

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 17, No. 03 • December 2008

SO REWARDING!

by Dennis Murphy, Santiam Spokes Acting President

The Holiday season is upon us, and given the economic difficulties that our currently ravaging our country, we certainly need to share a few laughs, some good food, some fun memories, and honor the next winner of the Jack Thomas Award. Please take note that we are gathering for our Holiday Celebration on December 4th at 6pm. Additional details are in this newsletter!

This is the right month to get outside on a Saturday morning and join your fellow club members on a ride in the beautiful Oregon countryside. Sure, it may be a little chilly, might even be a little wet, but where else can you find the emotional and physical rewards that come with a Saturday bike ride with the Santiam Spokes? Speaking for myself, those Saturday rides give me a chance to work off the accumulated stress of my job and to remind myself of how great it is to be able to get good exercise in such a natural and healthy environment. When I have completed a Saturday morning ride, I have emotional satisfaction and physical

relaxation that I get to enjoy for the balance of the weekend. What I am trying to say, is if you are feeling stressed out, tired and frustrated, try a Saturday morning ride in December with the Santiam Spokes for its medicinal effect. I promise you that you will feel better and most likely will gain some memories that will put a smile on your face for years ahead.

So I have suggested two activities that you can do in the month of December that will reward you with laughs, stress relief, relaxation, positive attitude, improved digestion, increased "L", and warm memories that can never be replaced. I sincerely hope you will come to our annual Holiday party on December 4th and enjoy an evening with your Santiam Spokes family of friends. Get yourself up and out on Saturday mornings to share a few hours of riding in whatever weather may descend upon us...you won't find anything else to do that could bewell.....so rewarding!



SANTIAM SPOKES
HOLIDAY PARTY
Thursday, December 4, 6 p.m.
Santiam Place Event Hall,
139 Main St., Lebanon

Come join the club's holiday festivities!

Potluck Meal

If your last name begins with the letters
A - K ~ bring a dessert.

If your last name begins with
L - Z ~ bring a salad or vegetable.

Charles Taylor will again prepare delicious
choices of meats. Thanks, Charles!!

Bring a drink to share, if you'd like to.

White Elephant gift exchange
Bring a wrapped gift valued under \$10
without a name on it. Will you become
the proud owner of a recycled knee joint?!!

Families of club members are welcomed.



Minutes of Santiam Spokes Board Meeting

November 6, 2008

By Mary Ellen Lind

Dennis Murphy, Acting President
Ken Orwick, Vice President
Raylene Sell, Secretary
Jo Johnson, Membership
Chairperson
Mary Ellen Lind, Ride Co-captain
Kari Kropf, Newsletter Editor.

Order of Business:

1. Dennis asked the board for a vote of approval that he serve the club as Acting President until a president is found. The board voted approval.
2. Dennis distributed the 2005 edition of the Santiam Spokes Bylaws and reviewed the duties of the board members present.
3. Dennis reviewed committees that are forming for 2009 activities:
 - a. Strawberry Century Committee. Volunteers so far are Bev Henderson, Rod and Raylene Sell, Frank Gaillardet, Maurice Banning, Mary Ellen Lind
 - b. Tour committee for summer of 2009. Volunteers so far are Ken Orwick, Raylene Sell and Mary Ellen Lind. Dennis will ask for additional volunteers at the general meeting.
4. Holiday Party. Dennis announced that the party will be on Thursday, December 4, at the

Santiam Place on Main St. in Lebanon. He will ask for volunteers to organize the event.

5. Web Site. Vince Nowell has volunteered to help with the club's website. After discussion, the following goals were identified:

- a. To get the web site up even if only with minimal information such as ride schedule and newsletter.

- b. Consider using a paid professional company to develop and keep the site updated.

6. Board members were asked for their ideas for the club in the coming year. They included:

- a. Get more people to show up for rides. Possible incentives: periodically club treasury pay for lunches during a ride, have drawing among those who ride such as agift from bike shop, work on car pooling to more distant sites.

- b. Offer more short tours of 1 or 2 overnights.

- c. Better coordination with other clubs.

- d. Start more rides at LCH, possibly a set day of the month such as always first Saturday of month.

- e. More club members attend club meetings. Possibly door prizes.

7. Dennis announced that the Jack Thomas award would be given at the December club event.

The next board meeting will be at 6 p.m. on February 5, 2009. 

Santiam Spokes, Inc General Meeting

November 6th, 2008

By Raylene Sell

Welcome: The meeting was called to order at 7:08 by Dennis Murphy, Acting President.

Approval of October Minutes: A change in the minutes was approved to add the Treasurer's report and adding Jo Johnson as Membership Chair.

Membership Report (Jo Johnson): Currently there are 160 members. A second membership letter was mailed out. A third letter will be on its way soon.

