

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 17, No. 02 • November 2008

Inspiration

by Dennis Murphy, Santiam Spokes Acting President

I was driving to Pacific City in May of 1999 to meet Mary Ellen at the end of the Reach the Beach Ride. I really didn't know too much about the ride except that she was leaving from Corvallis that Saturday morning. I couldn't quite figure out why she could possibly want to spend the day riding 100 miles on a bicycle to the Oregon Coast. We had only been dating for a few weeks, and my definition of a bike ride was a 15 mile round trip to downtown Eugene. I was impressed that she would take on such a challenge. That was one of the things that I found so attractive about her. The drive up the Oregon Coast had been uneventful, but I was concerned that I may have underestimated the time it would take to drive from Eugene to Pacific City. It gave me time to think about the distance that she was travelling, the hills she would have to go over, the miles and miles of

roadway that she would be riding along. Why would someone want to do this? Just a few miles outside of Pacific City the traffic began to slow down and I saw barricades in the road and flaggers directing traffic. I also began to see riders, lots of riders! They had all kinds of colorful outfits on and they were riding a wide variety of bicycles. Wow! There were so many people! So many bicycles! The energy that I picked up from seeing this sight ran a chill down my back. Now I was beginning to understand some of the reasons Mary Ellen had gone on this ride. Now I was wishing that instead of driving a car....I was riding with her!

That was my first experience with feeling the inspiration that can come from being around bicycle riders. I was filled with excitement as I wandered around the finish line



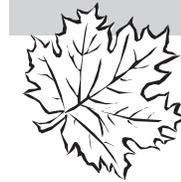
Above: Ace waiting to regroup at Buena Vista Ferry
photo courtesy of Kari Kropf

November Meeting

Thursday • 7:00 pm • November 6, 2008

Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon

AWARDS CEREMONY



Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating; there is really no such thing as bad weather, only different kinds of good weather. ~John Ruskin

Cont. from page 1

looking for Mary Ellen to arrive. What a great way to spend a day I thought to myself. How very exciting! Everyone was walking around with smiles on their faces. Yes, people were tired, they had worked hard, but they were obviously proud of their achievement. I was proud of their achievement, too! I was getting hooked on this bicycling adventure and wondering when Mary Ellen would finally arrive from Corvallis.

I don't know if all of us who ride realize just how much we inspire others. Whether you

are one person going down a road by yourself, with a small group of riders, or a part of a large event ride, the people who see you riding are frequently quite inspired by the sight that they see. It often inspires them to want to ride themselves, or to just consider fitting it into their busy schedule. We have friends that are always asking us about where we have gone on our bikes, and how many miles that we rode. My fellow employees at work often ask if I went on my Saturday ride, "How was the weather," they ask? "How many miles did you go?" They ask these

questions because in our commitment to ride on a regular basis we generate an interest in riding, and a curiosity about why we would want to ride so often in both good and not so good weather. It is not just our friends, neighbors, and coworkers that we inspire. I have heard a story or two about how doctors have been impressed by the level of fitness we show during annual physical exams. They can't quite grasp how we can be so motivated to ride week after week.

We ride, week after week, because we have fun. We ride with the knowledge, that in spite of the rain that may fall, the wind that may blow, or the hot sun that may shine down on us, there will be beautiful sights that we will see, inner strength that we will discover, some moments of peaceful contemplation of the life that we are living -- all of these gifts we will experience in a few hours of riding. We also ride because we inspire each other to do so, because we look forward to some laughter, some good conversations, and of course some good food.

I need to finish this with the "rest of the story" about waiting for Mary Ellen to arrive in Pacific City. Turns out that Mary Ellen had been waiting for me to arrive for almost an hour. She was sitting against a rock and napping not too far away from where I was standing! It took a cell phone call for us to find each other! She was proud of her accomplishment, but upset that she was a few miles short of the 100 that she had expected to ride that day. In my newly found enthusiasm for bicycling, I suggested that she could ride around Pacific City to get in the last few miles. The look that she gave me, made clear that there was no more riding would be done on that day. She was proud enough of her accomplishment. What she did not realize was that she had inspired me to really get into bicycle riding. In the following year, we rode the Reach the Beach ride together!



Blaine and Ace Johnson with Ron Kropf, Buena Vista Ferry



Bicycling and the Cold Season

by Kari Kropf

I found myself with space to fill in the newsletter, so I went to my usual source of filler material...riding events around the area and lo and behold...no events in November! What's a cyclist to do when November arrives and all the century rides and events have disappeared?



It's always sunny somewhere. Some riders will follow the sun to tours in exotic locales. Cascade bicycle club in Seattle has tours in Southern Chile this November...six spots still open, if you hurry!

Other riders hang up the bike and spend time planning their next summer tour. They may curl up with the latest issue of *Adventure cycling*, load up Google Earth and start hunting for those hidden jewels of roads waiting to be ridden and small towns itching to be explored. I stay warm and dry, touring vicariously through other cyclists, reading

their stories on *Crazy Guy on a Bike* website.

There are cyclists who swap bicycles for skis. Resorts and cabins with big, cozy fires are great places to hang out in the cold season. Some hardy types camp in the snow! I'll take the resort and cozy fire, thank you.

Want another way to avoid the cold, rainy weather? Ever the bargain hunter, I like to shop clearance sales on biking clothes and other technical gear. Let's face it, everytime I go into a bike shop even for nothing more than an extra tube, I have to dig through all the clothes and gear just to see what's new or what's on sale.

