

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 19, No. 3 • December 2010

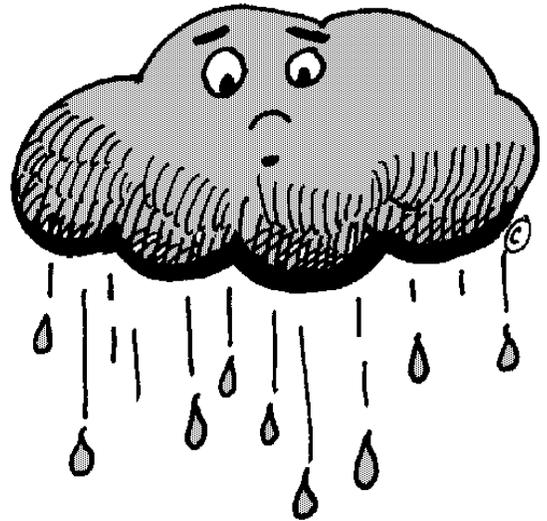


Ride In The Rain **Get on the road even if it's raining.**

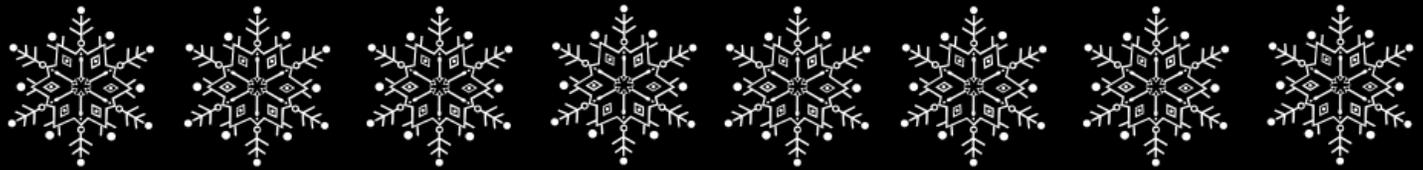
Submitted by Roger Gaither

Sometimes rainy rides are the most rewarding and memorable. Rewarding because you're out there gaining fitness while so many other cyclists are cancelling their rides. Memorable because rainy rides are special. You focus on unusual sights, sounds and bike-handling challenges that make familiar roads different.

It's often said that the hardest thing about riding in the rain is taking the first pedal stroke. It's true. It's harder to start in the rain than it is to stay out when a dry ride turns wet. Yes, it means you need to clean and lube the bike when you get home, but pedaling through the raindrops, once you're underway, is not the disaster easily imagined.



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SANTIAM SPOKES ANNUAL HOLIDAY PARTY

Friday, December 3 at 6:00 p.m.

All club members with their families are invited to come and enjoy the fun of scrumptious dining, happy conversation and white elephant gift exchange. Charles Taylor will prepare a delicious meat entre. Please join the potluck buffet by bringing a side dish.

If your last name begins with:

A – R bring a salad or vegetable dish

S – Z bring a dessert

The White Elephant gift is to be wrapped with no label. The gift can be an item that is humorous and/or something in your space that has outlived it's usefulness to you – like an artificial knee joint!

Also bring item(s) of food to the party that can be taken to the Lebanon Food Share program.

COME ENJOY AN EVENING OF FUN WITH YOUR BIKE RIDIN' FRIENDS AND MEET THEIR FAMILIES!

Note: This event replaces our usual club meeting in December.

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It helps a lot to have the right wet-weather gear. It removes a major roadblock. When you know you can stay reasonably warm and comfortable it's lots easier to get off the couch and venture into your local version of Water World.

Let's look at the items you need. Most of them can be borrowed from your winter wardrobe.

---Helmet cover. Put a stretchy, waterproof cover over your helmet to stop rain from entering. Alternatively in light showers on a cool day, wear a lightweight polypropylene balaclava under your helmet. Even when wet it'll hold in enough body heat to keep you comfortable.

---Base layer. Wear a wool or polypropylene shirt under your jersey. It'll wick moisture away from your torso to keep skin drier and warmer.

---Rain jacket. A good one is bright yellow or orange with reflective material on the back. I should allow plenty of ventilation to reduce the buildup of body heat that makes you uncomfortably hot and wet from sweat and condensation. You want a full front zipper, openings in the armpits, a back vent and cuffs that can allow air to flow up the sleeves (or be cinched snug if you get too chilly). The tail should be long enough to keep rear-wheel spray off your butt and saddle. Also nice is a fleece-lined collar.

---Gloves. If it's cold enough to need gloves, hand comfort could be the biggest challenge. We haven't found gloves that don't soon become soaked. Neoprene models might work better than those made of fabric, but one model we tried was slippery on the handlebar. The best bet is to wear insulated gloves that can trap some heat even when wet. In a cold rain, the "lobster" style that puts the first two and last two fingers together works best.



