

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 17, No. 08 • May 2009

Ever wish you had eyes in the back of your head?

by Darren Alff
www.bicycletouringpro.com

Today I want to talk about safety. Bicycle travelers are afraid of a lot of things, but the overwhelming number of people I talk to are afraid of being hit by a car. Today, I'll share with you one simple thing you can do to make sure this never happens.

I get a lot of emails from people planning their first bicycle tour and they often times bring up the issue of being hit by a car.

The thing that scares people most is the fact that behind hit by an automobile can happen at almost anytime.

Some have even compared the event to that of a shark attack. You can't see the killer, but it comes out of nowhere, strikes, and by the time you figure out what happened, it's often times too late.

I've ridden with cyclists who have been hit by a car and it's something you want to avoid at all costs. But, the fact of the matter is, if you are smart and pay attention to your surroundings,

a car vs. bicycle accident can be avoided in almost all cases.

If you are looking for a way to significantly improve your chances of staying safe while out on your bike, I have a \$20 solution that just might save your life one day.

I'm talking about a mirror.

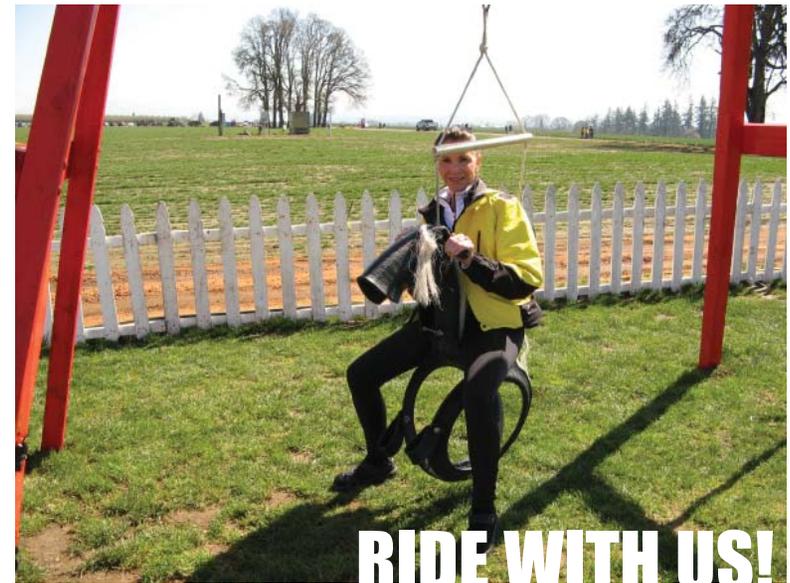
Many long distance cyclists never consider buying a mirror for their travels... and I think this is a huge mistake. A mirror has many advantages when traveling by bike, but the two biggest advantages are that:

1) You don't have to constantly bend your head, neck and back to see what's behind you.

These types of motions on a daily basis can cause serious stress or injury - something to be avoided when traveling by bike.

2). Secondly, by using a mirror, you don't sacrifice your position on the road.

When you are forced to twist your entire upper body around to see what's



Photograph courtesy of Ron Kropf

Above: Swing time. Dian has found a new horse for the stable.

Photo courtesy of Bill Pintard

MAY MEETING

**Guest Speaker:
Enrique Semadeni,**

Presentation of Enrique's Chilean bicycle trip
Details on page 2

**May 7, 2009
Thursday • 7:00 pm**

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



A Bike Trip to the End of the World!

A presentation of Enrique Semadeni's Chile Bike Trip will be featured at the May General Meeting of Santiam Spokes Bicycle Club.

La Carreterra Austral: A Bike Trip to the End of the World!

From Enrique:

When I asked Kay if she wanted to come to Chile for a 6 week bike trip and she found out that more than half of the 2000 miles were gravel, she said, "No way!?" So I went with George Shaw, a guy from Corvallis like I am, and Ken Ash and Lee Taylor from Salem. Lee was the brains behind this trip. I had been with him before on a bike trip to Baja California and I knew he was a "go get 'em" kind of guy, so when he asked me if I wanted to go with the group to Chile and Argentina, I said, "OK!?"

For me it was a great trip just because I speak the language of both countries, which is Spanish. I was born in Spain from a Swiss family and my father had a bicycle shop for 45 years. I have owned a bike shop since 1975 so... these guys had a good deal: a bike mechanic and a translator in the same person!

We left Portland, Oregon on February 7th for Santiago, Chile. From Santiago we flew to Osorno, another two hours south. We started our bike trip in Osorno. We bicycled 34 days in 6 weeks so we had some time to visit towns, parks and a huge glacier called Perito Moreno in Argentina. The food was delicious and we always ate well. Sometimes we cooked and at others we ate at little restaurants.

