

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 17, No. 07 • April 2009

Greetings From Your New President

by Ken Orwick, Santiam Spokes President

Hello to a great group of bicycling friends! It's time for me to pick up more responsibility with The Spokes. The president's position followed very quickly after I agreed to be vice-president. Like Dennis, I will count on a lot of help.

Here's a run-down of my life in the saddle: Starting at age six, my brother and I found our Dad's old one-speed and learned to ride on the hills of Astoria. We took turns being the car spotter at the intersection between the hill and the flat block. I remember starting just barely up the hill, and then going farther up each time. I think we eventually learned how to use the brakes. When I was in the fifth grade, our family moved to Salem. I saved up every penny and bought a brand new \$42.00 Schwinn one-speed. I immediately started riding it to school and the bike and I shared a paper route.

Within three years, I progressed to a used three-speed and joined friends and my brother for camping and fishing trips to the Little North Fork of the Santiam River. We all dreamed The Long Tour (maybe Canada?), but it never happened.

My family returned to Astoria as I entered high school, and the bike was put away as basketball and track took over. When I enrolled at the University of Oregon in 1968, I dug out the old three-speed for an occasional ride to classes. Medical School on The Hill in Portland made cycling pretty difficult, but the internship in Phoenix made bicycling a serious endeavor. I was a mile or two from the county hospital, and I bought a new \$100 Vega ten-speed. The purchase made it possible for Laurie and me to get by with one car, and the route along the canal was more fun than riding on the busy, blistering hot highways.

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**REMINDER:
SATURDAY RIDES WILL START AT 9:00 AM BEGINNING IN APRIL!**



Photograph courtesy of Ron Kropf

Above: A few brave riders take on the King's Valley Ride despite rain and big, BIG, wind!

From left: Dennis Murphy, Dian Gerstner, Bev Henderson, Mary Ellen Lind. Not pictured: Ron Kropf

APRIL MEETING

Guest Speaker: Alex Phillips,
Bicycle Recreation Coordinator
for the Oregon Parks & Recreation Department.
Details inside.

**April 2, 2009
Thursday • 7:00 pm**

**Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon**

April General Meeting Guest Speaker

Alex Phillips, the Bicycle Recreation Coordinator for the Oregon Parks and Recreation Department will be our speaker on Thursday night, April 2nd, at the general meeting of the Santiam Spokes. She is working on completely revising the Willamette Valley Bikeway Website. She will be telling us about these changes and all of the exciting new things going on with the bikeway program. This should be a very informative and interesting presentation!

Santiam Spokes General Meeting Minutes March 5, 2009

Several members gathered at 7:00 to prepare the Strawberry 2009 brochures for mailing. The brochures will be mailed right away. The general meeting was called to order at 8:13 pm.

General Meeting

Approval of February Minutes: Minutes were approved as is.

Announcements:

Alex Phillips, Bicycle Recreation Coordinator with State of Oregon, will speak on April 2nd. A short presentation on the Willamette Valley Bikeway.

Support Letters for BLT: Rod Sell needs letters of support for grants he is applying for. These are grants to acquire more property at Cheadle Lake and for proposed trails in Lebanon. He is asking for letters of support for the building of trails and the support of acquisition of property for trails. Please email him at rsell@ci.lebanon.or.us if you have questions. You can email letters of support directly to him.

Oregon Bike Summit: April 21 and 22 is the Oregon Bike Summit held in Portland. Dennis was impressed with last year's summit. Are there any board members interested in going? Please contact Dennis. If not, then it will be open to general membership. This year the meeting will be in Salem.

New Business:

On April 18th Peak Sports will have a bike clinic from 6:00-8:00pm to learn more about tire changing and essentials you should carry with you when riding. Contact Peak's to find out more about their clinic.

The meeting was adjourned at 8:45 pm.

Membership Report (Jo Johnson): 147 current members. Jo sent out 43 renewal letters the beginning of March.

Ride Leader Report (Bev Henderson & Mary Ellen Lind): APRIL 4TH RIDE TIMES CHANGE TO 9:00! 9:00! 9:00! APRIL 4TH, APRIL 4TH, APRIL 4TH! If you are riding the Newport Ride April 25th

please get in touch with Mary Ellen or Bev...especially if you are planning on staying with the group at the house! Space is filling up fast!

Treasurer Report Maurice Banning: Maurice reported about \$11,000 in checking. Major expenses have been for Build Lebanon Trails and Strawberry club support.

Right: Lunch at Brownsville: Dian, Bev, Dennis, Mary Ellen, Ron and Bob

Below: Bev, Bob and Dian watch a ribbon blowing in the HEAD wind.



