

# OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 16, No. 04 • January 2008

## NEW YEAR WISHES FOR OUR BIKE CLUB

by Dennis Murphy, Santiam Spokes President

I just took a peek at my watch. Tuesday evening, December 18th. Wow, Christmas day is a week away! We have the tree up and decorated, no lights up on the outside yet....might not happen this year. Mary Ellen and I have only biked one Saturday this month. Now that is exceptionally rare for the two of us, not for lack of desire but personal responsibilities that have kept us busy on our Saturdays. This past weekend we were in Eugene visiting our new grandson who was born with some excitement on December 13th. What a precious gift this tiny newborn is for us this year!

I find some humor in thinking that the New Year is coming early for me also as I need to write an article that you will be reading at the beginning of January, 2008. What do I want to say to everyone the first week of January 2008? Of course, I can start with the easiest one: HAPPY NEW YEAR, and follow that with several wishes for the year ahead.

- First of all, that we all have a very safe and enjoyable year of bike riding.
- That we find our bodies strong and our minds and spirits willing to conquer all of the thrills of hills, wind, rain and the "good" weather that will be given to us this year.
- That we have a successful summer tour to places of beauty which challenges us in a

good way and that allows us time to slow down and get to know each other better.

- That the Strawberry Century is a successful event once again. Successful not just for the riders of the event, but also successful in enjoying the process and have fun as we put on the event and none of us get overloaded or overstressed.
- That at the end of a day of riding we are laughing together and looking forward to when we can share our stories about the day's adventures...perhaps over a cold beer!
- That the club membership grows by bringing in more interested bikers, new thoughts and new ideas. That we increase interest in biking in our area as we continue to keep bicycling safe for everyone.
- That the Saturday rides are well attended, fun, challenging, and of course, once again - SAFE.

So there you go....now it is the first week of January. The club meeting is on January 3rd at 7pm at a conference room at the Samaritan Lebanon Community Hospital. Pete Davis will be talking about his bicycling adventure across Russia. I expect the business meeting to be brief. Let's enjoy a relaxing evening together. I hope to see you there. Perhaps you will share some of your New Years wishes with the rest of us!



Ribbon Cutting Ceremony • Marks Slough Trail  
Photograph courtesy of Rod Sell

## Marks Slough Trail

On December 8, 2007 Santiam Spokes had the honor of being the first to ride the new Marks Slough Trail.

Marks Slough Trail is the first section to be completed in what will eventually be 50+ miles worth of recreational trails throughout Lebanon. BLT and the City of Lebanon have dedicated many hours of work on this project and are proud of the result as well as eager to show what has been accomplished. See page 3 for more...

## January Meeting

Thursday • 7:00 pm • January 3, 2008

Samaritan Lebanon Community Hospital  
525 N. Santiam Hwy, Lebanon

### Guest Speaker: Peter Davis • Bicycle Tourist

Peter Davis will give a presentation on his bicycle tour in Russia. See details on page 2.





## January Guest Speaker • Peter Davis

*Peter Davis, an adventure traveler, will talk about his bicycle trip across Russia for the January Meeting. He has done numerous trips in various parts of the world by bicycle. Join us for an evening of yummy snacks and a good time learning about bike touring in Russia.*

### Peter Davis Biography

“I grew up in Maine and moved to Oregon in 1980. I’ve been a physical fitness enthusiast for 30 years and did my first international cycle tour in 1973 from Portland, Maine to Montreal, Canada. I became a cycle touring fool after I retired from the Oregon Army National Guard in 2003. Since then I’ve toured more than 13,000 miles in 28 countries; solo and self contained. But I often succumb to the temptations of a hotel. I have a grown daughter who lives in New York City; and my wife, Rhonda and I live with our Golden Retriever, Tucker, in Keizer, OR.

I started my Russian tour in Vilnius, Lithuania on July 13th, 2007 and finished in Moscow on August 13th. 1300 miles. I’ve done 8 International tours since I retired in 2003.”

Pete



## REPORT FROM SUMMER TOUR COMMITTEE

*By Mary Ellen Lind*

The committee is exploring three route options and three date options. The dates are a week each summer month: June 22 - 28; July 13 - 19 or Aug. 3 - 9. All routes are loops or may repeat route on return. Starting point not determined:

1. North. Vernonia, Astoria, Tillamook.
2. Further North into Washington.
3. South. Oregon Coast to California Redwoods.

Most overnights will be group camping & eating. Buy or carry noon meal. Cost under \$200 for the week. Ride difficulty will vary between Terrain Categories I to IV. Riders must be club members and minors accompanied by adult. SAG vehicle provided (paid by club treasury).

As the committee determines more of the details, we will ask for input from club members who are likely to ride some or all of the tour or from club members who may have had experience with the tour route or know the tour area. We will attempt to "talk" with you through e-mail to expedite decision making. If e-mail is not a good way to communicate with you, please call

Mary Ellen Lind (738-8600 or 231-6973) if you want information over the phone or by postal mail. Tour committee: Chairperson, Mary Ellen Lind; Members: Roger Gaither, Raylene Sell, Charles Taylor, Bev Henderson and Kari Kropf.



*Scio / Mt Pleasant Ride - A wet and windy ride!  
Photograph courtesy of Dennis Murphy*



*Santiam Spokes ready to ride the trail  
Photograph courtesy of Charles Taylor*

**Marks Slough Trail**  
**(Grand Opening, December 8, 2007)**  
*By Rod Sell*

The decorations were hung on the stage truck with care,  
The trail was swept and skillfully prepared.  
Volunteers were many and the Boy Scouts were there,  
Parking visitors cars routinely square.

