

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 17, No. 06 • March 2009

Left Turn Anxiety

by Dennis Murphy, Santiam Spokes Acting President

Group bicycling is a fun social experience that provides not only companionship but also the security that should you have a problem, there will most likely be people to help you. Such a style of riding also encourages riders to be more aware of their surroundings, giving both physical and verbal signals of road hazards, location of automobiles, decreases in speed, and upcoming turns. It is the subject of turns, particularly left turns, that I want us to increase our awareness of.

When riding alone, turning left doesn't often present major safety issues. The rider looks in his mirror, checks to see that the road is clear, signals his intention to turn, then proceeds. When riding in a group, the situation can quickly get more complex and without thoughtfulness and awareness on the part of all riders, can lead to a dangerous situation even in light traffic. It is my hope that in talking about some of the factors that come into play, a life may be saved or a severe injury avoided.

In anticipation of making a left turn, the lead rider evaluates the road ahead for a left turn lane and for the surrounding traffic patterns.

He then judges how close he is to making the turn and checks the rear view mirror for traffic. When you have a group of riders behind the lead rider, they need to stay as far to the right as possible, so they aren't blocking the lead rider's vision of the road from behind. If riders are out to the left, the lead rider needs to drift further into the road to get a clear sight of the rear traffic. If the riders in back of the lead rider drift further out into the road behind him they block not only the leader's vision but also the vision of any other riders in front and a dangerous situation can develop. In essence, you can have a group of riders moving into the center of a roadway with none of them clearly aware that it is safe to do so. When the lead rider can see that the road is clear he will give the left turn signal and each rider behind him can repeat that process. Each rider has the responsibility to check the road for safety. It is important that you don't assume that just because the rider in front has moved into the roadway there is no need to evaluate the traffic flow behind you.

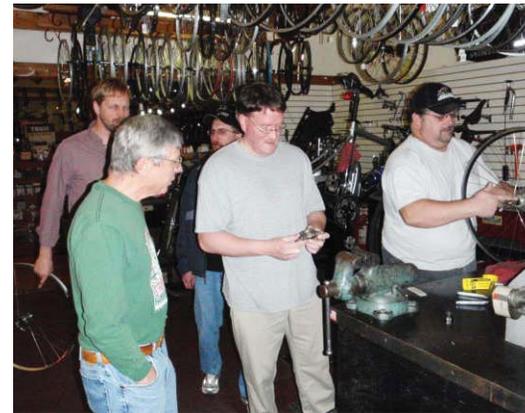
The rider at the rear of a group has an excellent view of the road, and if he is close enough to a left turn, he can pull out into the

1 *Cont. on page 2*



Photograph courtesy of Kari Kropf

WE RIDE FOR CHOCOLATE!



Photograph courtesy of Gregg Rouse

Above: Chocolate Ride 2/14/09 ~ Frank, Roger, Mary Ellen, Ron, Dian, Dennis, Bob, Craig, Bill and Jo regroup on Knox Butte Rd.

Left: Club Night at Peak Sports ~ Nelson, Bill, Ron, Vince and Jerel.

MARCH MEETING

March 5, 2009

Thursday • 7:00 pm

Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon

TWO SUMMER WEEK-LONG TOURS

CRATER LAKE LOOP TOUR

This 7 day tour will begin Sunday, August 16, at Canyonville, Oregon (off I-5) and finish Saturday, August 22. On the 3rd and 4th day we will camp at Crater Lake then descend to Fort Klamath to Shady Cove and back to Canyonville.

Chuck is again willing to provide SAG support. The overnight arrangements will include both camping and low cost motels. Some of the meals will be prepared and offered as part of the tour. For others, you may cook or eat in restaurants. Distance is about 275 miles; 35 - 55 miles per day. Terrain category, I - IV.

For more information, contact Mary Ellen Lind, ph. 541-738-8600 or melind@peak.org. A reservation form for the Crater Lake tour will be posted later.

RIDE ACROSS OREGON

Roger Gaither is planning a trans-America bike ride that will start at his home in Scio on Sunday, July 5. He invites club members to accompany him across Oregon, to arrive in Vale, Oregon on Saturday, July 11. The total distance is about 370 miles; 40 - 70 miles per day. Terrain Category, I - IV.

Roger will make overnight camping reservations along the way. He has information about cabins and motels where you may make reservations if you choose not to camp. Riders are expected to be self-responsible such as prepare own meals (or use restaurants). Chuck Young is willing to drive his truck as a SAG vehicle. Since the club funds help to pay the SAG expenses, we will need to have 5 or more club member riders in addition to Roger and May. If we have fewer riders, they will need to ride self-contained. Also, riders will need to arrange for their return to the Willamette Valley.

