a couple of serious climbs and walks up steep grades.

Our trusty sag Dave waited two hours at the tunnel for the wayward northern group. Later, we learned there is nothing like a little excitement as a log truck passed Charlie in the tunnel. What was Bev screaming about? Oh, and Raylene left fingerprints embedded in her handlebars on entering the tunnel. No more tunnels for those guys!

Two more climbs brought us wide and beautiful sunny panoramic overviews of the ocean far below. From the top of the third climb, Ken pointed to the last house we could see, and the campground just beyond, where a night's rest awaits at the end of the road and a full moon soon to rise in the sky.

--Rod and Raylene Sell

Cont. on page 6





Day 6: Nehalem Bay to Cape Lookout
Day 7 and 8: Cape Lookout to Carlton

We are so lucky!

Cape Lookout was a great campsite but it would soon be behind and below us as we climbed our way from the coast. Our group started off with 12 riders from the camp. Carol joined us at the highway and Larry sagged to the top of the hill.

As we headed out of the campground a right turn at the entrance and our steepest incline of the trip was now in front of us. Many bikes moved into low gear as we climbed. At a turnout part of the way up the hill we could see the beach that ran near the campground below and the coastline toward Tillamook. The climb was a bit tortuous but not impossible and the downhill was long and fast with enough road imperfections to make it a bit tricky. We headed east toward Hwy 101.

We gathered again at the intersection to Hwy 101. Chuck put a sign on the back of the trailer, "Caution! Cyclists Ahead". This 4 mile segment of highway was significantly tight road as some of the curves lacked shoulders. We quickly scurried through this section safely. All of us were very relieved.

Now, all during the week, the sun was shining on us. On this morning, up until we reached Beaver, the clouds were hanging overhead. But, once we turned east again along the Nestucca River, the blue sky pushed the clouds out of the way. The scenery along the road was remarkable. It was filled with dairy farms, fields

being cut, raked or baled, or the cool, rushing Nestucca River. Despite the constant uphill pitch of the road, it was a fun ride.

A few of us stopped to look at a white church that Mary Ellen attended this church when she was but a wee lass. Noteworthy was the motorcycle that was now being used to hold the mailbox at that address. A few yards down the road, Dennis insisted on stopping and checking out a swimming hole. A young man standing near the cliff mentioned that he had jumped into the water from that cliff. Dennis started to get that crazed look that he would match that fete. But, upon observing the trail up from the water and taking in consideration how much longer he had to ride that day, Dennis refrained from taking a dip.

The rest of the ride to the camp at Alden Glen that day was just mellow. Okay, there was the crazy red truck that dusted us on the gravel and the idiots lighting firecrackers at a campsite along the route. But, despite these moments, it was relaxing to ride along this road. Now at this campsite, we split into two groups. There were those that needed to return home and finish the ride. The second group consisted of Rod and Raylene Sell, Dennis Murphy, Mary Ellen Lind, Peter Mulé (Dennis' nephew), Chuck Young, the sag driver and me. We took time to wish the continuing riders safe passage to Carlton.

The campsites couldn't be reserved ahead and luckily Rod and Raylene found the site just as people that previously stayed there were leaving. The entire trip has been so well planned and executed that when things worked to our favor, it was as if this site was planned as well. After the campsite was setup Rod ventured into the water. Now the water at this spot was a little chillier than expected. In fact, I think Rod's hair went a little whiter upon his return to the surface, and his breathing was a little faster as well. I ventured into the water but wasn't silly enough to dive in, BUT Dennis was! He came up very quickly and we all waited to see if his heart was going to restart. I had to rub my eyes to make sure it was Dennis shaking and not my eyes. It was refreshing but the numbness in my legs told me to get out now!

