

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 18, No. 2 • November 2009



Safe and Courteous Group Riding

by Brent Hugh

Based on the principles taught in the League of American Bicyclists Bike Ed program.

Cycling with friends, traveling rapidly and safely with confidence in your companions, is a joy. However, there is a certain cycling etiquette, or Rules of the Road, of which you should be aware whenever cycling in a group.

Ride Leaders - Please take the initiative to educate your riders about and continually remind them of the rules of the road. It takes only a minute or two to emphasize one or two of these points at each ride. Educated riders are safer and have fewer conflicts among themselves and with motorists.

Getting along with other bicyclists

1. **Be Predictable** - Group riding requires even more attention to predictability than riding alone. Other riders expect you to continue straight ahead at a constant speed unless you indicate differently. Being predictable will make motorists happier and keep you safer.
2. **Use Signals** - Use hand and verbal signals to communicate with members of the group and with other traffic. Use hand signals for turning and stopping. Extend left arm for left turn

and right arm for right turn. Put left hand down at the side with fingers slightly spread for STOP. When moving left to avoid an obstacle such as a parked car or debris, signal by extending your arm to the left to tell cars and cyclists behind you that are moving left.

3. **Give Warnings** - Warn cyclists behind you well in advance of changes in your direction or speed. To notify the group of change in path, the lead rider should call out "left turn" or "right turn" in addition to hand signals.
4. **Change Positions Correctly** - Generally, slower traffic stays right, so as a rule pass other cyclists on their left. Say "on your left" to warn the cyclist ahead that you are passing. If you are approaching someone on the right or need to pass someone on the right, say "on your right" clearly since this is an unusual maneuver.
5. **Announce Hazards** - When riding in a group, most of the cyclists do not have a good view of the road surface ahead, so it is important to announce holes, glass, gravel, grates, and other hazards. The leader (or rider in front of a group) should indicate

road hazards by pointing down to the left or right and call by "hole", "bump", "road kill", etc. where required for safety.

Getting along with motorists

1. **Watch For Traffic Coming From The Rear** - Since those in front cannot see traffic approaching from the rear, it is the responsibility the riders in the back to inform the others by calling out "car back". Around curves, on narrow roads, or when riding double (side-by-side) it is helpful if those up front call out "car up" to those in the back. When you hear "car back" move right to become a single file line. Be courteous to motorists.
2. **Watch Out At Intersections** - When approaching intersections that require vehicles to yield or stop, the lead rider will say "slowing" or "stopping" to those behind of the change in speed. Do NOT say "clear" to indicate no crossing traffic. This is a dangerous practice that should be abandoned. Each cyclist is responsible for verifying that the way is indeed clear.
3. **Leave A Gap For Cars** - When riding up hills or on narrow roads where you are impeding

Continued on page 2

faster traffic, leave a gap for cars between every three to four bicycles. That way a motorist can take advantage of shorter passing intervals and eventually move piecemeal around the entire group

4. Move Off The Road When You Stop - Whether you are stopping because of mechanical problems or to regroup with your companions, or just shooting the breeze with someone you haven't seen in a while, move well off the road so you don't interfere with traffic (both cars AND other cyclists). When you start up again, each cyclist should look for and yield to traffic.

5. Ride One or Two Across - Ride single file or double file as appropriate to the roadway and traffic conditions and where allowed by law. Most state vehicle codes permit narrow vehicles such as bicycles to ride double file within the lane. Even where riding double is legal, courtesy dictates that you single up when cars are trying to pass you.

Missouri Bicycle Federation, Inc.
Post Office Box 104871
Jefferson City, MO 65110-4871
MoBikeFed.org

May Garland sent me a link to this article and it seems like a good time to go over some safety tips for group riding and riding in traffic.
--KK

November Meeting & Silent Auction Thursday, November 5th 7:00 pm

Our speaker for November will be Tove Gilbert-Morgan. She is the Safe Routes to School Coordinator for Albany Public Schools. Tove is a health educator who teaches students and parents how to live and communicate in healthful ways.

She will be speaking on the purpose of the Safe Routes to School Program and the importance of community involvement and support. If we all work together to help kids walk and bike to school it provides a cleaner and safer environment for all.