All together is was a great adventure!
Enrique Semadeni.



Sisters/Old McKenzie Highway Ride Memorial Day Weekend

Because of the low interest in staying overnight in Sisters May 22/23 and the prohibitive cost of renting a cabin in the area, it has been decided to cancel the overnight portion in Sisters. Mary Ellen Lind is leading a ride on Saturday, May 23 from Corvallis on Bellfountain Road.

We (Santiam Spokes) are invited to join the SFC Outdoor Group for their annual trek up the McKenzie Pass from the intersection of Hwy 126 and 242 (Blue River side) on Monday May 25. This route will take you to Alder Springs campground then past the gate up to the Dee Wright Observatory (or snow line, whichever comes first). Call Bev Henderson (541-513-3916) for more details if interested.



Above: 'Nother horsey ride. Bill trades two wheels for ... well ... one funky horse!

Photo courtesy of Bill Pintard

Left: Tom and Barbi hamming it up at the Woodburn Tulip Festival.

Photo courtesy of Ron Kropf

**SANTIAM SPOKES SPONSORED
CRATER LAKE LOOP TOUR
Sunday, August 16 through Saturday, August 22, 2009
REGISTRATION FORM**

Date submitting this form: _____

Name: _____

Address: _____

E-mail Address: _____

Phone: _____

Emergency Contact (name and phone of person not on the ride):

Deposit fee: \$25.00/person. (Refundable through August 1st).

Do you want to participate in purchase and preparation of group meals and drinks: ___yes ___no

Registration is requested ASAP or by July 1. Send this form with deposit to Mary Ellen Lind, 2851 SE Linda St., Corvallis, OR 97333. or email copy to melind@peak.org.



Financial information:

Funds from the club will pay for the SAG driver and vehicle expenses. Most of these funds were raised by the annual Strawberry Century Event. Due to this relationship, we ask that those who want to ride the tour be willing to participate in the work of this event either before or during the day of the ride on June 13 (unless you live too far away).

The fixed biker expense is the shared cost of group camping. You may have choice of motel/lodge at an additional expense once or twice. Also you have the choice of joining the group meals/drinks (probably 4 evening meals) and the cost will be split between participants that commit to this ahead of the ride. Or, you may choose to provide your own meals/drinks and shop at grocery stores along the way. The SAG driver will have limited cooler space and will be able to carry beverages and snacks for the day of ride - coolers are not to be used for week-long groceries! The SAG driver will carry a couple of stoves that can be shared. If we have 15 bikers, we estimate the total cost, including group meals, will be under \$100 per person. The final payment will be assessed after the ride when all expenses are known.

Safety and Preparedness:

The route has Terrain Categories I - IV. Category IV means high and frequent hills that will take strength and endurance. The distances each day will average of 35 - 55 miles that include low-traffic and/or side roads and a minimum of busy highways. All bikers are expected to wear a helmet that is properly fitted and follow Oregon Bicycle Laws for bikers who will share the road with both pedestrians (bike trails) and vehicles. All bikers will be asked to sign the club's Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement at the beginning of the ride. Minors must also have signature of Parent and/or legal guardian.

The ride will begin at Canyonville, Oregon. Please arrange to car pool to and from the start site. Suggested list of items to bring will be provided to those who have registered.

Cont. from page 1

behind you, some riders (especially those riding with front panniers... and even those with trailers) can swerve into traffic, causing an accident or putting themselves and those around them in serious danger.

But if you have a mirror, you simply give a quick glance in the mirror and then continue on your way.

If you don't already have a mirror for your bicycle tour... or for simply riding around town, I suggest you get one right away. This little device will make a huge impact upon your safety out on the road.

<http://bicycletouringpro.com/blog/selecting-a-mirror-for-your-bicycle-tour/>

Besides using a mirror, there are a few other things to keep in mind when doing your best to stay safe while out on your bike.

1). First of all, be aware of your surroundings. Watch the road in front of you, behind you, and to the sides. Keep your eyes on the look out for nails, glass, and other objects than can obstruct your path or push you off the road.

2). Secondly, I recommend that do not listen to music while you are riding. If you do want to listen to music, be sure to do it on roads that are nearly deserted. I would not recommend listening to music on crowded city streets or in conditions that require a great amount of concentration.

If you do decide to listen to music while you are on your bike, make sure that the music is low enough that you

can still hear sounds outside of your headphones. You'll want to be able to hear that car coming up behind you or the bear making its way through the brush to your side.