If you are interested in joining the Across Oregon tour, contact Roger at gaither@smt-net.com for more information. He would like to know who will be riding with him by mid-May.

This is early notice about tour choices for your consideration. We want to remind you that if you ride a tour that offers SAG support by the club you must be a club member and you will be expected to help with the Strawberry Century event on June 13. Proceeds from that event help with the tour expenses. From the tour committee, Mary Ellen Lind, Raylene Sell, Kari Kropf and Ken Orwick.

Continued from page 1

center of the roadway as a signal that the road is clear for a left turn. Riders in front can see him with his left turn arm extended and take that as a signal that no cars are approaching from behind. If a biker pulls out into the road and the riders behind are not following, it is a good time to re-evaluate the safety of the turn - ask, "Is there a vehicle coming? Is it travelling at a high rate of speed?" Remember that while bikers have a right to be on the road, they are involved in making very serious safety decisions. It is no consolation to you or your friends that you "had a right to be there", if your life is ended by a vehicle driven by a person who didn't see you make a left turn signal. A driver can be distracted by a cell phone call, or assume that you are just riding in the middle of the road and try to pass you on the left. It could also happen that simply due to a lack of clear vision of the road behind, you could pull directly in front of a car moving too fast to avoid hitting you.

In the years that I have been riding with the Santiam Spokes, it has been the occasions of the left turn that have frequently given me anxiety for the safety of my fellow riders. Perhaps having been personally involved in an accident that involved a left turn has made me super sensitive to these occasions. I believe that we can always be more aware of the potential dangers of biking on highways. As individuals, we can raise our level of attentiveness when making a left turn while riding in a group. That increased awareness, will go a long way in helping me to reduce my left turn anxiety!

Club Night at Peak Sports

By Ron Kropf

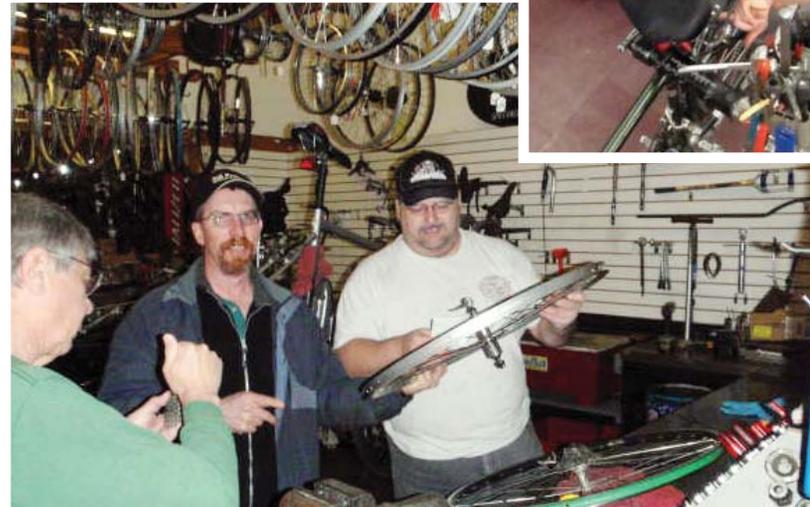
Eight of us from Santiam Spokes showed up at Peak Sports for Club Night. Jerel Gall, Frank Gaillardet, Maurice Banning, Vince Nowell, and Ron Kropf brought bikes to work on. Dennis Murphy, Mary Ellen Lind, and Bill Pintard came to “help out”. Peak Sports had two mechanics, Nelson Sherry and Mike on hand to help us work on our bikes. This was a great opportunity for each one of us to learn how to work on our own bikes, and to help others with their bikes. A special thanks to Nelson Sherry and everyone at Peak Sports for hosting Club Night. This event was a lot of fun!

