

# OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 16, No. 10 • July 2008

## Wednesday Morning Thoughts

by Dennis Murphy, Santiam Spokes President

It is 6:30 am on Wednesday morning, and I am waiting for the words of inspiration to rise to the surface of my mind and then move quickly from there, through my fingers and onto the digital monitor in front of me. What do I write about? Certainly the most obvious thing that comes to my mind is the 16th Annual Strawberry Century. It was a magnificent day for a bike ride. Six hundred and sixty five riders took part in the event this year. My level of anxiety rose to its highest point when an 11 year old boy was reported missing somewhere between Waterloo and Pleasant Valley School. The young fellow, possibly a future Lance Armstrong, was supposed to be doing the 13 mile family ride with his grandparents. The excitement of the ride was so great that he did not stop at Waterloo, but continued with the multitude of other riders on his way to the Pleasant Valley School water stop. We managed to catch him there and give him a ride back to Waterloo, to his awaiting grandfather. I will keep that memory in a special place as Mary Ellen and I now have four grandchildren between us. It is fun to think of the day that we might take them on the family ride at the Strawberry Century!

It was around 9:30 a.m., when the main rush of registrations slowed down, that I saw the first family with children show up. Up until

then I felt a little disappointment with the number of family riders that were looking for our personally escorted ride to Waterloo and back. I remember telling Jerel that it looked like there was a family that would like the escorted ride. As they completed their registration and headed out to see Jerel, another family was registering, and then another and another. I stood with a bit of amazement as I watched what seemed like twenty or thirty kids start to gather around Jerel and get their first "ride leaders" instructions on how to make turns, how to indicate that you are stopping, riding in single file and so on. This was starting to look like a miniature bike rodeo as Jerel went the extra step of making sure that bicycles were in good and safe condition and did minor repairs on at least one bike. Soon they were ready to leave, and with amazement I watch this long string of children following Jerel out from the front of the school and on to Waterloo. The image of Jerel riding down the road with the long line of riders behind him is one that I will never forget. I am so proud that we were able to touch and interact with the Community of Lebanon in such a way. If you want to know more about what happened after they left the school, ride with Jerel for a while on one of the upcoming rides and ask him to share some of the adventures that this group had on their



Photograph courtesy of Bill Piniard

*Riders riding through Larwood Bridge on the 100 mile loop. It couldn't have been a nicer day for a ride. Over 600 riders participated in the 16th annual Strawberry Century. A big THANK YOU to all the volunteers who help make this a great bicycling event!*

### July Meeting Canceled

Thursday • 7:00 pm • July 3, 2008

Samaritan Lebanon Community Hospital  
525 N. Santiam Hwy, Lebanon

#### Please Note!

**The July 3rd club meeting has been canceled. The next meeting of the Santiam Spokes will be on August 7th, 2008 at the Lebanon Community Hospital.**



*Top left: Great Pointer support from Karen Dierksen.*

*~Photo courtesy of Dennis Murphy*

*Top center: Ken Orwick with the first rider at Roaring River.*

*~Photo courtesy of Sreeni Sreenivasan*

*Top right: Jerel Gall is ready to try out his new ride!*

*~Photo courtesy of Bill Pintard*

*Lower left: Jerel leads a group out on the family ride*

*~Photo courtesy of Dennis Murphy*

*Lower right: Jerel and a group of riders cross at Waterloo bridge.*

*~Photo courtesy of Bill Pintard*

## I COMMAND THEE....

By Beverly Henderson

As I am writing this article I'm holding an ice pack up to my face. Why, you ask, am I holding an ice pack up to my face? Well, I'll tell you why. I was the last person in a group of 11 riders heading from Jefferson to Aumsville then Stayton and back to Jefferson. The group was going slow, everyone was riding close together when all of a sudden the line slowed. I will admit I was too close to the rider in front, but I wasn't able to avoid touching wheels. Dennis stayed upright and I did an amazing face plant on the road.

I don't know why the group slowed suddenly. I was watching up ahead and couldn't see anyone swerving to avoid anything on the road. I also did not hear one person shouting out "SLOWING" or "STOPPING". This leads me to the main reason for this article.