Ride Leader Report (Bev Henderson, Mary Ellen Lind): A decision needs to be made for the Dec. 13th ride...it may be a day or evening ride. Ride leaders are needed for upcoming rides. Please contact Bev or Mary Ellen if you are interested in being a ride leader!

Treasurer Report (Dennis Murphy): There is \$14,737 in checking. All funds in pay pal have been added to the checking account. Checks have been recently written for \$200 Adventure Cycling; \$665 BPA; \$3,000 Samaritan Lebanon Community Foundation; and \$200 League of American Bicyclists. The Philanthropy Committee has met to discuss possible contributions to the community.

Announcements:

The Christmas Party will be December 4th at Santiam Place on Main Street. Meat and beverages will be furnished. Please bring a dessert or salad. AND bring your "white" elephant! There will be a slide presentation of pictures from previous rides. (Thank you Christy Davies for putting the power point together!) The Jack Thomas Award will be presented on December 4th at the Christmas Party. Come and enjoy an evening of fun and laughter!

Recruiting for Tour Committee 2009: Are you interested in volunteering to lead or help with planning next year's Tour Committee? Please contact Dennis!

Recruiting for Strawberry 2009 Committee: Are you interested in volunteering to help with the Strawberry Ride? We will have our first meeting soon! Please contact Dennis.

New Business:

August 15th will be the Bike Criterion in Albany. Bikers from all over the state will be coming to ride this popular event. They are expecting over 700 riders.

The Board has approved Dennis to be acting President for the Spokes. Are you the one to take on the presidency? Dennis will be more than happy to talk with you about the position.

The Meeting adjourned at 7:40 pm. 



What To Do If You're In An Accident

By Ray Thomas

What should you do if you are in a collision with a motor vehicle? First, Be Prepared! While the odds may be pretty good that you will never be involved in an accident there are several tips you can follow which will make any accident less of a disruption in your life. An understanding of the fundamentals of insurance, medical services, and the legal system will help you later after your accident. This article is a very basic primer on these areas.

If You Are In An Accident

If you do get in a wreck with an automobile, make sure that you obtain complete and accurate information about the automobile driver. It is an unfortunate fact of modern life that some people with driving and insurance problems carry false identification. Make sure that the driver shows you an official document such as a driver license or other photo ID as well as a certificate of current insurance coverage before they leave the scene of the accident. If they will not do so, then call the police. Many people think that calling the police

will result in investigation and preparation of a police report. However, unless it is apparent to the responding police that there has been serious injury in the accident, an impaired driver, or a major violation of law, they will usually not prepare a report, but instead will merely assist in exchange of information. Many serious injuries are not visible at the scene of an accident when a person's adrenaline is flowing and there is the usual confusion about what to do next. If possible, return to the scene or send a friend with a camera and take photographs of skid marks, glass, or marks on the road showing point of impact, direction, speed, or force. Try to document what the conditions were like and how the accident happened. Time after time, I have seen victims outraged and disappointed when a motorist who freely admitted to being at fault at the scene later changed his or her story in an attempt to shift fault.

Medical Treatment

If you have any question at all about whether or not you are injured, you should immediately go to an emergency room or get in to see your regular doctor. Many internal injuries, including closed head brain injuries, as well as soft tissue neck and back injuries are not fully appreciated by the injured person until some time has passed since the accident. It is important that you document your injuries so that later, if need be, you can show through proof from a medical person that your injuries were caused by the accident.

Insurance

Most people do not realize that their automobile insurance policy also covers them while they are on foot. This is important for pedestrians as "insurance consumers," because everyone who has an automobile insurance policy is paying part of each premium dollar toward coverage that will

apply if the insured person is injured as a pedestrian or bicyclist.

For example, if you are hit by an uninsured drunk driver one afternoon and seriously injured, it is important to realize that your own automobile insurance will provide two types of coverage for you. First, Personal Injury Protection (PIP) will pay for your medical bills and loss of income. PIP is a part of your own policy and will apply in every pedestrian accident regardless of whether or not the other person is insured, and regardless of whose fault caused the accident. It is "No fault" coverage. "No fault" means that even if an accident is your fault, PIP protection will cover you. Even if you have no car insurance because you are not a car owner, you may be covered by the car insurance policy for your parents or your employer.

