

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 16, No. 08 • May 2008

Low Hanging Fruit!

by Dennis Murphy, Santiam Spokes President

I was not sure what to expect when Mary Ellen and I walked into the hallway outside of the main conference room of the Red Lion Hotel at Jantzen Beach in Portland. There must have been forty tables set up with displays all connected in some way to bicycling. Bike Friday was there with a new bike designed for use in the city. Ride to your destination, fold it up and walk into the office with it! IMBA (International Mountain Biking Association) was there, I didn't know about this organization that promoted mountain bicycling. Amtrak was there, along with the Oregon State Parks, Travel Oregon, Cycle Oregon, the BTA, the Oregon Department of Transportation, and many other organizations. I think between Mary Ellen and I we gathered five pounds of literature during 30 minutes of walking around and looking and talking with people. These people are enthused about bicycling, enthused about the benefits of bicycling from the reduction of energy consumption and air pollution by bicycle commuting, and enthused about the personal benefits of improved health and appreciation of life that come from touring and recreational riding.

As the evening progressed, we were treated to an excellent dinner and two excellent and entertaining speakers. Hill Abell, president of

IMBA, gave an interesting speech on the history of the organization and its activities that promote mountain bicycling. Mountain bikers represent a significant portion of the growth of bicycling in this country. They are enthusiastic and excited about the sport. I can see, rightly, that getting people onto bicycles is a very good thing, whether on a mountain trail, a city street, or a rural road. The second speaker was Roger Geller, City of Portland Bicycle Coordinator, who gave a speech entitled "Bicycles are the Low Hanging Fruit". The point of his speech was that for so very few dollars invested in making bicycling safer, the economic rewards to the City of Portland, or for that matter any city, could not be greater. Approximately 6% of the commuters in Portland are bicycle commuters. If you just think about the gasoline that these people are not purchasing there is a huge economic benefit to the city by keeping those dollars at home rather than sending them to some foreign oil producing country. As we watch the price of fuel rise, the benefits become very clear of making our streets safer for bicyclists and encouraging those who are now hesitant to use this form of transportation.

Safety is seen as a key to getting more people on bicycles for both the purpose of bicycle commuting, and for the promotion of



Above: Resting at the park in Coburg on April 12th

Below: April 12th ride at the last summit!

Photographs courtesy of Dennis Murphy



May Meeting

Thursday • 7:00 pm • May 1, 2008

Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon

Oregon Bike Summit

By Mary Ellen Lind

As bikers we know it takes a lot of physical effort, endurance and mental determination to reach summits. Those of us who biked to Newport this April were clearly reminded about the hard work to reach a summit. There is an organization called The Oregon Bicycle Working Group that works hard to achieve a summit of minds and direction to make Oregon a better place for biking. Three Santiam Spokes members were sponsored to attend the 3rd Annual Oregon Bike Summit in Portland in early April. About 100 bikers and/or bike supporters came together to celebrate what has been accomplished as the number-one state for bicycling and also to set an agenda for continued progress towards the goal of biking as convenient, safe, economical and fun activity in this state. The program brochure lists what has helped Oregon to be recognized as the leader in bicycling:

1. Oregon is the only state with a bicycle bill that commits dollars to bicycle and pedestrian infrastructure.
2. Oregon will be the first in introducing a Scenic Bikeway program with designated bike routes throughout the state.
3. Bicycling Magazine has designated Portland as the number-one cycling city in America.
4. The International Mountain Bicycling Association has designated Central Oregon as an Epic place to ride. This is their highest rating.
5. Oregon is fully committed to the National Safe Routes to School program.
6. Oregon is the only state that has all its Congressional representatives as members of the National Bike Caucus.
7. Oregon's travel industry fully supports bicycle tourism.
8. Oregon's state park system has a full-time bicycle coordinator position.
9. The Bicycle Transportation Alliance is the best statewide advocacy group in the nation.

10. Oregon has one of the nation's largest groups of "Bicycle Friendly Communities" as designated by the League of American Bicyclists: Ashland, Beaverton, Bend, Corvallis, Eugene and Portland.

The quest of the Bike Summit was to make more people aware of the items on this list and to add to this list.

At the final session, participants prioritized goals and strategies that the BTA and other bike advocates will propose for State and National legislative action. The group that I was in focused on bicycling as a method of travel and transportation. Other groups brainstormed and gave direction for biking as a form of recreation, biking programs and events, and biking as an industry. One idea that our group agreed on was to urge the development of a statewide bicycling network that will connect the many bike paths/lane and will provide statewide signage for guiding bicycle travelers.

In 2009, the Fourth Annual Bike Summit will be in Salem. When you attend there will be opportunity for you to influence the course of bicycling in Oregon. 

*At the Oregon Bike Summit April 4th.
Photograph courtesy of Dennis Murphy*



Bike Summit

By Bill Pintard

Several members of the Santiam Spokes attended the Bike Summit in Portland April 4th and 5th. This event was a chance to meet people interested in cycling from all over the state and to share ideas. Oregon is becoming a bicycle tourism destination and many towns and cities are looking for ways to make their area more attractive to cyclists. Representatives from Oregon State Parks, Cycle Oregon, Bicycle Transportation Alliance and other organizations were there to celebrate cycling in Oregon.