The day took on a relaxed quality as we sat around and watched a smoldering fire. The firewood we brought was still in the truck that was sagging the rest of the riders returning to Carlton. So I picked up twigs and small branches around to keep the fire alive. As we sat around the fire, we began to recall the good times we enjoyed during the trip. It was at this time that I shared my moment of greatness. The breakfast meal earlier that day was highlighted with a fruit salad. As I spooned the fruit into my mouth, I noticed the lightly colored nuts in the salad. "Hey, these are good nuts!" I said to myself. I then realized I wasn't chewing nuts but rather the orange seeds. This led to Raylene's even better story. She had opened a cooler to inspect the contents when she felt a squirt or spit from an oyster that may have been lost from the previous evening's oyster feed. Instead, the spray was from a can of soda that had a small hole in the side. As the cola continued to stream out, she turned the can toward her to see what was happening, then the



spray was all over the front of her. She then pressed a finger over the hole to stop the fluid. But, to make sure she had stopped the flow from the can, she removed her finger...as the can was still aimed at her. Eventually, the can was placed on the ground to finish it's purging as Raylene slinked away.

The fire wasn't needed this evening for food as Mary Ellen prepared a freeze-dried chili mac concoction that only needed hot water. It was delicious as we all sampled a bowl of the scrumptious dinner. Then it was time once again for the roasting of marshmallows for SMORES. Earlier in the day, we had stopped at a small store in Beaver and I purchased some Hershey's Special Dark chocolate so the graham crackers would not go to waste. We then all took turns roasting marshmallows and making and eating delicious Smores.

As the sky began to lose light, Rod finally brought a long piece of wood into camp as the fire was nearly out. I borrowed an axe from the neighboring campers and chopped the six-foot piece into sections that fit into the fire pit. The exercise from chopping the wood helped me relax. Soon everyone began to head for the tents as the dinner and ride started to take its grip and pull sleep over each us. Peter and I were still up and I pointed out a few beautiful stars that I could be seen through the hole in the trees. Peter said, "You guys are so lucky!" I asked what he meant. Being from a more congested area of Maryland, he expressed that we were so lucky to have such a beautiful areas in which to ride our bicycles that weren't too far away and in near perfect weather. I felt

very humbled and speechless as I looked back at the week prior. "Yes, Peter." I said to myself. "We are truly lucky."

The next morning we set on a road that became gravel for a couple of miles but not too difficult to bike. No one was in a hurry as we took in the sights. Up ahead I spotted Raylene's bike in the ditch. I was falsely alarmed as she was foraging for berries along the road. Rod nearly fell off his bike to join her in denying the bears their dinner. The road was still climbing at this time and finally we found the summit with a climb that rivaled the Cape Lookout massacre. We passed the McMinnville water supply and then the ride took on a different excitement. WHOOOOSH as the road tilted down for us! The speed was exhilarating and we needed to be careful as the tight corners prevented us from just running away. Near the bottom, I finally let go and began to pass everything in sight. I didn't see Rod come around my left and was going to speed by me on the little upcoming climb. But I dropped the gear into high and began to flog that bike as hard as I could. All I heard was Rod behind me yelling, "Nooooooo....". O! Blue just smoked his high tech Trek. I snickered as I continued down the hill.

After eight days, we finally saw Carlton in the distance. We had no injuries, unless you count the slivers I got in my backside on the first night. I believe we finished with four flats, including Lloyd's flat after he arrived in Carlton. We experienced very considerate drivers on the roads. The weather was impeccable. The camaraderie was superb. The marshmallows were the bestest ever. Yes, Peter, I agree that everyone on this trip was very lucky to have been a part of this year's tour.

--Jerel Gall



After your first day of cycling, one dream is inevitable. A memory of motion lingers in the muscles of your legs, and round and round they seem to go. You ride through

Dreamland on wonderful dream bicycles

that change and grow.

~H.G. Wells,

The Wheels of Chance



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, 541-401-7178; **President** > Dennis Murphy, 541-738-8600; **Vice-President** > Bill Pintard, 541-967-3295; **Ride Captains** > Beverly Henderson, 541-513-3916; Roger Gaither, 503-394-3696 **Secretaries** > Raylene Sell, 541-258-8328; **Treasurer** > Maurice Banning, 541-928-6311; **Historian** > Connie Taylor, 541-258-1850; **Newsletter** > Kari Kropf, 541-401-3349; **Publicity** > Charles Taylor, 541-258-1850; **Web Master** > Roger Gaither, 503-394-3696. **Strawberry Century** > 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)

AUGUST RIDES 2008

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.