Then there's the die-hard, never say quit types. They just keep riding. Rain? Big deal! Wind? Piece of cake! Snow? Yeah, a few even brave the snow.

So whether you travel to far away places, curl up in a cozy warm place to wait for the sun, or just get out there and ride your bike come what may, there's always some way for everyone to enjoy bicycling all year long!



CRANKSGIVING!

R·I·D·E
WILL BIKE
FOR FOOD!

Cranksgiving. What in the world is that? Well, that's what happens when bicycling meets charity. Cranksgiving started in New York City in 1999 when a group of bicycle messengers decided to give something back to their community. Since that time this event has been held in Chicago IL, St. Louis MO, Madison WI, Des Moines IA, Los Angeles CA and many other communities.

In many of our conversations on bike rides or food stops we talk about the fun we have riding with each other, helping each other when needed and how much we eat to ride. This will be our opportunity, and your's, to ride to help others eat.

Bicycles will be the main form of transportation, otherwise we couldn't call it "Cranksgiving". Bicycles should be in good operating condition and each rider must have a bicycle helmet. Cell phones are recommended. There are no (zip, zero, nada) registration fees and there will be no prizes given for first rider in, largest item carried, etc. The prize will be your donation of food for a food pantry in Lebanon and knowing that you are helping others to have a good Thanksgiving dinner.

Rain or shine, meet at South Albany High School, 10:00, Saturday November 22. You will be given a list of food items needed and stores on a suggested route. For safety reasons plan to ride in groups of two or more, with someone in the group having a cell phone.

This is going to be a fun ride. I've often wondered why someone didn't do something like this in our area. Thanks to the encouragement from Santiam Spokes, I'm that someone. It can't happen, though, without you.

Beverly Henderson (541-513-3916)





How many bikers does it take to change a tire...
Photograph from Nov 05 Jefferson to Independence ride.
photo courtesy of Kari Kropf



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)

NOVEMBER 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: November Rides will start at 10:00

November 1, 10:00

Dever/Connor Ride

27 miles.

Category I.

Start at Jefferson Middle School. Ride leader – Lloyd Lambert.

November 8, 10:00

Lebanon/Albany/Tangent

25 miles

Category I.

Start at SLCH, Lebanon.

Ride leader – Frank Gaillardet (541-812-1565)

November 15, 10:00

Jefferson-Stayton

35 miles

Category I

Start at Jefferson Middle School.

Ride leader – to be determined.

November 22, 10:00

Cranksgiving Ride!

"Will Bike For Food". Start at S. Albany High School. Grocery lists and list of stores will be provided. It is suggested that we ride in groups of at least two riders and have cell phones available. Distances will vary based on your route. This is a ride started by New York City bike messengers as a way to help the local community food banks. Since the first Cranksgiving ride in 1999 the idea has spread across the country. This is a great time to ride and a terrific way to do something good for the community. The food purchased will go to a local food pantry. Contact person for this special ride – Bev Henderson (541-513-3916)

November 29, 10:00

Brownsville/Crawford/Holley

26 miles

Category II

Start at Brownsville Post Office. This is a reverse route of one of the nicest portions of the Strawberry Century route.

Somewhat hilly, but great views.

Ride leader – to be determined.

See our website for the latest information and any updates: 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.

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.

Brownsville/Post Office

From I-5 exit 216: head east on HWY 228 to Brownsville. From Sweet Home: Take Hwy 228 to Brownsville. Turn onto N. Main Street. Cross bridge. Right on Stanard Ave. Park in lot behind Post Office

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.

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.

Volunteer to Lead a Ride!

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

November 2008 Cycling • Santiam Spokes

Sun

Mon

Tue

Wed

Thu

Fri

Sat

For the latest information visit our
website:
www.santiamspokes.org



Saturday Nov 1, 2008 10:00 am
Dever Conner Ride
Starting Location: Jefferson Middle School.
Distance: 27 miles.
Description: Cat. I
Ride Leaders: Lloyd Lambert.

1

2

3

4

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."

CLUB MEETING

7:00 pm
Samaritan
Lebanon Community
Hospital
525 N. Santiam Hwy.
Lebanon

Saturday Nov 8, 2008
Lebanon/Albany/Tangent

Starting Location: SLCH, Lebanon.
Distance: 25 miles
Description: Cat I
Ride Leaders: Frank Gaillardet (541-812-1565)

8

9

10

11

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."

13

Saturday Nov 15, 2008 10:00 am
Jefferson-Stayton Ride

Starting Location: Jefferson Middle School.
Distance: 35 miles
Description: Cat. I
Ride Leaders: to be determined.

15

16

Please submit material for
Outspoken by today to
Kari Kropf:
kropfrk@comcast.net
PO Box 1183
Lebanon, OR 97355
541.401-3349

18

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."

20

Saturday Nov 22, 2008 10:00 am
Cranksgiving Ride

Starting Location: South Albany High School Pool parking lot
Distance:
Description:
Ride Leaders: Bev Henderson (541-513-3916)
SEE DETAILS INSIDE NEWSLETTER

22

23

24

25

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."

27

Saturday Nov 29, 2008 10:00 am
Brownsville/Crawfordsville/Holley

Starting Location: Brownsville Post Office
Distance: 26 miles
Description: Cat. II
Ride Leaders: To be determined

29



Santiam Spokes, inc.
c/o Lebanon Community Hospital
PO Box 739, 525 North Santiam Hwy.
Lebanon, Oregon 97355
www.santiamspokes.org