Hill Abell was the Keynote speaker. He is president of International Mountain Bike Association (IMBA). There is a strong mountain biking community that looks at Oregon as a great tourism destination. His talk was about all of us working together to promote all forms of cycling. We then heard from Roger Geller about how to promote cycling in our communities. His message was that there are a lot of people who would ride if they could be assured of being safe and comfortable. Separate bike lanes and trails need to be expanded.

Congressman Earl Blumenauer spoke about federal changes affecting cycling and about becoming politically active in promoting cycling as a healthy alternative to the car. Tim Blumenthal, Executive Director of Bikes Belong, talked about the obesity crisis and that only slightly more than 1% of the federal transportation budget is now spent on cycling as a viable transportation option. We need to change the common car culture thinking. Bikes Belong is an association of bicycle manufacturers and dealers who are promoting cycling with grants and participation in cycling related activities. 

April General Meeting Minutes

The meeting was called to order at 7:06 pm. The March minutes were approved as submitted.

Ron Kropf gave an update on the Santiam Spokes membership. We currently have 129 members. A second notice was recently sent out for renewals.

Bev Henderson discussed upcoming rides. Ride leaders are still needed for future rides. Please check out the Santiam Spokes website for Saturday's rides and give Bev a call if you are interested in leading a ride. It is possible the McKenzie Pass ride may not happen this year due to low snow levels and snow accumulation. An alternate ride is being planned.

Your help is needed at the Strawberry Century! What needs to be done? Where is the help needed? Please contact Mary Ellen Lind for more information. If you want to help out on the day of the ride, but still want to ride the event then come and do the pre ride the weekend before! There will be a sign up soon for the Strawberry Century for volunteers. If you have a specific station you would like to work please let Mary Ellen know.

Maurice reported we have \$14,942 in checking and \$454.24 in pay pal. The treasurer's report was approved as submitted.

Mary Ellen reported there is a registration form for this summer's tour ride on the website. The Northern Coastal Ride is July 13-19. The Club is requesting a \$25 deposit for each individual. The cost may only be around \$60 for the total week plus the cost of your own food. (There will be some group meals.) Camp sites have been reserved at state parks and one night in a cabin on the lake. The ride is limited to the first 15 people who register due to limited space.

Dennis reported the first mailing of post cards went out without a hitch. Today we put labels on flyers and in another week we'll send those out. If you are volunteering at the Strawberry Century please get your t-shirt size to Dennis before May 20th.

Lebanon Chamber of Commerce gave a \$500 check to the club. Also, \$125 was received from.....

Rod Sell, John Turner and Mark Swensen from BLT

(Build Lebanon Trails) met before the regular meeting with Bill, Arnold and Diann regarding the painting of Strawberry Century routes. A partnership has developed with Build Lebanon Trails and the Santiam Spokes. The Spokes have asked the BLT for help with this year's ride.

New Business:

A. Dave Bond, 72, of Sisters, has ridden through eight different European countries and all over the United States in his cycling career. Bond plans to participate in the Strawberry Century.

B. Did you read the March 14th article in the Democrat Herald? The article was described the club as social club who are more concerned with how riders are doing then in getting to the train on time. "We ride to eat and we eat to ride."

C. The Historic bike ride in Albany is Sunday, May 25th. Races are from 10:00 – 6:00. Pros will be there. Races for juniors at 11 and 5:45 is the men's pro race. This event is put on by Health Spring Wellness Center, Downtown Association of Albany, Albany Visitor's Association, Police, Fire and others. Cost is \$25 to participate. Contact Bill Pintard for more information.

D. Bike Smarts: Bill is asking for someone to help participate in an ongoing project on safety. How to take care of ourselves and other bike riders. Keep safety up in front of us. If this isn't what we want to do then let us know. If you have any thought contact Bill Pintard.

E. Bike Rodeo. Sally Skaggs will be getting gift packets together to pass out to the riders. Bike safety checks for kids and make minor adjustments. Check list goes to parents to get other repairs done. Kids then go out onto obstacle course. This year the publicity will be in the Lebanon Express and news going out to schools. This event takes place May 3rd.

F. Philanthropy requests. We have only passed one request through for the bike safety program in Albany. Think of cycling related groups that might benefit from the committee. What are your thoughts and ideas? Helmets? Give away a bike? Press release?

Submitted by Raylene Sell



Cont. from page 1

recreational riding and bicycle touring. I think that it is worth reviewing the legislation that was passed this year in Oregon.

HOUSE BILL 3314 creates a first in the nation "vulnerable roadway user" designation. It requires careless drivers who kill or seriously injure a vulnerable roadway user to complete community service and a traffic safety course or face a \$12,500 fine and revocation of license for one year.