In case of freezing rain, snow, flooding, earthquakes, fire, tsunamis or other extreme weather conditions, please call the ride leader or Bev Henderson (541-513-3916) to check on the possibility of the ride being cancelled. If the ride is cancelled it will be rescheduled later in the year.

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

NOTE: Rides will start at 9:00 beginning March 1, unless otherwise noted.

August 2 9:00 am

Corvallis/Decker Road

Distance 45 miles • Category II.

The ride starts from under the Harrison Street Bridge in Corvallis. The first part of the route follows Hwy 99W south to Smith Loop. The loop is a short excursion that circles several farms then returns to Hwy 99W. Decker Road has one challenging climb that will warm you then give a cool descent towards Philomath for lunch. Return to Corvallis via bike path. Ride leader – Bev Henderson (541-513-3916).

August 9 9:00 am

McDowell Creek.

Distance 40 miles • Category II

Start at SLCH, Lebanon.

This a delightful ride that travels over Berlin Road then McDowell Creek Road to the falls. Bring your own lunch to eat at the park. If interested, you may hike about ½ mile up a trail to see the majestic double falls. This ride gives a wonderful touch with nature all on minimally traveled roads. There are some hills on the way out and flat when returning. Ride leader – to be determined

August 16 9:00 am

Summit Festival Ride

Distance 40 miles • Category III

Start at Harrison Bridge, Corvallis.

We will ride on Hwy 20 to Blodgett, then take the side (lightly traveled) road to Summit for the annual Festival and reverse the route for the return. Those who regularly go to Newport will be familiar with this route. There are some challenging hills, tight turns and fast descents. Caution is required. Ride leader – Mary Ellen Lind

August 23 9:00 am

Corvallis via Soap Creek

Distance 40 miles • Category II

Start at Harrison Bridge, Corvallis.

This is a ride that has not been done for some time. It will be a surprise to me as it will be to many of you. Come and explore this ride. Broaden your horizons. Be brave! It will be fun. Ride leader – to be determined.

August 30 9:00 am

Lebanon to Scio ride

Distance 45 miles

Category I/II • Start at SLCH, Lebanon

This is a gorgeous ride in any season with a variety of terrains. You get to muster up hills, stop at picturesque parks and ride through a covered bridge or two. Lunch will be in Scio with the return trip back to Lebanon on flat roads. Ride leader – to be determined.

DIRECTIONS TO START LOCATIONS

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 the flagpoles.

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.

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.

See our website for the latest information and any updates:

www.santiamspokes.org

Volunteer to Lead a Ride!

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

August 2008 Cycling • Santiam Spokes

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Visit our website:
www.santiamspokes.org

Saturday Aug 2, 2008 9:00 am
Corvallis/Decker Road
 Starting Location: Harrison Bridge, Corvallis
 Distance: 45 miles.
 Description: Cat. II
 Ride Leaders: Bev Henderson (541-513-3916)

2

3

4

5

Wed. Wanderers

Start at the Linn County Fairgrounds flagpoles at 10 am. For info or to start a ride call: Call Bill Pintard @541-967-3295 or Ken Fullen @541-327-2084

CLUB MEETING

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

Saturday Aug 9, 2008
McDowell Creek

Starting Location: Samaritan Lebanon Comm. Hospital
 Distance: 40 miles
 Description: Cat. II
 Ride Leaders: To be determined

9

10

11

12

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

14

Saturday Aug 16, 2008 9:00 am
Summit Festival Ride

Starting Location: Harrison Bridge, Corvallis
 Distance: 40 miles
 Description: Cat. III
 Ride Leaders: Mary Ellen Lind

16

17

Please submit material for
 Outspoken by today to
 Kari Kropf:
kropfrk@comcast.net
 PO Box 1183
 Lebanon, OR 97355
 541.401-3349

19

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

21

Saturday Aug 23, 2008 9:00 am
Corvallis via Soap Creek

Starting Location: Harrison Street Bridge, Corvallis
 Distance: 40 miles
 Description: Cat. II
 Ride Leaders: to be determined.

23

24

25

26

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

28

Saturday Aug 30, 2008 9:00 am
Lebanon to Scio Ride

Starting Location: SLCH, Lebanon
 Distance: 45 miles
 Description: Cat. I/II
 Ride Leaders: to be determined.

30



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