And just as the cut ribbon was touching the ground,  
Who would appear, who would be found?  
The Santiam Spokes of course were there,  
With rolling wheels and their touch of flair.

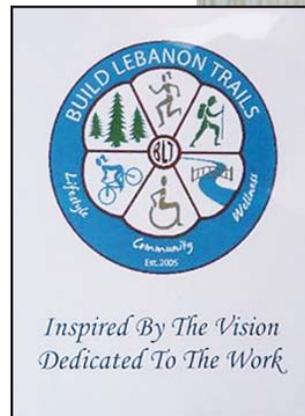
There were riders of two on wheels of two  
And riders of one on wheels of two.

There was rider of one on wheels of three  
And all these riders rode first on the trail gleefully.



*Opening Ceremonies for Marks Slough Trail  
Left: Connie checks out the displays from BLT.  
Photographs courtesy of Charles Taylor*

*Below: Jakey and Craig start down the trail  
Photograph courtesy of Rod Sell*



*Inspired By The Vision  
Dedicated To The Work*

*BLT was truly blessed to have the Santiam Spokes be the first, yes, the very first to ride the inaugural trail known as Marks Slough Trail.*

*Happy Trails from Build Lebanon Trails.*





Above: Crow Valley Loop-Eugene. Jerel, Bev and another rider take a break along the bike path.



Left: Christmas Party. Dian with the most popular gift.

Photographs courtesy of Dennis Murphy

**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)

# JANUARY 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.

*January 5 Saturday 10:00 am*

### **Jefferson/Ankeny Loop.**

Start at Jefferson Middle School. This is a club favorite ride, which is a lovely, mostly flat loop around and through the Ankeny Wildlife Refuge. Watch for deer, eagles, Canada geese and other winged creatures on their migratory paths.

25 miles. Category I.

Ride leaders - Ace & Jo Johnson.

Phone 514-327-2813

*January 12 Saturday 10:00 am*

### **Monmouth/Adair Loop.**

Start at Monmouth City Park. No, we're not going to the birds, but we might see some as we ride on gentle, rolling hills to Adair Wildlife Refuge and back to Monmouth with a stop at Helmick Park.

Approx 35 miles. Category II.

Ride leader - Roger Gaither.

Phone 503-394-3696

*January 19 Saturday 10:00 am*

### **Santiam Bluffs Ride.**

Start at South Albany High School. Another favorite ride on some rolling hills, nothing too challenging.

32 miles. Category I/II.

Ride leader: Ron and Kari Kropf,

Phone 541-401-7178, 541-401-3349

*January 26 Saturday 10:00 am*

### **Corvallis to Philomath.**

Start at the parking lot under the Harrison Bridge.

Bike paths, quiet roads, easy hills, lunch at Paul's. It doesn't get any better than this to end the month.

Approx 35 miles.

Ride leader - to be determined.

## Volunteer to Lead a Ride!

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

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

## 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.

### **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.

### **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.

### **Monmouth's City Park**

(off of Main Street in Monmouth)

Located next to Main Street in Monmouth.

# January 2008 Cycling • Santiam Spokes

| Sun | Mon  | Tue | Wed   | Thu   | Fri  | Sat |
|-----|--|-----|---|---|--|-----|
|     |  | 1   | <p><b>Wed. Wanderers</b><br/>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> | <p><b>CLUB MEETING</b><br/>7:00 pm<br/>Samaritan<br/>Lebanon Community Hospital<br/>525 N. Santiam Hwy.<br/>Lebanon</p> | <p>Saturday Jan 5, 2008 10:00 am<br/><b>Jefferson-Ankeny Loop</b><br/>Starting Location: Jefferson Middle School<br/>Distance: 25 miles<br/>Description: Cat. I<br/>Ride Leaders: Ace &amp; Jo Johnson. 514-327-2813</p>                                 | 5   |
| 6   | 7  | 8   | <p><b>Wed. Wanderers</b><br/>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> | 10  | <p>Saturday Jan 12, 2008 10:00 am<br/><b>Monmouth-Adair Loop</b><br/>Starting Location: Monmouth City Park<br/>Distance: 35 miles<br/>Description: Cat. II<br/>Ride Leaders: Roger Gaither, 503-394-3696</p>   | 12  |
| 13  | 14   | 15  | <p><b>Wed. Wanderers</b><br/>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> | 17  | <p>Saturday Jan 19, 2008 10:00 am<br/><b>Santiam Bluffs Ride</b><br/>Starting Location: South Albany High School (pool)<br/>Distance: 32 miles<br/>Description: Cat. I/II<br/>Ride Leaders: Ron and Kari Kropf,<br/>Phone 541-401-7178, 541-401-3349</p> | 19  |
| 20  | <p>Please submit material for Outspoken by today to Kari Kropf:<br/>kropfrk@comcast.net<br/>PO Box 1183<br/>Lebanon, OR 97355<br/>541.451.4446</p> | 22  | <p><b>Wed. Wanderers</b><br/>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> | 24  | <p>Saturday Jan 26, 2008 10:00 am<br/><b>Corvallis to Philomath</b><br/>Starting Location: parking lot under the Harrison St. Bridge<br/>Distance: 35 miles<br/>Description: Cat. I<br/>Ride Leaders: to be determined</p>                               | 26  |
| 27  | 28   | 29  | <p><b>Wed. Wanderers</b><br/>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> | 31  | <p>Visit our website:<br/><a href="http://www.santiamspokes.org">www.santiamspokes.org</a></p>   |     |