

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 17, No. 01 • October 2008

Family

by Dennis Murphy, Santiam Spokes President

I am sitting at the home of Mary Ellen's brother Loren and his wife Jane's house outside of Guelph, a town not far from Toronto, Ontario, Canada. This morning's newspaper has a major article on the front page regarding the transit plan blueprint for the greater Toronto area. They picture a bicycle, along with statistical information. The approximate length of dedicated bicycle lanes, in kilometers, is 1400. In 25 years, they anticipate having 9,000 kilometers bicycle lanes! Today they estimate that 9% of the population either walks or rides a bicycle to work. In twenty five years they estimate the percentage will increase to 12.5%. Toronto gets quite cold in the winter so I am impressed by the fact that they have given serious consideration to the role of the bicycle in the future of the city. I wonder if they have also given consideration to the amount of money that would be leaving the

country to pay for fuel that the bicyclists would otherwise use. That money would now stay in the local economy. Or have they also given consideration to the health benefits of people riding their bikes or walking to work. There was a great presentation done at this past year's bicycle summit in Portland that addressed these additional benefits. I have a copy of that presentation, and perhaps at one of our future meetings I can take a shot at presenting it to our club.

We drove from Detroit to Guelph yesterday, after having spent a few day's with Mary Ellen's family near Detroit. Our grandson is just a little over a year old. Most of the time I see a smile on his face and a twinkle of excitement in his eyes. So we're spending a week enjoying our family. I have come to realize that the time spent with you folks that belong to the Santiam Spoke's has led to many of the same



*Head to Shedd in September
photograph courtesy of Kari Kropf*

October Meeting

Thursday • 7:00 pm • October 2, 2008
Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon

Guest Speaker: Roger Gaither

Nominations for Club Officers

The following is a list of the nominations for the Santiam Spokes Board:

President:
Position open

Vice-President:
Ken Orwick

Touring Co-Captains:
Bev Henderson
Position open

Treasurer:
Maurice Banning

Secretary:
Raylene Sell

Membership:
Jo Johnson

Newsletter editor and publisher:
Kari Kropf

Publicity chairperson:
Position open

Historian:
Position open

Strawberry Century Coordinator:
Position open

Webpage Custodian
Vince Nowell

If you have interest in serving on the Board as an officer, or have some suggestion that you would like to make, please contact Ron Kropf, Maurice Banning, or Raylene Sell.

Nominations for the Jack Thomas Award

The Jack Thomas Award is presented each year to a club member who has given years of leadership and service to our club, the Santiam Spokes, and to the greater community of bicycling. It recognizes their commitment to cycling as a fun and healthy way of life.

The award is in memory of Jack Thomas who founded the Santiam (Slow) Spokes in 1991. As a leader in the Lebanon Community Hospital Foundation, he organized the Hospital's sponsorship of the club with the goal to promote community health and relationships through exercise and organized bike events."

This year we are asking each member to submit 3 names of club members who they think are deserving of this award. Please include specific comments as to why you think that person should receive the award. The award will be given at the November meeting after tallying the votes and reviewing the comments. The final decision will be made by the club president. Past recipients, Roger Gaither, Bill Pintard, Dian Gerstner, Mary Ellen Lind and Kari Kropf are not eligible.

Please mail or bring your nominations to the September or October meetings, or mail them to the attention of Dennis Murphy, c/o the Santiam Spokes.

Name: _____

Comments: _____

Name: _____

Comments: _____

Name: _____

Comments: _____



Cont. from page 1

emotions that I have when I am visiting with family. When I'm doing a Saturday ride, or our special weekend rides, or our summer bike tours, I have grown to appreciate the variety of personalities, the humor, the smiles, the sharing of life's adventures that occur among us. I have the sensation of being at home, of being safe with who I am, to not being judged, to being supported and encouraged in the things that I try to do.