3). Finally, just be smart. Most of the accidents I've seen could have been prevented if the cyclist had been paying a bit more attention, had not been fooling around, or had simply taken matters a bit more seriously. Be smart... and stay safe!

Note: BicycleTouringPro.com reader Judith Gustafson wrote to me and said, "Here in California it is against the law to ride a bicycle using 'headphones' ... that is, the plural, one bud in each ear. Only one bud is allowed, leaving one ear free to hear trafficnoise. Few cyclists are aware of this, and I frequently see 'serious' looking cyclists with two ear buds."

Thank you Judith! If you are going to listen to music while riding, make sure you know what the laws are for the areas you will be traveling through.

That's it for today. Until next time...
Darren Alff

<http://bicycletouringpro.com/blog/selecting-a-mirror-for-your-bicycle-tour/>

contact@bicycletouringpro.com
www.bicycletouringpro.com

<http://bicycletouringpro.com/blog/>

Article Submitted by Bill Pintard 



Above: Ron tries his hand at carving wooden shoes. Woodburn Tulip Festival

Below: Some really colorful birds at the Woodburn Tulip Festival
Photo courtesy of Kari Kropf





Above: Murphy's Birthday Hill. Riders head for the "hill".
Below: It was a very good sign!
Photo courtesy of Kari Kropf



Presentation by Alex Phillips on Willamette Valley Bikeway: Alex is the Bicycle Recreation Coordinator with State Parks and Recreation. The Scenic Bikeway is the only designated bikeway in the state. WVB is in partnership with counties in Oregon and Cycle Oregon. (The route has changed from the original plan.) The most important partner is "you" the biker. In about 3 weeks you will find updated information on the website. The total distance is 127 miles from Champeog Park in Salem to Armitage Park in Eugene. The WVB website is www.oregonstateparks.org or if you have questions please contact alex.phillips@state.or.us or call her at 503-986-0631.

General Meeting: Dennis called the general meeting to order at 7:45 pm.

Approval of March Minutes: March minutes were approved as is.

Membership Report/Jo Johnson: 148 members on the roster. Second renewal membership letters will be sent out soon.

Ride Leader Report/Bev Henderson and Mary Ellen Lind: April 11th ride will need to be changed as the lambing barn is closed. The ride will still begin in Corvallis. May 2nd is the Bike Rodeo at the Lebanon Fire Department. We will meet at the Lebanon Fire Department at 9:00 and be ready to begin our club ride about 10:00. It is always fun to lead a ride...it's easy...it's rewarding...and you get to ride with a great group of people!

Treasurer Report/Maurice Banning: 11,535 in checking, we have received 23 entries for the Century ride, \$600 in sponsors/donations, and \$105 in t-shirt orders.

Tour Committee Report/Mary Ellen Lind: Please send in your registration form as soon as possible if you are interested in doing the summer bike tour. We are making arrangements for camping/food/etc., and

reservations are being made for accommodations so it is important that we know if you are interested in riding. Also, Roger will need to know if you are going to be doing any/part of the tour ride he is leading in July.

Website Update/Vince Nowell: We are searching out a link to the website for other clubs events.

Strawberry 09 Update/Dennis Murphy: We had a brief meeting before the general meeting and all is looking good! Registrations are already coming in. The committee members have reported and given updates.

Announcements:

Change in Leadership for the Spokes: Dennis announced that Ken Orwick, Vice President, will take over as President of the Spokes effective at the close of tonight's meeting, April 2. Dennis will still chair the Strawberry Century.

Oregon Bike Summit/April 21-22: If you would like to go to the Summit please contact Dennis. Dennis was very impressed with last year's Summit and encourages others to attend.

New Business:

What are your thoughts on the Idaho bicycle law...where you can "yield" at stop signs? The club debated on outcomes of this law that Eugene is trying to pass.

Adjourn Meeting: Meeting was adjourned at 8:10 pm.

Submitted by Raylene Sell, Secretary





McDowell Creek Ride Lunch Break:

Left: Jo and Ace

Below: Rod, Bev and Raylene

Photo courtesy of Ron Kropf



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)

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.

MAY 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.

May 2, 2009 9 a.m.

LEBANON BIKE RODEO & RIDE TO CORVALLIS

Club members meet at the Lebanon Fire Station for an opportunity to promote safe biking to the children and their families in the Lebanon community. At this annual Lebanon Bike Rodeo we ask a couple club members to bring tools and bike repair skills to provide mechanical checks of children's bikes. Others help with moving bike seats up or down, pumping tires, checking helmets for fit and giving helmets to those who don't own a helmet. Young bicyclists are guided in riding an obstacle course and given pointers about bike safety. After the Rodeo, at about 10:30, we bike to Corvallis via Tangent Road for lunch and return by another route. Approximately 45 miles. Terrain category I. Ride leader: Bill Pintard, ph. 967-3295

May 9, 2009 9 a.m.