As recreational club bicyclists we ride for fun, sometimes for food, but mostly for fun. I'm sure some people think it's too authoritative to yell out warnings, but it could save someone's life, maybe their face. Because I was watching the riders ahead of Dennis and Raylene I would not have seen any hand signals that either might have made. On our rides there are lots things to see - the first goldfinch of the year, that bald eagle sitting high in his tree, the horses in the misty field, the beautiful vistas from the top of that hill you just struggled up. Again, if you're watching something not on the road, or even ahead on the road, you will not see the hand signals.

Hand signals are great. I use them to point out holes, road kill, gravel and other stuff on the side of the road. Sometimes I'll even shout

*Cont. on page 4*

## Santiam Spokes General Meeting

June 5th, 2008

The meeting was called to order at 7:05 pm. by Dennis Murphy.

MINUTES: May minutes were approved.

MEMBERSHIP REPORT (Ron Kropf): 131 current individual memberships.

RIDE LEADER REPORT (Beverly Henderson): Ride leaders are needed for June 28, July 12 and July 19. Discussion around making sure ride leaders have a quick pre-ride meeting regarding safety rules of the road.

TREASURER'S REPORT (Maurice Banning): As of 6/5/08 there were 282 entries for the Strawberry Ride. Balance of checking/pay pal is \$19,418. Treasurer's report was approved.

TOUR COMMITTEE REPORT (Mary Ellen Lind): Mary Ellen gave details for the upcoming week-long tour. We need more people who are riding the tour to volunteer some time on the committee to help with details of the ride.

STRAWBERRY CENTURY: Discussion of the upcoming Strawberry Ride needs and issues. With the help of Build Lebanon Trails this year the roads are marked and we are ready to ride!

The meeting was adjourned at 8:35 pm.

*Submitted by Raylene Sell*

*Wednesday Morning Thoughts - Cont. from page 1*

way to and back from Waterloo. The family ride will most certainly be an even bigger success next year.

There were seventy-nine volunteers that participated in one way or another in this year's Strawberry Century. They were led by the Strawberry Committee. There were four individuals who had primary responsibility for the coordination of all of the events and volunteers. My deepest appreciation to Arnold Larsen, who was in charge of the maps and roads, to Charles Taylor who had responsibility for the sponsors and publicity, to Mary Ellen Lind who had responsibility for setting up the SAG and water stops and worked with Sally Skaggs on the food supplies. Jerel Gall was in charge of registration and organizing the Family Ride. The committee had additional members who served as advisors and assistants. They also were critical to the success of the ride. My most sincere appreciation to Bill Pintard, Dian Gerstner, Chuck Young and Roger Gaither, for sharing their wisdom and experience with the committee. Special recognition also goes to Build Lebanon Trails, who worked with the Santiam Spokes by providing the additional volunteer power that enabled us to have the roads so well marked and pointers at every critical location. The BLT volunteers were led by Rod Sell and Nancy Kirks. The BLT is already looking forward to helping us with next years

Strawberry. What a great partnership is developing with the City of Lebanon!

It is interesting to me, that at least two people have already expressed interest in being on next year's Strawberry Committee. It seems that in the past few years the job of coordinating the Strawberry Century had concentrated too much responsibility upon one person. That level of stress was taking its toll on the individual involved, and in the long term was not healthy for the Santiam Spokes. We reversed that trend this year. While there were certainly some frustrations and levels of stress, we managed to keep it spread out enough so it was not overwhelming for any one individual. At our August club meeting we hope to be able to review the financials as they relate to the Strawberry. We should also be able to spend time reviewing the evaluation forms that Raylene is summarizing. Thank you, Raylene for doing this additional task.

Thank you! Thank you! I'm proud to be involved with the Santiam Spokes bike club that worked hard at a project of offering this Strawberry Century event and had fun doing it. 

"GLASS" or "HOLE". If I am at the rear of the group and a car is coming up I'll shout "CAR BACK", hoping that the person in front of me can hear. If I am at the front and coming up to a stop sign or slowing I'll shout out "SLOWING" or "STOPPING". What really concerns me is that these commands and warnings are not being passed up and down the line.

If we are to continue to ride for fun we need to be more conscious of keeping each other safe, not just ourselves. I like that we regroup on the rides. I really appreciated the concern the other riders had for me when I fell. Jerel fixed my bike, Rod rode back to get his vehicle to take me back to Albany, several people called later to check on my condition. You're all wonderful, just a little silent sometimes on the rides.