We will also be having a Silent Auction at our November Spokes meeting. Please bring your "unwanted" bike parts/clothes/items for the auction. All proceeds from the auction will go to the foundation.

Corvallis to Albany

It started so well...But some folks don't have the sense to come in out of the rain!

Right: Jo, Tom, Barbi, Bob Ace, Screeni, Bill, and Ron at a stop along Independence Highway.

Below Right: Crossing the bridge into Albany
- lovely weather!

Below Left: Huddle under a tree:
Mary Ellen, Barbi, Tom, and Ron

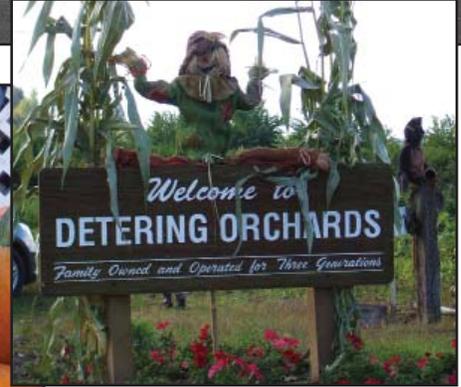


Photographs courtesy of Kari Kropf

Apple Daze

We rode from Brownsville to Detering Orchard on October 3rd. Roger, May, and Ace turned out for the ride, eventhough their were just back from their trans-america ride. One short rain shower just before we got to Deterings. Bev Rode in from Eugene. (She'll end up doing more miles than those of us from Brownsville. We partook of yummy snacks at the Orchard then had a quick ride back to Brownsville for lunch at the Corner Cafe. I recommend the beef barley soup!

--Kari



Photographs courtesy of Kari Kropf

Above Right: Frank, Roger, May, and Ace along Gap Road.

Right: Roger, May and an anonymous cute little guy enjoy apples and ice cream at Deterings.



.....
 : **Luckiamute Loops**
 : The perfect ride. This had
 : to be the quintessential
 : fall ride. Crisp, sunny, and
 : fantastic fall color.



Far Left: Bev on the first climb out of Monmouth.

Left: Regroup Roger, Dian, Emma, Tom and Barbi.

Below Left: Old barn along Airlie Road.

Below Right: Lunch at Rick's Place: Jo, Roger, Dian, and Ace.



Santiam Spokes

October 1, 2009 Minutes

Submitted by Raylene Sell

The evening began with a potluck dinner and power point presentation of the Spokes Summer Tour to Crater Lake. The meeting was called to order by President, Ken Orwick.

Minutes: The September minutes were approved as printed in the October Newsletter.

Treasurer: We currently have \$16,209.96 in checking with no outstanding bills. \$8,000 is being reserved for the Strawberry Century.

Membership: We currently have 152 members. Ron Kropf reminded us to contact other members who haven't been riding and ask them to join us.

Ride Leaders: Check the newsletter or online for current rides. NOVEMBER 1ST, RIDE TIMES CHANGE TO 10:00!

Nominating Committee: Election Results are as follows: President, Ken Orwick; Vice-President, Bill Pintard; Treasurer, Maurice Banning; Secretary, Barbi Thompson; Ride Leader Captains, Jarel Gall and Al Rimer; Publicity, Roger Gaither; Historian, Dennis Murphy; Membership, Jessica Ruef; Newsletter, Kari Kropf; Website, Vince Nowell; Strawberry Coordinator, Jerel Gall; and Philanthropy Chair, Raylene Sell. Maurice is in need of help with his tasks. Ron Kropf volunteered to assist him. The nominating committee thanks all the members who stepped forward to serve on the Board and for volunteering their time.

Jack Thomas Nominations: Please get those votes to Ken Orwick as soon as possible.

November Meeting: We will be having a Silent Auction at our November Spokes meeting. Please bring your "unwanted" bike parts/clothes/items for the auction. All proceeds will go to the foundation.