SWEET HOME: QUARTZVILLE TO YELLOW BOTTOM

One of the most beautiful routes that we ride! This ride is planned early in the season to avoid the camper traffic along this route. We

will park at Wiley Creek Community Assisted Living Facility (see directions for location), ride through Foster and pass Sunnyside Park on Quartzville Road. We'll be challenged by several hills and many turns as we slowly enjoy wonderful views of the reservoir and the South Santiam River. We pass two dams then climb up toward the small river inlet to the reservoir. Bring your lunch to enjoy at Yellow Bottom Park. Terrain Category III. Approximately 54 miles. Ride Leader: Mark Donnelly, ph. 541-570-9042

May 16, 2009 9 a.m.

SCIO LAMB AND WOOL FESTIVAL

Roger is in New Zealand at the time of organizing this ride, and he assures us that he'll be back into biking long before this date. This ride starts at the Gaither/Garland residence in Scio and will go through beautiful countryside, along creeks with covered bridges, and include several climbs/descents then back to Scio for the Festival parade and lunch. Approximately 35 miles, Terrain Category II. Ride Leader: Roger Gaither, ph. 503-394-3696.

May 23, 2009 9 a.m.

CORVALLIS: BELLFOUNTAIN ROAD

This ride starts under the Harrison Street Bridge. The route offers option to be shortened by about 15 miles. Bellfountain road is quite hilly and the scenery along this road is most beautiful with many tree farms and vistas of the Willamette Valley. Towards the end of the ride the terrain flattens as the route returns to Corvallis on Hwy 99W. The long route is about 45 miles. Terrain Category III. Ride leader: Mary Ellen Lind, Ph. 541-738-8600.

May 30, 2009 9 a.m.

JEFFERSON TO INDEPENDENCE

Ride starts at the Jefferson Middle School, follows Talbot road through the Ankeny Wildlife Refuge area and to a bridge into Independence for lunch. Depending on the open/close status of the Buena Vista Ferry, we will return either over Ferry or bridge on a different route back to Jefferson. Approximately 35 miles. Terrain Category II. Ride Leaders: Ron and Kari Kropf, ph. 541-401-7178.

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.

Samaritan Wiley Creek Community

5050 Mountain Fir Sweet Home, OR 97386

Take I-5 exit 228 or 233 to Lebanon. On Hwy. 20 (Main St.) go south, then east to Sweet Home (13 miles). Right on 49th. Left on Mountain Fir to the Center. Park in front lot most distant from the building.

Roger & May's House • Scio Oregon

Main Street ~ Across from Homestyle Restaurant.

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.

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.

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.

www.santiamspokes.org

May 2009 Cycling • Santiam Spokes

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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

						Saturday May 2, 9:00 am 2 Bike Rodeo-Ride to Corvallis Start Location: Lebanon Fire Station Distance: 45 miles. Description: Cat. I Ride Leaders: Bill Pintard, ph. 967-3295
3	4	5	6 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.	7 CLUB MEETING 7:00 pm Samaritan Lebanon Community Hospital 525 N. Santiam Hwy. Lebanon		Saturday May 9, 9:00 am 9 Quartzville to Yellow Bottom Start Location: Wiley Creek Community Assisted Living Facility Distance: 54 miles. Description: Cat. III Ride Leaders: Mark Donnelly, ph. 541-570-9042
10	11	12	13 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.	14		Saturday May 16, 9:00 am 16 Scio Lamb & Wool Festival Start Location: Gaither/Garland residence in Scio Distance: 35 miles. Description: Cat. II Ride Leaders: Roger Gaither, ph. 503-394-3696.
17	Please submit material for Outspoken by today to Kari Kropf: bluekat78@comcast.net PO Box 1183 Lebanon, OR 97355 541.401-3349	18	19	20 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.	21	Saturday May 23, 9:00 am 23 Corvallis: Bellfountain Road Start Location: Harrison Street Bridge Distance: 15 / 45 miles. Description: Cat. III Ride Leaders: Mary Ellen Lind, Ph. 541-738-8600.
24	25	26	27 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.	28		Saturday May 30, 9:00 am 30 Jefferson to Independence Starting Location: Jefferson Middle School Distance: 35 miles. Description: Cat. II Ride Leaders: Ron and Kari Kropf, ph. 541-401-7178.



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