The second type of applicable coverage is Uninsured/Underinsured Motorist Coverage (UM/UIM), a legally required part of every automobile insurance policy. UM/UIM may provide an important safety net for pedestrians whose injuries are a result of the fault of another person who has no insurance, or insufficient insurance to cover the damages resulting from the accident. UM/UIM coverage may pay not only for medical services and wage loss, but also for pain and suffering, interference with activities, future impairment of earning capacity and punitive (or punishment) damages. All pedestrians should have some sort of insurance coverage, and I recommend to my clients that they seriously consider raising the limits of their PIP (statutory minimum \$15,000) and UM/UIM (statutory minimum \$25,000) coverage above the

Continued from page 3

minimum amounts. If you shop for insurance, you will discover that the cost per dollar of coverage is relatively inexpensive once you get above the minimum coverage amounts. If you are ever unlucky enough to get seriously hurt, you will be greatly relieved if you at least have adequate insurance to cover your damages.

Should I Handle My Own Case?

If you are seriously injured and the driver is at fault and insured, it is likely that you will receive solicitation letters, "courtesy copies" of the police report, and even refrigerator magnets (argh!) from lawyers who want to represent you. Remember, lawyer services are like any other personal service - be an educated consumer, make your selection carefully after interviewing several people who come highly recommended by people you trust. If your accident involves minor injury or property damage, it will be more difficult to attract excellent counsel. If you have an accident that is clearly the fault of the other party and don't mind the hassle of bird dogging your claim then go for it and save the money (usually one-third) you would otherwise pay for a lawyer. If you do decide to go it alone, there are resources available. Our law firm, in conjunction with Bicycle Transportation Alliance (BTA) and the Willamette Pedestrian Coalition (WPC), conduct frequent legal clinics for people trying to learn their legal rights. Our goal is to provide important information that non-motorized road users need to know about the legal system. Call the BTA at 503-226-9679 or the WPC at 503-223-1597 for the date of the next clinic. Our office has also

posted a number of Oregon laws and information on our web site. Check it out and you may find the text of the law that applies to your case at www.stc-law.com.

Why Am I Being Treated This Way?

After your accident, you feel like a victim. For some people, dealing with the other driver, medical services and insurance is smooth and uneventful. But for many people, they are shocked when the expected "benefit delivery system" turns out to be a "benefit denial system." Every injured person is entitled to be treated with respect and courtesy. Questions about insurance coverage, medical services costs, and available benefits should be answered fully and without hesitation, and no person should be pressured to settle their claim. If you do not have the type of positive experience described above, something is wrong, and you should discuss these issues with a trusted friend or family member, or consult with an attorney. In any event, as an accident victim you have a right not to be pushed around by the system which supposedly exists to help you recover from your injuries; no one should be allowed to add insult to your injuries.

Ray Thomas, Attorney
<http://www.stc-law.com>
<http://www.oregonpedestrianrights.com>

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**It's
Well
Travelled**

**It
Gets
Around**



It's Out There...

Somewhere



And, I've Lost Track of Where





Jefferson To Stayton Ride

The Perfect Ride!

What started as foggy and cold turned into sunny and bright! The wind stayed away. The rain did too!

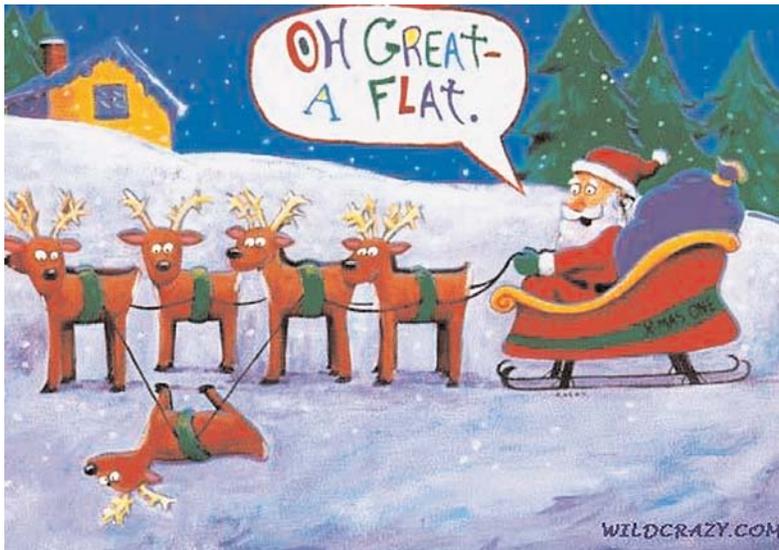
Top left: Jo and Jerel waiting for riders east of Jefferson.

*Top right: Riders turn off the highway east of Jefferson.
From Left: Bill, May, Roger, Lin and Wanda.*

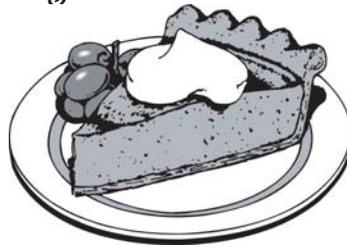
*Bottom: Lunch at Big Town Hero.
From left: Jo, Lin and Seph, Jerel, May and Roger, Ron and Kari.*

Photographs courtesy of Kari Kropf





Happy Holidays To
Everyone!