Speakers: Bill Pintard is arranging for speakers at our upcoming meetings. For November the speaker will be Tove Gilbert-Martin, the Safe Routes Coordinator for the Albany Schools. She is a health educator who will be telling us about the Safe Routes program. For January the speaker will be Chuck Dahlenbach, a retired engineer, who will be talking about his cross country ski adventure either around Mt. Adams or a separate trip around Mt. Hood. Chuck has been a speaker before when he talked about his ski trip across uncharted wilderness in Alaska.

Bill also brought up a suggestion for our local schools in the community to check out the needs for bike racks. He is asking for volunteers to contact schools and assess the needs and report back to the Philanthropy Committee.

Our winter potluck Christmas party will be at Santiam Palace at 6:00 pm on December 11th. Mark your calendars and come and enjoy an evening of fun and food and of course the "White Elephant" exchange

The meeting was adjourned at 8:15 pm.

2010 Board Members

President:
Ken Orwick

Vice-President:
Bill Pintard

Ride Co-Captains:
Al Rimer
Jerel Gall

Treasurer:
Maurice Banning

Secretary:
Barbi Thomson

Membership:
Jessica Ruef

Newsletter editor:
Kari Kropf

Publicity chairperson:
Roger Gaither

Historian:
Dennis Murphy

Strawberry Century
Coordinator:
Jerel Gall

Webpage Custodian:
Vince Nowell

New Website

Travel Oregon has a new website:

www.rideoregonride.com

Substance is the company that designed the site. They are hosting a party in Portland to kick it off. Visit the website for details, and take a moment to check out this new resource for cyclists.

Bill Pintard

KEY FOR ROUTE DESCRIPTION

Cat I	Flat to rolling hills. Easy pedaling.
Cat II	More frequent rolling hills, possible several short, steep hills. A hearty workout.
Cat III	Moderate, longer hills, with a few steep climbs. Need to be experienced and in good biking condition.
Cat IV	Frequent hills, some long and steep climbs. These are tough rides that require 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.

PLEASE NOTE NEW START TIME FOR WINTER RIDES START AT 10:00 am

NOVEMBER 7 10:00 a.m.

Jefferson to Stayton Ride
 Starting place is Jefferson Middle School. We will ride out of Jefferson toward Scio then head up Ridge Drive for great views of Richardson's gap. Ace will lead a flat alternative route to Stayton starting and ending at the same time and place. Flat route is approx. 33 flat miles. Ridge route is approx. 36.5 mi.
 Ride Leaders: Ace and Jo Johnson

NOVEMBER 14 10:00 a.m.

Loop the Buttes
 Start at Samaritan Lebanon Community Hospital. The first loop will go out Oak St., around Peterson's Butte, returning via Rock Hill Rd. coming back into the south of Lebanon to the Crowfoot Grange. Crossing Hwy 20, Weirich Road leads to River Rd where the first loop returns to town. The second part of the ride will continue to Waterloo, along Bellinger Scale Rd., before returning on Mt. Hope Rd. Lunch will be at Big Town Hero. Category II Approx. 20/40 miles.

NOVEMBER 21 10:00 a.m.

Two Stage Scio Ride
 Start location: Scio/Roger Gaither's home. Each of these two loops will begin and end in Scio, taking us through the scenic Willamette Valley. As this will be prior to Thanksgiving, all riders will be asked to bring a food donation (two cans) which will then be biked back to Lebanon to be distributed to a local food charity. Category II.

NOVEMBER 28 10:00 a.m.

After the Feast Ride
 Work off that thanksgiving meal! Start at Samaritan Lebanon Community Hospital. Flat ride approximately 30 miles, We will head out river road to Waterloo and then back by way of Cascade drive and South Main Road. Easy ride and lunch when we finish!
 Ride Leader: Al Rimer

Future Rides:

DECEMBER 5 10:00 a.m.

Bill Pintard will lead a ride from Albany

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 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.

Roger & May's House • Scio Oregon
 Main Street ~ Across from Homestyle Restaurant.
 From Albany (I-5 exit 233) Take Hwy 20 to Hwy 226. Follow Hwy 226 to Scio. Stay on Main Street. Roger & May's house is just past city center across the Street from Homestyle Restaurant.

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.