I raise this perception, this viewpoint of our club, for a reason. We all live in difficult times with many personal problems and issues that we deal with at work and home. That is life. For many of us, our immediate families are spread out across the States, and possibly into other countries, as is the case with Mary Ellen. When I think of family, I think of love, of trust, of encouragement, and of course, laughter. I have watched our club provide these things to so many of our members, freely and with no strings attached. Like a family, our club has become more than what our bylaws say is the purpose of this bicycle club. Thank you for enjoying with me this past year as co-members in the Santiam Spokes bicycling club.



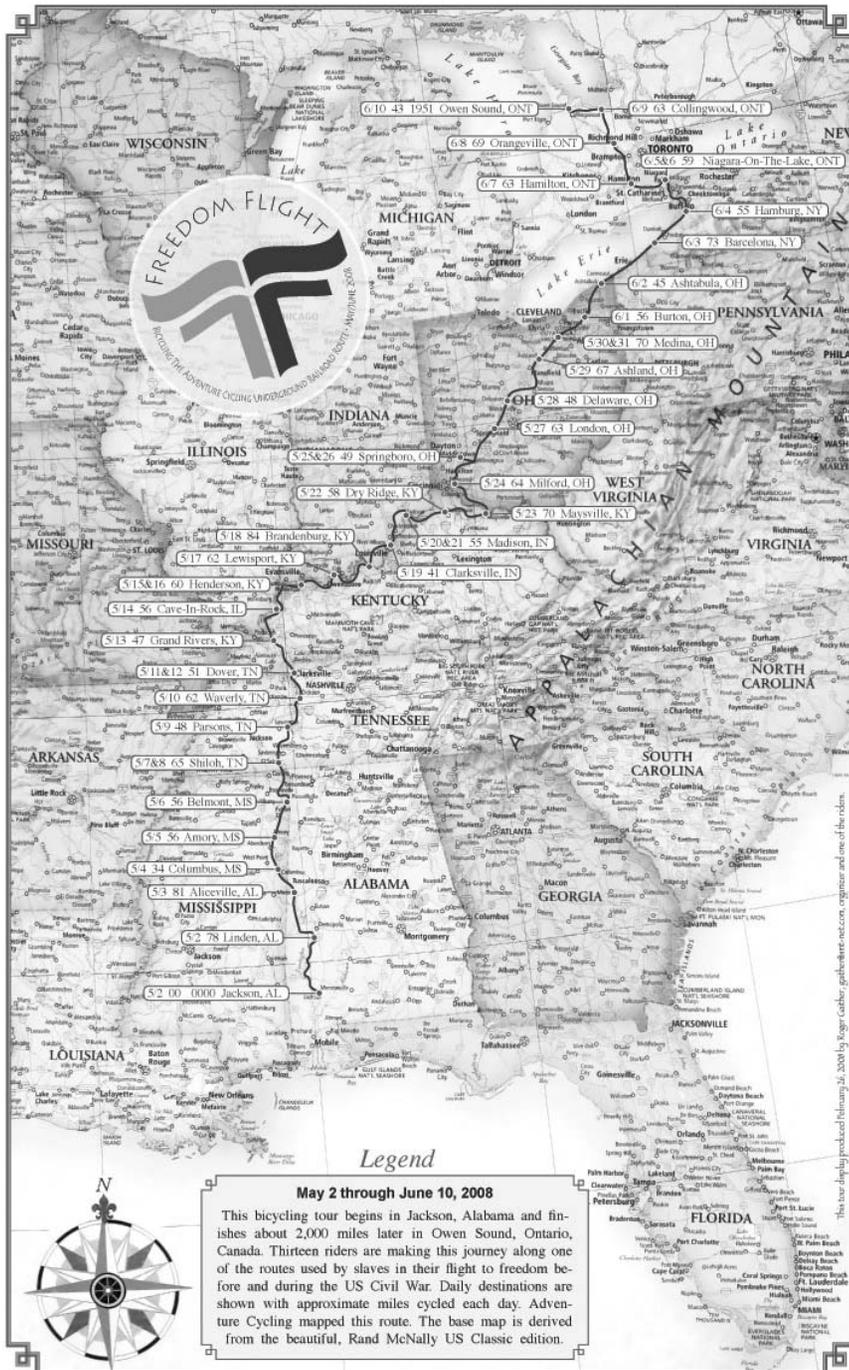
Oktoberfest

*Above left: Waiting at the Wheatland Ferry
Above right: Chicken Dance*



*Above: Waiting at the Wheatland Ferry
Left: Oktoberfest Dancers
photograph courtesy of Kari Kropf*

Visit our website at www.santiamspokes.org for a color version of the newsletter.



Join us at the Next Club Meeting for a Presentation of the Underground Railroad Bicycle Tour

Thursday, Oct. 2, 7:00 PM,
 Lebanon Community Hospital, Lebanon

Come join Ace & Jo, Dian, Seph & Lin and Roger as they revisit the Underground Railroad bicycle tour which they enjoyed this past spring. They will show maps and a 20 minute quick-time movie and answer questions. Come share this most enjoyable and interesting 2000 mile tour from Jackson, Alabama to Owen Sound Ontario.

The UGRR08 Tour In Capsule

- Start May 2 in Jackson, AL
- Finish June 10 in Owen Sound, ONT
- Total days: 42
- Rest/sightseeing/layover days: 8
- Average daily mileage: about 59
- Shortest day: about 34
- Longest day: about 82
- Total mileage: about 2000
- States visited: AL, MS, TN, KY, IL, IN, OH, NY, ONT



Join us at the October Meeting for a presentation of the Underground Railroad Bicycle Tour

Photographs and Graphics courtesy of Roger Gaither

SANTIAM SPOKES

General Meeting
September 4, 2008
By Raylene Sell

Dennis called the meeting to order at 7:08 pm. Bill introduced our special guests Enrique and Kay who recently returned from a nine week bike trip to New Zealand. They currently own Corvallis Cyclery.