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** > Jo Johnson, 541-327-2813; **President** > Dennis Murphy, 541-738-8600; **Vice-President** > Ken Orwick, 541-451-2945; **Ride Captain** > Beverly Henderson, 541-513-3916; **Secretary** > Raylene Sell, 541-258-8328; **Treasurer** > Maurice Banning, 541-928-6311; **Historian** > Historian needed; **Newsletter** > Kari Kropf, 541-401-3349; **Publicity** > Craig Eucken, 503-394-2384; **Web Master** > Vince Nowell, 541-928-7594; **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)

DECEMBER 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

Volunteer to Lead a Ride!

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

Rides start at 10:00

December 6 10:00 am

Peoria Road

Start at Harrison St. Bridge, Corvallis

Category I

Distance 45 miles

Ride leader – Dennis Murphy (phone 541-738-8600)

A quiet ride on mostly flat roads to Corvallis Bakery for yummy cinnamon rolls, then meandering back to Corvallis on some other mostly flat roads. Come and join us on this club favorite.

December 13 10:00 am

Santiam Bluffs

Category II

Distance 32 miles

Ride leader – Ron & Kari Kropf (phone 541-401-3349 or 541-401-7178)

Start at South Albany High School Pool parking lot
Somewhat hilly, but the views are worth the effort!

December 20 10:00 am

Holiday Ride, Albany

Category I

Distance – group decision

Ride leader – Bill Pintard (phone 541-967-3295).

Start at South Albany High School Pool parking lot or Bill's house. This will be a fun, easy-paced ride through the historical section of Albany, enjoying the season, fellowship, hot chocolate, lights. Dress up your bike and yourself with holiday decorations and join us as we celebrate this wonderful life.

December 27 10:00 am

Albany to Corvallis

Start at South Albany High School Pool parking lot

Category I

Distance approx 40 miles

Ride leader – Jerel Gall (phone 541-258-8945). Another club favorite, we will go over Riverside Drive to Corvallis for lunch, then back to Albany by way of Tangent Road.

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.

S. Albany High School Pool Parking lot

36th Ave., Albany

From North: I-5 exit 233 go west on Hwy 20 into Albany. Left on Waverly Dr. SE. Right on 36th Ave. The Parking lot is on the left just past the athletic field.

From South: I-5 exit 228 to HWY 34 (go west towards Corvallis). Take first right to Columbus St. and follow to 36th Ave.

Corvallis Rides • Harrison St. Bridge

From 1-5 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

December 2008 Cycling • Santiam Spokes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	Wed. Wanderers No host rides will generally start at the Linn County Fairgrounds parking lot at 10 AM. Call Bill Pintard @ 541-967-3295 for info."	Christmas Party! 6:00 pm Santiam Place Event Hall, 139 Main St., Lebanon		Saturday Dec 6, 2008 10:00 am Peoria Ride Starting Location: Harrison St. Bridge, Corvallis Distance: 45 miles. Description: Cat. I Ride Leaders: Dennis Murphy (phone 541-738-8600)
7	8	9	Wed. Wanderers No host rides will generally start at the Linn County Fairgrounds parking lot at 10 AM. Call Bill Pintard @ 541-967-3295 for info."	Early for the Holidays... Please submit material for Outspoken by today to Kari Kropf: bluekat78@comcast.net PO Box 1183 Lebanon, OR 97355 541.401-3349		Saturday Dec 13, 2008 Santiam Bluffs Starting Location: South Albany High School Pool Distance: 32 miles Description: Cat II Ride Leaders: Ron & Kari Kropf (phone 541-401-3349 or 541-401-7178)
14	15	16	Wed. Wanderers No host rides will generally start at the Linn County Fairgrounds parking lot at 10 AM. Call Bill Pintard @ 541-967-3295 for info."	18		Saturday Dec 20, 2008 10:00 am Holiday Ride, Albany Starting Location: South Albany High School Pool Distance: to be determined Description: Cat. I Ride Leaders: Bill Pintard (phone 541-967-3295).
21	22	23	Wed. Wanderers No host rides will generally start at the Linn County Fairgrounds parking lot at 10 AM. Call Bill Pintard @ 541-967-3295 for info."	25		Saturday Dec 27, 2008 10:00 am Albany to Corvallis Starting Location: South Albany High School Pool parking lot Distance: approx 40 miles Description: Cat I Ride Leaders: Jerel Gall (phone 541-258-8945).
28	29	30	Wed. Wanderers No host rides will generally start at the Linn County Fairgrounds parking lot at 10 AM. Call Bill Pintard @ 541-967-3295 for info."	Jan 1, 2009	For the latest information visit our website: www.santiamspokes.org	