Photographs courtesy of Kart Kropf



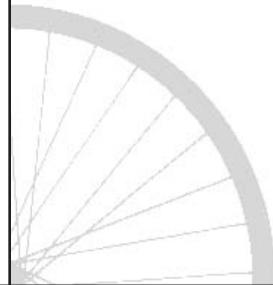
SUMMER TOURS

The description of the two one-week summer tours was printed in the March Outspoken. This is a reminder that the July 5 - 11 tour will begin at the Gaither home in Scio and end at Vale, OR. This is not a loop tour. Roger and May invited club members to join them as they begin their Trans-America ride. The mileage is about 370 miles, all or mostly camping and self cooking. Roger requests that you let him know if you wish to Ride Across Oregon by mid-May. Also let one of the Summer Tour committee members know so we can plan to meet in May with Chuck Young, the SAG driver, to discuss a plan for the return route.

The second week tour will be August 16 - 22. The Crater Lake loop tour will begin in Canyonville, OR, spend 2 nights at Crater Lake Mazama Campground, bike around Crater Lake then descend to Fort Klamath, Shady Cove and return to Canyonville. The mileage is about 275; overnights will be all or mostly camping. You will have the option to join with group cooking/drinking for an individual cost or to do solo. A registration form will be in the May Outspoken to return with a deposit. Again, Chuck is planning to SAG our gear.

Both rides include Terrain Categories I - IV. Some terrain will require ability for strenuous, sustained biking over many hills. To build your ability, the committee suggests that you ride the high category Saturday rides starting now. The expenses of the SAG driver and vehicle will be paid by the club treasury. Therefore, if you join a tour we ask that you help at our major fundraiser, the Strawberry Century event on June 13.

Tour committee: Mary Ellen Lind, Raylene Sell, Ken Orwick.
E-mail: melind@peak.org



TOUR TOUR

BIKE TO NEWPORT AND RETURN THE NEXT DAY!

Our annual bike ride to Newport is on Saturday, April 25 (start at 8 a.m.) and ride back on Sunday, April 26 (arrival time will be about 3 p.m.). This route will take good bike fitness and you have a few weeks to get ready, including a hilly ride over Marcola Road on Saturday, April 18. The Ride Co-captains need to know if you are planning to join our biking group because we want to adequately prepare for your overnight stay and meals Saturday night and Sunday before we start back. Chuck, our trusty SAG driver will be at the start site to carry your bags.

You have the option of staying overnight in a rented house for \$10/night. If you eat with the group, the cost of food is another \$10. The house can accommodate 6 - 8 or more. It has two full beds, two bunk beds, a futon and plush carpet for sleeping bags. Some bikers choose the alternative of staying in a motel room and eating at restaurants on Saturday and Sunday.

An important SS bike club member has a birthday on April 25 - who? He really welcomes you to celebrate with him at the Rogue Brewery!

Please contact one of us if you plan to stay overnight at the house and eat the meals:

Mary Ellen Lind, ph. 541-738-8600 e-mail: melind@peak.org
Bev Henderson, ph. 541-513-3916

Onword to Cinnamon Rolls and Daffodils!

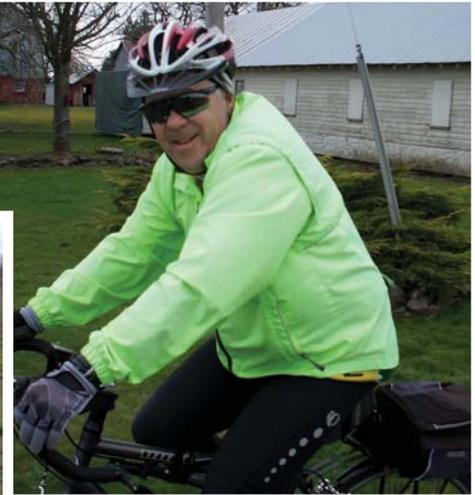


Dian



Jim

Bev



Seph

Ron gets a little crazy with the camera...



Lin

Mary Ellen & Jessica



Screeni

Dennis & Jo



more...



Bev's Brother and Ace

Below: We had stopped to regroup when Bev noticed there was something up with her saddle. This is what's left of the bolt. We found a place to pull to the side of the road. Bev pulled out her handy, dandy little bike bag of goodies where she had a spare bolt stashed. Yay Bev!



Above: It never looks it in the photo, but this hill was FUN! Mary Ellen on the downhill



Above: Ron takes a break after all that photography

Below: Just so you know...this is Ron's car. He bought the winning ticket. I hope no one else wasted their money, cuz he bought the winning ticket!