SENATE BILL 108 requires drivers on rural roads to stay far enough away when passing a cyclist to prevent contact if the rider were to fall into the traffic lane.

SENATE BILL 789 creates Oregon's "Share the Road" license plate. If your registration is coming up, give this some thought!

SENATE BILL 242 requires newly constructed or renovated schools to plan Safe Routes to School, helping make it safe for children to walk or bike to school.

These are all great accomplishments to be proud of! If you sometimes wonder why this club puts so much effort into the Strawberry Century, remember that a significant sum of dollars go toward organizations that lobby and work for the advancement of bicycling in both our state and nationwide. Remember that our purpose as a club is to promote bicycling, to encourage more people to ride, and to know how to ride safely! Attending the Oregon Bike Summit raised my personal awareness of the important role of bicycling to the future health and welfare of the communities in which we live. Santiam Spokes bicycling club is an important part of the Oregon Bicycling community. We promote safe bicycling, we bring tourism dollars to our community, we reduce our carbon foot print by riding instead of driving, and we find commonality and friendships that can never be replaced.



MAY 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.

May 3 9:00 am

Bike Rodeo

Start at Lebanon Fire Station. Distance 46 miles. Our club has a great opportunity to promote safe biking to the children and their families in the Lebanon community at the annual Lebanon Bike Rodeo located at the Fire Hall in Lebanon, 1050 W. Oak St. We help with mechanical checks of children's bikes, give out helmets and check them for fit, move bike seats up or down, guide young bicyclists in riding an obstacle course, give information about bike safety and other activities at this family-fun community event. After the Rodeo we will bike over Tangent road to Corvallis for lunch and return by another route. Ride leader – Bill Pintard PH: 541-967-3295

May 10 9:00 am

Dever/Connor Ride

Start at Jefferson Middle School. Distance 22 miles. Category I. We will be pedaling on for miles and miles through the farmlands and orchards around Jefferson and the Dever/Connor area. Mostly flat with some rolling hills. Lunch in Jefferson at the end of the ride. Ride leader – Lloyd Lambert PH: 541-327-2815

May 17 9:00 am

Lebanon to Scio/Lamb & Wool Festival.

Start at Samaritan Lebanon Community Hospital. Distance approx 45 miles. Category II. This is a traditional fun ride to the Linn County Lamb & Wool fair and Northwest Champion Sheepdog Trials. The route will take us through Lacombe, over Larwood Bridge to Richardson Gap into Scio. Some hills on the way to Scio, flat roads back to Lebanon. Ride leader – Jerel Gall ph: 541-258-8945

May 24 9:00 am

Jefferson/Aumsville/Stayton Ride

Start at Jefferson Middle School. Distance 36 miles. Category II. Join us on a leisurely meandering through the valleys and hills to Stayton. We will go past the townsite of Shelburn, now listed as a ghost town. Ride leader – to be determined

May 31 9:00 am

Jefferson to Mehama Ride

Start at Jefferson Middle School. Distance 54 miles. Category II and III. We will continue exploring the beautiful but hilly countryside east of Jefferson as we roll along Parrish Gap Road, Fern Ridge Road and other roads into the charming community of Mehama. Lunch will be in Mehama before we wind our way back to Jefferson on some (hopefully) flatter roads. There will be hills on the first part, not so many on the return trip. 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

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.

Lebanon Fire Dept • Oak Street, Lebanon

From I-5 take exit 228 onto Hwy 34, go EAST toward Lebanon. Turn right onto Denny School Rd. (Truck Route exit). Turn Right onto Oak Street. Turn Right into Fire Dept. Parking area.

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.

Visit our website at
www.santiamspokes.org

May 2008 Cycling • Santiam Spokes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Visit our website: www.santiamspokes.org				CLUB MEETING 7:00 pm Samaritan Lebanon Community Hospital 525 N. Santiam Hwy. Lebanon	Saturday May 3, 2008 Bike Rodeo Starting Location: Lebanon Fire Station Distance: 46 miles Description: Cat. I Ride Leaders: Bill Pintard	3
4	5	6	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	8	Saturday May 10, 2008 Dever/Conner Ride Starting Location: Jefferson Middle School Distance: 22 miles Description: Cat. I Ride Leaders: Lloyd Lambert	10
11	12	13	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	15	Saturday May 17, 2008 Scio Lamb & Wool Festival Starting Location: Samaritan Lebanon Community Hospital Distance: 45 miles Description: Cat. II Ride Leaders: Jerel Gall	17
18	Please submit material for Outspoken by today to Kari Kropf: kropfrk@comcast.net PO Box 1183 Lebanon, OR 97355 541.401-3349	20	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	22	Saturday May 24, 2008 Jefferson/Aumsville/Stayton Ride Starting Location: Jefferson Middle School Distance: 36 miles Description: Cat. II Ride Leaders: To Be Determined	24
25	26	27	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	29	Saturday May 31, 2008 Jefferson to Mehama Ride Starting Location: Jefferson Middle School Distance: 54 miles Description: Cat. II & III Ride Leaders: To be determined	31