Novemeber 2009 Cycling

Santiam Spokes

SUN

MON

TUE

WED

THU

FRI

SAT

1	2	3	4	5	7
8	9	10	11	12	14
15	16	17	18	19	21
22	23	24	25	26	28
29	30				

Saturday Nov 7 10:00 am
Jefferson to Stayton Ride
 Start Location: Jefferson Middle School
 Distance: 33/36.5 Miles
 Description: Cat I/II
 Ride Leader: Ace and Jo Johnson

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

Wed. Wanderers
 No host rides will generally start at the Linn County Fairgrounds parking lot at 10 AM.
 Call Bill Pintard at 541-967-3295 for more information

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 Call Bill Pintard at 541-967-3295 for more information

Outspoken Submissions
 Please submit material for Outspoken by today to Kari Kropf:
 bluekat78@comcast.net
 PO Box 1183
 Lebanon OR 97355

Saturday Nov 14 10:00 am
Loop the Buttes
 Start Location: Samaritan Lebanon Community Hospital
 Distance: 20/40 miles
 Description: Cat II
 Ride Leader:

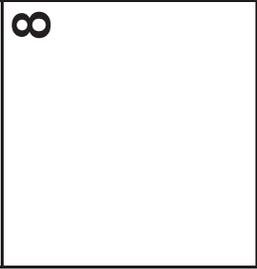
Saturday Nov 21 10:00 am
Two Stage Scio Ride
 Start Location: Scio/Roger Gaither's home
 Distance: miles
 Description: Cat II
 Ride Leader:

Thanksgiving

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Saturday Nov 28 10:00 am
After the Feast Ride
 Start Location: Samaritan Lebanon Community Hospital
 Distance: 30 miles
 Description: Cat I
 Ride Leader: Al Rimer



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

Complete all sections of this form and mail it with your check to

Santiam Spokes, Inc.
c/o Samaritan Lebanon Community Hospital
PO Box 739, Lebanon, Oregon 97355

You're now a member. We'll send you membership materials and 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.

Name of 1st member		
Name of 2nd member		
Name of 3rd member		
Name of 4th member		
Mailing Address		
City	State	Zip
Home Phone	Work or Cell Phone (if available)	
Email		

Sign Liability Release To The Left

.....Optional Information Below.....

[_____] Age of 1st member [_____] Age of 2nd member
 [_____] Age of 3rd member [_____] Age of 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:

- 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. 2009/2010 Club officers are: Membership > Jessica Ruef, 541-541-451-3338; President > Ken Orwick, 541-451-2945; Vice President > Bill Pintard, 541-967-3295; Ride Captains > Al Rimer, 541-928-3584, Jerel Gall, 541-258-8945; Secretary > Barbi Thomson, 541-258-6482; Treasurer > Maurice Banning, 541-928-6311; Historian > Dennis Murphy, 541-738-8600; Newsletter > Kari Kropf, 541-401-3349; Publicity > Roger Gaither, 503-394-3696; WebMaster > Vince Nowell, 541-928-7594; Strawberry Century > Jerel Gall, 541-258-8945

Santiam Spokes, Inc.
c/o Samaritan Lebanon Community Hospital
P.O. Box 739, 525 North Santiam Hwy.
Lebanon, Oregon 97355
www.santiamspokes.org



November Meeting November 5, 2009
Guest Speaker: **Tove Gilbert-Morgan**

7:00 pm
Join us for a
Great Meeting!

Silent Auction: Bring your unwanted bike gear

Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon

Read more on page two.

Area Events for November

October 31-November 1

2009 Oregon Handmade Bicycle Show

Staver Locomotive
2537 NW 29th Ave
Portland, OR 97210

<http://www.oregonframebuilders.org/>

November 7

OBRA Cyclocross Championships Race #3

Oregon State Fairgrounds
Salem Oregon

[/www.buylocalcycling.com/2009/09/
willamette-valley-cyclocross-series-.html](http://www.buylocalcycling.com/2009/09/willamette-valley-cyclocross-series-.html)

November 21

Cranksgiving Ride

Santiam Spokes
Saturday, 10:00 am
Bring food for the local Food Pantry

*Life is like a ten speed bicycle.
Most of us have gears we never use.
- Charles M. Schulz*