APRIL RIDES 2009 • Start time: 9:00am

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.

Volunteer to Lead a Ride!

If you would be interested in leading a ride please contact: Bev Henderson, phone number 541-513-3916, or Mary Ellen Lind, ph. 541-738-8600.

Rides start at 9:00

NOTE: Rides begin at 9 a.m. starting April 4

April 4, 9:00

Tulip Festival Ride

Start at Maud Williamson Park, north of Salem. 45 miles. Category II. This has become an annual favorite. We will

ride past hop fields, orchards in bloom, old train stations on our way to Wooden Shoe Bulb Company. The tulips should be blooming, creating a riot of color. There will be food and craft booths for your eating and exploring pleasure. A full lunch stop will be in Mt. Angel as we mosey our way back to Maud Williamson Park. Ride leader – Bev Henderson, 541-513-3916.

April 11, 9:00

OSU Lambing Barn

Start at Harrison Bridge, Corvallis. 32 miles. Category II. A gentle ride along bike paths through OSU campus and out of Corvallis. There is a graveled road to the Lambing Barn, but it is rideable with caution. Lunch stop to be decided. Ride Leader – Mary Ellen Lind, phone 541-738-8600.

April 18, 9:00

Brownsville to Coburg to Marcola

Start at post office in Brownsville. Approx 60 miles. Category II/III. This is our training ride for the Newport trip (next week). There are mostly rolling hills with some that are more challenging. Farm lands, forests, creeks and rivers alongside. A wonderful spring ride through the lower part of the mid-Willamette valley. There will be a food stop in Coburg, with a full lunch stop planned for Marcola. Ride leader – Bev Henderson, 541-513-3916.

April 25/26, 8:00

Corvallis to Newport and back

Start at Harrison Bridge, Corvallis. 70 to 73 miles each way. Category III. Our annual trip to the coast, this ride creates great memories of funny things seen on the route, funny things that have happened, funny places to eat. It's a fun ride, lots of laughter, good food, great times. We will ride to Blodgett, Summit, Logsdon, Siletz, Toledo, Rogues Ale Brewery finally spending the night in Newport, either at a house we rent (thank you, Bill Pintard) or motel rooms. The route is reversed. There will be sag support. For additional information, be sure to read Mary Ellen's article in this newsletter. Ride leader – Mary Ellen Lind and Dennis Murphy, phone 541-738-8600.

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.

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.

Maud Williamson Recreation Site

From I-5: take exit number 263, towards Brooks. Turn left onto Brooklake Rd. Turn right onto Wheatland Rd N. Turn left onto Wheatland Ferry Rd. Cross on the ferry and continue on to Wallace Rd. Turn right onto Wallace Rd NW. Park at Maud Williamson Recreation site.

From Hwy 22, west of Salem: Head north on Hwy 221. Drive about 12 miles to Maud Williamson Recreation Site.

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

www.santiamspokes.org

April 2009 Cycling • Santiam Spokes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>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 information.</p>	<p>CLUB MEETING 7:00 pm Samaritan Lebanon Community Hospital 525 N. Santiam Hwy. Lebanon</p>		<p>Saturday Apr 4, 2009 9:00 am Tulip Festival Ride Starting Location: Maud Williamson Park, north of Salem Distance: 45 miles. Description: Cat. II Ride Leaders: Bev Henderson, 541-513-3916</p>
5	6	7	<p>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 information.</p>	9		<p>Saturday Apr 11, 2009 9:00 am OSU Lambing Barn Starting Location: Harrison Street Bridge in Corvallis. Distance: 32 miles Description: Cat II Ride Leaders: Mary Ellen Lind, phone 541-738-8600</p>
12	13	14	<p>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 information.</p>	16		<p>Saturday Apr 18, 2009 9:00 am Brownsville to Coburg to Marcola Starting Location: post office in Brownsville. Distance: 60 miles Description: Cat. III/III Ride Leaders: Bev Henderson, ph. 541-513-3906</p>
19	<p>Please submit material for Outspoken by today to Kari Kropf: bluekat78@comcast.net PO Box 1183 Lebanon, OR 97355 541.401-3349</p>	21	<p>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 information.</p>	23		<p>Saturday Apr 25/26, 2009 8:00 am Corvallis to Newport Ride* Starting Location: Harrison St. Bridge, Corvallis Distance: approx 70-73 miles Description: Cat III Ride Leaders: Mary Ellen Lind and Dennis Murphy, phone 541-738-8600 *Really it's the Rogue Ride...You know it's true!</p>
26	27	28	<p>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 information.</p>	30	<p>For the latest information visit our website: www.santiamspokes.org</p>	



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