Minutes

Approval of August minutes (there was no meeting in July): The August minutes were accepted and approved.

Membership Report (Ron Kropf)

Fall renewals have recently been mailed. There are 135 current members.

Ride Leader Report (Bev Henderson)

Once again ride leaders are needed! If you haven't led a ride it's easy, it's fun and YOU get to choose where to eat lunch! Please contact Bev to find out where she can use you! Beginning November 1st ride start times are changing to 10:00.

Treasurer Report (Maurice Banning)

There is \$21,117.29 in the bank. Still some bills to pay for the Strawberry Century and the Philanthropy

committee will be making some decisions about future donations.

Announcements:

If you have a desire to serve on the board and be a part of the decision making process for the Santiam Spokes please contact Raylene (258-8328), Ron (451-4446), or Maurice (928-6665).

The positions open are President, Vice-President, Historian, Publicity Chair, Tour Captain co-leader, and Strawberry Coordinator. If you want to serve and want to know more about the available positions please contact us and we can fill you in! It's fun and you will enjoy the people already on the Board.

October meeting will be a potluck meeting. Bring your favorite food and come hungry :

New Business:

Bill Pintard shared the new bicycle maps that are now available. Pick yours up at a local bike shop! Hmm...who are those people on the front cover? Possibly a few Spokes members?

Jarel compiled all the registrations from the Strawberry Century and we have a current mailing list for next year. Thank you Jarel!

Meeting was adjourned at 8:58.



Wheatland Ferry • Photo courtesy of Kari Kropf

Albany & Mid-Willamette Valley Bicycle and Pedestrian Map

With the help of the Linn County GIS Department and many volunteers, the Albany Bicycle and Pedestrian Advisory Commission has printed the first update to the Albany and Mid-Willamette Valley Bike & Pedestrian Map. The map has the City of Albany on one side and the Mid Willamette Valley on the reverse side. It is printed on a water and tear resistant paper and includes parts of Linn, Benton, Lane, Marion and Polk counties.

