

# OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 16, No. 09 • June 2008

## Mars and the Strawberry Century

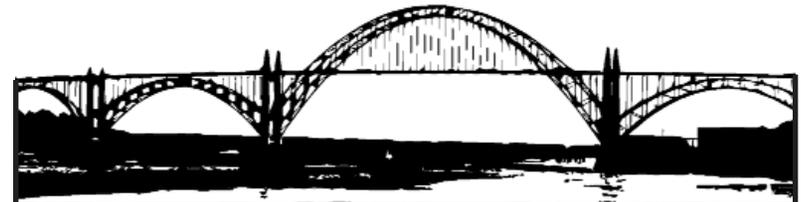
by Dennis Murphy, Santiam Spokes President

I spent a part of yesterday afternoon sitting at my computer with fascination as I watched the landing of the Phoenix spacecraft on the northern plains of Mars. We sent that spacecraft 422 million miles away to land on a distant planet, to take pictures, and to dig and analyze the soil for signs of the building blocks of life. When I was a child, I could read about such adventures in comic books. Now I read about it and see it live on the internet!

I'm not sure that bicycle technology has changed as dramatically over the last fifty years, but I would bet that that is only because I haven't been paying close attention to what has been happening. It hasn't been so long ago that I learned about the style of recumbent bicycles, or the use of materials such as of aluminum, titanium and carbon fiber in the frames. I had an English Racer in my earlier years and it had three gears -- very impressive, I thought! It was a nice bike until the day I raced a couple of friends to the bottom of a long hill. I took the lead and discovered a ditch in the road that

sent me airborne. I woke up in the grass of the yard next to the street. My friends, relieved to see that I was ok, told me how impressive I looked as I went flying through the air! The bike, regretfully, was damaged beyond repair, and that was the end of my bike riding days for many years.

I have no doubt that as time goes on the technology that relates to bicycling will evolve at an even faster pace. With the price of fuel soaring, riding a bike is beginning to appeal to more and more people as an acceptable, economical, and healthy form of transportation. Oregon reflects that development in the laws that it has passed that provide for bike lanes on streets, investment in bike paths, and recognition of the bicycle as a legitimate form of transportation that should be respected with safe driving methods. Bike clubs have become sources of knowledge for safe bicycling methods, advocates for bike paths, lanes that provide for additional safety, and finally for programs that provide education to school children on safe bicycling practices. They have also



Photograph courtesy of Dennis Murphy

## TO NEWPORT AND BACK AGAIN

A group of riders from Santiam Spokes had a great ride over to Newport this April. Riders on the Newport tour: Rod and Raylene Sell, Jessica Rouf, Carolyn Foland, Beverly Henderson, Laura Warren, Ken Orwick, Maurice Banning, Sreeni, Chuck Young, Dennis Murphy, and Mary Ellen Lind. Above: Some of the riders enjoying a well deserved treat at Rogue's Brewery in Newport. More photos on page 2.

## June Meeting

Thursday • 7:00 pm • June 5, 2008  
Samaritan Lebanon Community Hospital  
525 N. Santiam Hwy, Lebanon



*HEAD TO SHEDD*

*Wow! Blue skies and sunshine...and warm enough for shorts.*

*Above Left: Ron, Kari and Barbi wait in the sunshine for everyone to gather up after lunch for the ride home.*

*Below Left: Dian, Jerel and Bill enjoying the sunshine...did I mention that it was sunny and warm?*



*NEWPORT 2-DAY TOUR*

*Above Right: Group ready to ride to Rogue's Brewery...er, Newport.*

*Photograph courtesy of Dennis Murphy*

*Below Right: And the next day...more sunshine and a group of riders ready to head back to Corvallis.*

*Photograph courtesy of M. 'Sreeni' Sreenivasan*



*Middle: Grange in Shedd.*

*Photographs courtesy of Tom and Barbi Thomson*



Full color version of the newsletter available at [www.santiamspokes.org](http://www.santiamspokes.org)

## May General Meeting Minutes

Meeting was called to order by Dennis Murphy. New guests were welcomed to the meeting and Dennis Murphy presented the latest copy of the bylaws.

The program for the evening was on Bicycle Advocacy by Bill Pintard.

### MINUTES

The April minutes were discussed. Noted were an incomplete sentence, and a misunderstanding of the statement concerning snow levels on the McKenzie Ride. Charles Taylor made a motion to approve the minutes. Minutes were approved with the above points noted.

### MEMBERSHIP

Ron Kropf gave the membership report. More memberships are coming in. He has also sent out the third renewal letters for the spring membership renewals.

### RIDE REPORT

Bev Henderson gave the ride report. May rides are listed in the current newsletter. Rides for June include the pre-strawberry ride, Strawberry Century, King's Valley ride, and a ride that we will share with Dr. Hindmarsh. July will include a stage

ride to Waterloo, DaVinci Days Ride, and Midvalley's Covered Bridge Ride.

### TREASURER'S REPORT

Maurice Banning gave the Treasurer's report. \$15,410 (?) cash. \$763 in pay pal. Misc. deposits and income from the Summer tour and Strawberry Century.

### SUMMER TOUR

Mary Ellen Lind gave an update on the Summer Tour. There are 18 riders signed up at this point. More may be able to come. There might be a need to help carry some gear on bikes to make extra room in the sag vehicle.