Photographs courtesy of Gregg Rouse from Peak Sports

Maurice and Mike



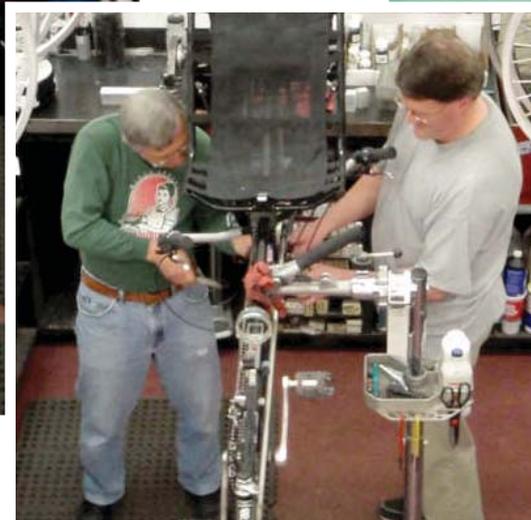
Bill, Ron and Jerel



*Below:
Ron, Dennis and Frank*



Jerel works on his bike.



Bill and Vince working on Vince's recumbent.





Chocolate Ride We Ride For Chocolate!

Left: Lunch at Szabo's
Lower left: Craig & Ron on the trail
Middle top: CHOCOLATE CAKE!
Middle lower: Waiting to regroup

Photographs courtesy of Kari Kropf



Head to Shedd

Top: Riders stop and visit Thompson Mill
Lower: Lunch at Shedd Cafe. Dian brought cupcakes to celebrate Jerel's birthday - Yum!



Santiam Spokes Board Meeting Minutes February 5, 2009

Present: Dennis Murphy, Acting President; Ken Orwick, Vice President; Raylene Sell, Secretary; Maurice Banning, Treasurer; Kari Kropf, Newsletter; Craig Eucken, Publicity; Bev Henderson and Mary Ellen Lind, Ride Co-captains.

Strawberry Century. Dennis announced that there are 8 members in addition to himself on the Strawberry Committee for the four positions of Publicity, Registration, Roads & Maps, and Nutrition. The Board approved expense of two dinner meetings for these volunteers. Members reviewed draft of brochure. Members discussed using Bike OR organization's preferred event package or for only registration tracking. No decision.

Philanthropy Committee. Board reviewed and approved grant request from Build Lebanon Trails for \$1,000, to be submitted to full membership for vote. There are vacancies on this committee. Board discussed need for rotation of committee membership.

Bike ride from Sweet Home during their Sportsman Holiday event. Bob Duce, SS member, requested the club's assistance to organize our usual Saturday route on July 11 to begin in Sweet Home and be about 45 mile bike ride. This would be co-hosted with Tom Scrivner who serves on the SH Chamber and works for White's Electronics. He would provide refreshments after the ride. A \$10 donation would be requested for the Lance Armstrong Foundation. Bob Duce will take the leadership and attend Strawberry Century organizational meetings to learn about duties of organizing the event. Bev Henderson will work with him to determine a route. The event will be promoted through our web site and newsletter. Addresses of bike store and clubs in area will be offered for mailing fliers to promote the event. The board agreed to co-sponsor this bike ride event and information will be taken to general club meeting.

Minutes submitted by Mary Ellen Lind



Santiam Spokes General Meeting Minutes February 5, 2009

At 7pm Dennis Murphy suggested the order of business be rearranged to allow the guest speaker Dr. Bill Origer to present the evening presentation of "Biking and Eating in Brazil."

The General Meeting was called to order at 8:10 pm by acting president Dennis Murphy.

Jo Johnson, Membership, reported 147 members. Just a reminder to update your address, email and cell phone numbers and get to Jo Johnson. Please update now. The hospital has to pay for any returned mail sent by the Spokes.

Ride Leader Report (Bev Henderson): We ride to eat and we eat to ride...come and join us! Check out the website and newsletter for the weekly rides! RIDE TIME CHANGES IN APRIL - 9:00 AM! April, April, April, 9:00, 9:00, 9:00!!!!

Maurice Banning reported there is approximately \$13,000 in the bank account. Several large bills have now been paid from the Strawberry Century.

There was a unanimous vote of support to donate funds to Build Lebanon Trails (BLT).

Announcements:

February 18th Peak Sports will host a club night. You will have access to parts and the expertise of a mechanic to make sure you have the right tools to do the job you need to do. The mechanic will not be

working on the bikes. If you want to know more of what Peak's has scheduled the information is on their website.

There are two options for the summer tours (now posted on the website): (1) Ride Across Oregon: July 5-12 - Join Roger Gaither and May Garland as they begin their Ride Across Oregon; (2) Crater Lake Loop: August 16-22 - This is a supported loop ride. Chuck is willing to sag both rides. Contact Roger for the July ride info and Mary Ellen for the August ride info.

New Business:

Rod Sell reported that Build Lebanon Trails (BLT) has offered to purchase barricades (to use for holding signs) and donate them to the Santiam Spokes for use in the Strawberry Century.