Let's all try harder (me too) to verbalize warnings to the other riders in the group. Pass the warnings up and down the line. If we all make a conscious effort to do this, we will all be safer and there will be fewer face plants on the road.

For the record, the bike is okay and so am I. The bruises will fade, the arm will work properly again and I will ride with you all again. I'll be more vocal about warnings and I command you to do the same.

Happy (safe) Trails.



**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)

# JULY 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.**

**July 5** **9:00 am**

### Stage Ride!

#### Albany to Jefferson to Independence.

Long riders will start from The Beanery near Hwy 20 & I-5 at 9:00, not-so-long riders will start from Jefferson Middle School at 10:00. Distances are approx 50 and 40. There are some hills, thrills, and chills when we end up in Independence for a good lunch (place to be chosen). Ride leader – Bev Henderson (541-513-3916)

**July 12** **9:00 am**

#### Lebanon to Brownsville.

35 miles. Start at SLCH. Category II. A favorite ride for the club, this route will take you over rolling hills with some fast (careful) descents. Lunch will be in Brownsville. Ride Leader – Bev Henderson (541-513-3916).

**July 19** **9:00 am**

#### DaVinci Days Ride.

36 miles. Category 1. Starts at South Albany High School. This is our annual ride from Albany to Corvallis on our kinetic-powered vehicles to Corvallis where we will see other kinetic sculptures, solar-powered race cars, robots and other fun, imaginative and creative projects. Lunch will be at a place chosen by the group. Ride leader: Bill Pintard PH 541-967-3295

**July 26** **9:00 am**

### Stage Ride!

#### Albany to Lebanon to Waterloo.

Long riders start at The Beanery in Albany at 9:00, others start at SLCH at 10:00. Category I. Distances are 14 & 47 miles. 16 years ago or so a group of people got together to form a club, celebrating the enjoyment of bicycling. That club has grown from just a few members, known as the Santiam Slow Spokes, to over 100 members calling themselves Santiam Spokes. This ride is an anniversary celebration pot-luck. Come and join us on a ride to Waterloo park where we will share stories about the past rides. Ride leaders Frank Gaillardet PH 541-812-1565

## Volunteer to Lead a Ride!

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

## 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.

### The Beanery

1852 Fescue St SE, Albany, OR 97321

**From North:** take I-5 exit 233. Cross hwy 20 onto Fescue St. Pass Home Depot. The Beanery is on the right facing the freeway.

**From South:** take I-5 exit 233. Go east on hwy 20. Right on Fescue St. past Home Depot.

### 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.

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

# July 2008 Cycling • Santiam Spokes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	<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	NO MEETING THIS MONTH		Saturday July 5, 2008 9:00/10:00 am <b>Albany-Jefferson-Independence</b> Starting Location: The Beanery / Jefferson Middle School Distance: 50 / 40 miles. Description: Cat. I-III Ride Leaders: Bev Henderson (541-513-3916)
6	7	8	<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	10		Saturday July 12, 2008 <b>Lebanon to Brownsville</b> Starting Location: Samaritan Lebanon Comm. Hospital Distance: 35 miles Description: Cat. II Ride Leaders: Bev Henderson PH 541-513-3916
13	14	15	<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	17		Saturday July 19, 2008 9:00 am <b>DaVinci Days</b> Starting Location: South Albany High School Distance: 36 miles Description: Cat. III Ride Leaders: Bill Pintard PH 541-967-3295
20	Please submit material for Outspoken by today to Kari Kropf: kropfrk@comcast.net PO Box 1183 Lebanon, OR 97355 541.401-3349	22	<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	24		Saturday July 26, 2008 9:00/10:00 am <b>Albany-Lebanon-Waterloo</b> Starting Location: The Beanery and SLC Hospital Distance: 14/48 miles Description: Cat. --- Ride Leaders: Frank Gaillardet PH 541-812-1565
27	28	29	<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	31	Visit our website: <a href="http://www.santiamspokes.org">www.santiamspokes.org</a>	



**Santiam Spokes, inc.**  
 c/o Lebanon Community Hospital  
 PO Box 739, 525 North Santiam Hwy.  
 Lebanon, Oregon 97355  
[www.santiamspokes.org](http://www.santiamspokes.org)