The map gives you information on where the bike lanes and bike paths are located and the relative traffic density of roads so you can find the best routes to your destination. City and county parks are clearly marked. The location of hills and their relative steepness is another feature of the map. Points of interest in Albany and in the Mid Willamette Valley are also displayed such as covered bridges and wineries. The map also includes the routes of the Covered Bridge and Strawberry Century bicycle tours, as well as the Willamette Valley Scenic Bikeway. Established by Oregon State Parks in 2005 the Bikeway marks a route from Champoeg State Park to Armitage Park north of Eugene. It is marked by road signs along the way. The Bikeway is a great two day ride of the Willamette Valley.

The map is available and free at most bike shops, the Albany Visitors Center and Albany Parks and Recreation in the City Hall. You can also get the map by attending a club meeting or participating in a club ride. Contact Bill Pintard for further information at 541-967-3295.

Bill Pintard



OCTOBER 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: October rides start at 9:00. November Rides will start at 10:00

October 4 **9:00**

Apple Daze

Brownsville to Detering Orchard, Harrisburg.

45 miles. Category II. Start at Brownsville Post Office. This traditional ride to Harrisburg will take you over one significant hill south of Brownsville on the way to Detering Orchard for fresh apple cobbler, fresh-squeezed apple juice, hay rides on horse-drawn wagons, pumpkins galore and good music. The route

back will be along quiet country lanes by fields that have been harvested for the year. Come and join us on this club favorite. Ride leader – Bev Henderson (541-513-3916)

October 11 **9:00 / 10:00 am**

Albany/Jefferson Stage Ride.

43 and 25 miles. Long distance riders start at Albany Beanery (18th & Fescue) at 9:00, short distance riders start at Jefferson Middle School at 10:00. Category I & II. Long distance riders will go to Jefferson on a quick, flat route to meet the rest of the group for a meandering trip around Ankeny Wildlife Refuge. The birds should still on migration and resting in the refuge as we go by. Return trip to Albany will be over Scravel Hill. Ride leaders – (long) to be determined, (short) Ace Johnson.

October 18 **9:00**

Corvallis/Springhill Road.

Approximately 35 miles. Category II. Start at Harrison Street bridge. Ride leader – to be determined.

October 25 **9:00**

Halloween Ride

45 miles (option for 25 miles). Category II. Another club tradition for this time of year, we ride through (respectfully) and past historic final resting places of the pioneers of this area. There are places with cow ghosts, pearly gates and some other "spooky" sites. 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.

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

Corvallis Rides • Harrison St. Bridge

From I-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.

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.

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.

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

October 2008 Cycling • Santiam Spokes

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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

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 Oct 4, 2008 9:00 am
Apple Daze
 Starting Location: Brownsville Post Office
 Distance: 45 miles.
 Description: Cat. II
 Ride Leaders: Bev Henderson (541-513-3916)

4

5

6

7

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."

9

Saturday Oct 11, 2008
Albany/Jefferson Stage Ride
 Starting Location: Albany Beanery / Jefferson Middle School
 Distance: 25 & 43 miles
 Description: Cat I & II
 Ride Leaders: (long) to be determined, (short) Ace Johnson

11

12

13

14

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."

16

Saturday Oct 18, 2008 9:00 am
Corvallis/Springhill Road
 Starting Location: Harrison Street bridge
 Distance: 35 miles
 Description: Cat. II
 Ride Leaders: to be determined.

18

19

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

21

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."

23

Saturday Oct 25, 2008 9:00 am
Halloween Ride
 Starting Location: South Albany High School Pool parking lot
 Distance: 42 miles (25 mile option)
 Description: Cat. II
 Ride Leaders: To be determined

25

26

27

28

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."

30

31

November
 1