Vince asked how do we go about purchasing new club jerseys? It was unanimous to begin the process. Is this something you would like to be involved with? Contact Dennis Murphy.

Roger Gaither wanted to know if we can organize some kind of youth club to get young people out on rides? Is there anyone interested in getting youth involved in riding? What are your thoughts? Please contact Roger with your ideas.

Roger Gaither has been working with Linn County developing the tour guide, "Linger

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MARCH RIDES 2009

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 10:00

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

March 7, 10 a. m. **LEBANON TO BROWNSVILLE LOOP**

Start at the Samaritan Lebanon Community Hospital, ride via Sand Ridge Rd to Brownsville for lunch. Return route includes Rock Hill and Stoltz Hill Rds. One challenging hill on Sand Ridge, otherwise a few rolling hills and mostly open flat farmland. Terrain Category II. Approximately 34 miles. Ride Leader: Bob Duce, ph. 541-401-0655.

March 14, 10 a. m. **KINGS VALLEY LOOP**

Start from the parking lot under the Harrison Street Bridge in Corvallis. This ride will take Hwy 20 for a few miles, turn onto Independence Hwy, and cross Hwy 99W to Airlie Rd. About half way there are steeper, longer coastal foothills after the route turns onto Maxfield Creek Rd. We again follow Hwy 20 and enter Philomath for lunch at the Woodsman Diner. Terrain Category III. Approximately 50 miles. Ride Leader: Dennis Murphy, ph. 541-738-8600.

March 21, 10 a. m. **DAFFODIL FESTIVAL RIDE**

Start and end route at the parking lot on the riverfront in Harrisburg. This is an annual ride of the club that takes us past many country field that are lined with daffodils. We join the Daffodil Festival at Long Tom Grange where we can buy lunch to enjoy with hip-hop fiddlin' music, see display of quilts, classic old car show and browse through a craft market. Terrain Category II. Approximately 32 miles. Ride leader: Bev Henderson, ph. 541-513-3906

March 28, 10 a. m. **MC DOWELL CREEK RIDE**

Park and ride from Samaritan Lebanon Community Hospital. This is a favorite ride to a gorgeous wooded setting along a stream that has tumbled over a beautiful double water falls. The route has some hills over Berlin road. Lunch will be what you pack and bring with you and will take place next to the melodic McDowell Creek. You have the option of hiking a

short way to see the falls. The return route is relatively flat terrain to Waterloo and goes back to Lebanon via River road. Don't forget your lunch! Terrain Category II. Approximately 32 miles. Ride Leader: Ken Orwick, ph. 541-451-2945.

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.

Harrisburg Riverside Park

1st Ave, Harrisburg
From I-5 exit 209 head west toward Harrisburg/Junction City. Turn right onto Diamond Hill Dr. Turn left onto N 7th St. Turn right onto N Territorial St. Turn left on 1st avenue. Park in Riverside Park parking lot.

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

March 2009 Cycling • Santiam Spokes

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3	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.	CLUB MEETING 7:00 pm Samaritan Lebanon Community Hospital 525 N. Santiam Hwy. Lebanon	Saturday Mar 7, 2009 10:00 am Lebanon to Brownsville Loop Starting Location: Samaritan Lebanon Community Hospital Distance: 34 miles. Description: Cat. II Ride Leaders: Bob Duce, ph. 541-401-0655	7	
8	9	10	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.	12	Saturday Mar 14, 2009 10:00 am King's Valley Loop Starting Location: Harrison Street Bridge in Corvallis. Distance: 50 miles Description: Cat III Ride Leaders: Dennis Murphy, ph. 541-738-8600	14	
15	Please submit material for Outspoken by today to Kari Kropf: bluekat78@comcast.net PO Box 1183 Lebanon, OR 97355 541.401-3349	17	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. <hr/> Peak Sports Bike Clinic	19	Saturday Mar 21, 2009 10:00 am Daffodil Festival Ride Starting Location: parking lot on the riverfront in Harrisburg Distance: 32 miles Description: Cat. II Ride Leaders: Bev Henderson, ph. 541-513-3906	21	
22	23	24	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.	26	Saturday Mar 28, 2009 10:00 am McDowell Creek Ride Starting Location: Samaritan Lebanon Community Hospital Distance: approx 32 miles Description: Cat II Ride Leaders: Ken Orwick, ph. 541-451-2945	28	
29	30	31	For the latest information visit our website: www.santiamspokes.org				



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