### STRAWBERRY CENTURY

Dennis Murphy went over the latest details for Strawberry Century. The flyers and the postcards have been sent out. Registrations are coming in. For riders to receive a bib, they will need to sign a printed waiver. No on-line waiver is legally acceptable. The maps progress is ongoing. We have a few sponsors coming in.

### NEW BUSINESS

Dennis Murphy mentioned that the ride to Newport was great. Sally Skaggs is asking for help in setting up the bicycle rodeo at 8:30 am, the day of the rodeo. Oregon cycling will be listing Santiam Spokes rides on their website.

*Submitted by Kari Kropf*



*Cont. from page 1*

provided a safe and encouraging environment for adults who wish to begin bicycling again but are hesitant and unsure of how to get back into bicycling. Many of them last biked when they were children. They face a little bit of cultural shock when they discover how the technology of bicycling has evolved over the recent decades! Perhaps not quite as impressive as the transition from comic books to landing on Mars...but significant just the same.

The summer riding season brings out a lot of new cyclists each year. One of the most exciting things that a new bike rider can do is to participate in one of the many one-day sponsored cycling events that are held around the state. Speaking from personal experience, the excitement of seeing hundreds of people, regular ordinary people, getting on every kind of bicycle you can imagine, and wearing all kinds of colorful clothing, and setting out to ride 13, 50, 70 or even 100 miles, is as inspiring and fulfilling an experience that a person can have. Riding down a country road on a warm sunny day and seeing riders in a long line as far as the eye can see, fills me with a sense of excitement, adventure, and most importantly, happiness in sharing the adventure of cycling with so many.

On June 14th, the Santiam Spokes will host the 16th Annual Strawberry Century. Riders from all over the Pacific Northwest will be visiting our community and the roads that we ride on all year long. It will be our turn to host hundreds of riders, and to provide them with a safe, friendly, and well supported ride along the roads and countryside of Linn County. We want our guests to feel welcome and appreciated. If you have not already volunteered to help with this event, and would like to do so, please contact me and let me know. We can always use additional help, even if it is just for a couple of hours. It takes a lot of effort to put this event on, and an extra pair of hands will always be appreciated.





HEAD TO SHEDD: Jerel & Dian outside of Shedd market.  
 Photograph courtesy of Tom & Barbi Thomson

**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)

# JUNE 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.**

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**June 7** **9:00**

### **Pre-Strawberry Ride**

Ride leader – Dennis Murphy.  
Distances 35, 55 or 105 sweet miles.

Start at SLCH. Riders will decide which way to ride as we check the route before 600 plus riders come to Lebanon for the Sweet 16th Annual Strawberry Century on June 14.

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**June 14** **All Day**

### **Strawberry Century**

No ride leader needed. Maps, water and food stops are provided. This is our annual contribution to the bicycling community. If you haven't yet signed up to volunteer it's not too late. Contact a board member for more details.

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**June 21** **9:00**

### **King's Valley**

Distance approx. 50 miles. Category III  
Ride leader – Mary Ellen Lind.

Start at Harrison Bridge, Corvallis. This ride is a traditional ride and a club favorite in any season of the year. There are wonderful viewpoints of various parts of the valley west of Corvallis, a few challenging ascents with rewarding descents. Lunch will be at Paul's Burgers, Philomath.

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**June 28** **9:00**

### **Lebanon to Sweet Home**

Distance approx. 45 miles. Category II.  
Ride Leader: to be determined

Meet at Samaritan Lebanon Community Hospital. This is an easy ride over a few hills and through some valleys to Sweet Home. Lunch – to be decided by the group. Meet up with Dr. Tim Hindmarsh for the return trip back to Lebanon.

## 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.

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### **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.

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### **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.

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### **Lebanon High School**

From I-5 and Hwy 34 (Exit 228)  
Head east on OR-34. Turn right at Denny School Rd. Continue on Airport Rd. Turn left at S 5th St To Lebanon High School, 1700 S 5th St.

# June 2008 Cycling • Santiam Spokes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	<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	<b>CLUB MEETING</b> 7:00 pm Samaritan Lebanon Community Hospital 525 N. Santiam Hwy. Lebanon	Saturday June 7, 2008 9:00 am <b>Pre-Strawberry Ride</b> Starting Location: Samaritan Lebanon Community Hospital Distance: 35, 55 or 105 sweet miles. Description: Cat. I-III Ride Leaders: Dennis Murphy	7
8	9	10	<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	12	Saturday June 14, 2008 <b>Strawberry Century</b> Starting Location: Lebanon High School Distance: 35, 55 or 105 sweet miles. Description: Cat. I-III	14
15	Please submit material for Outspoken by today to Kari Kropf: kropfrk@comcast.net PO Box 1183 Lebanon, OR 97355 541.401-3349	17	<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	19	Saturday June 21, 2008 9:00 am <b>King's Valley</b> Starting Location: Harrison Street Bridge, Corvallis Distance: 50 miles Description: Cat. III Ride Leaders: Mary Ellen Lind	21
22	23	24	<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	26	Saturday June 28, 2008 9:00 am <b>Lebanon to Sweet Home</b> Starting Location: Samaritan Lebanon Community Hospital Distance: 45 miles Description: Cat. II Ride Leaders: To Be Determined	28
29	30	Visit our website: <a href="http://www.santiamspokes.org">www.santiamspokes.org</a>				