---Leg or knee warmers. Rain pants are available but they are usually blousy, noisy and overkill. In our experience (like on a rainy 18-hour brevet in upstate New York last spring), a pair of polypro leg or knee warmers (depending on temperature) work fine. Legs will get wet but because they're working they won't get cold. In low temperatures, full tights are better than warmers because they provide an extra layer around the hips.

---Booties. Shoe covers may not keep your feet dry during a rainy ride, but they will hold in enough body heat to stave off numbing cold, at least for a while.

---Socks. Wool works great because it insulates even when wet.

Top off your wet-weather getup with a pair of **glasses** to protect your eyes from raindrops and wheel spray. Clear lenses are often recommended, but we like yellow. It brightens a gloomy day -- sort of like what happens to your disposition when rain doesn't stop you from riding. 

Photographs courtesy of Roger Gaither



**SANTIAM SPOKES BIKE CLUB
MEETING MINUTES
NOVEMBER 4, 2010**

In President Ken Orwick's absence, the meeting was called to order by Vice President Bill Pintard at 7:04 p.m. We had a guest, Dean Underwood, who had been referred to us by Peak Sports in Corvallis, who became an official member at the end of the meeting.

Minutes: The minutes of the October meeting were approved with one exception. However, a review of the October minutes found them to be correct and they stand as written.

Membership: Jess Ruef emailed in her report: 51 individual memberships and 43 family memberships for a total of 94 memberships and 150 registered riders. There are currently 17 memberships up for renewal at this time.

Treasurer Report: New Treasurer John Hebda said that Maurice Banning had closed out the books showing total assets of \$12,115.78. We still need to make our donation to the hospital, which will leave us with the necessary balance/cushion to prepare for the Strawberry Century. Roger said they've been contacted by PayPal regarding funds that need to be trans-

ferred; Maurice will need to follow up on this.

Ride Report: Al Rimer reviewed November and December rides, reminding everyone that rides now start at 10:00 a.m. He also thanked Roger Gaither and May Garland for hosting the Spooky Spokes ride.

Philanthropy Committee: Roger encouraged anyone interested to be on the committee. There is approximately \$1,000.00 to be given away and any input is appreciated.

Bike and Pedestrian Commission/ Safe Routes to Schools: Bill reviewed what Safe Routes to Schools is about (it actually exists to help fight childhood obesity) and Barbi briefly mentioned that a representative from SRTS had been the speaker at the Lebanon Bike and Pedestrian Commission meeting.

Old Business: The issue of club jerseys has been tabled for the time being. We also are still in need of a Strawberry Century chairperson, as well as a part-time publicity assistant beginning in May to fill in during Roger's absence.

Also, nominations for the Jack Thomas award need to be sent to Ken as soon as possible; these can be sent via email.

New Business: Roger complimented Kari Kropf on the newsletter and suggested that all of us could help her out by contributing articles. He said that Maurice has repaired links on the website and Bill would like to see an easily accessible photo gallery on the site if possible.

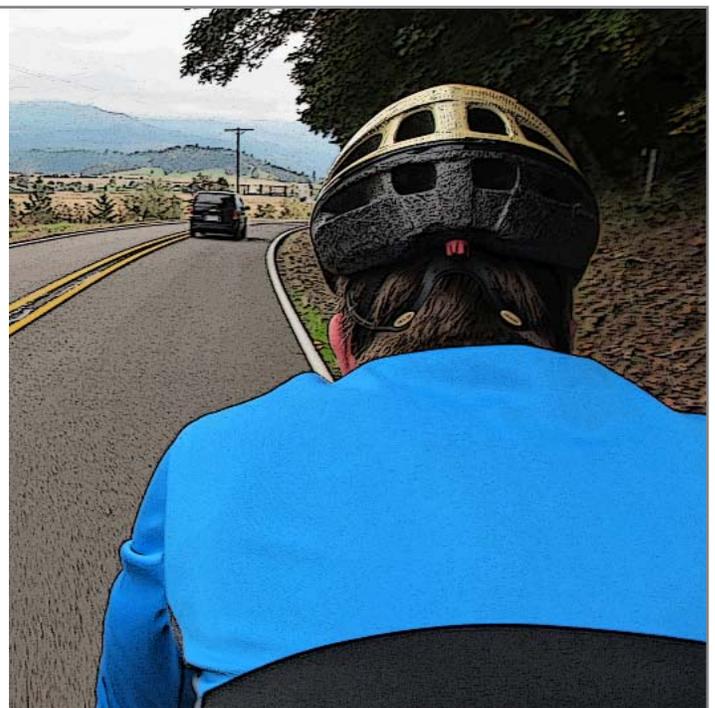
Bill said that the Albany Bike and Pedestrian Advisory Commission, of which he is a member, will be participating in the Veterans Day Parade and invited anyone interested to join them. Updates were given on Ace Johnson who recently had both knees replaced, as well as former members Larry Fratkan and Ed Wright, both of whom have cancer, and Jim Miller who has passed away. Cards will be sent to them or their families on behalf of the Spokes.

The meeting was adjourned at 8:14 p.m.
Respectfully submitted,
Barbi Thomson

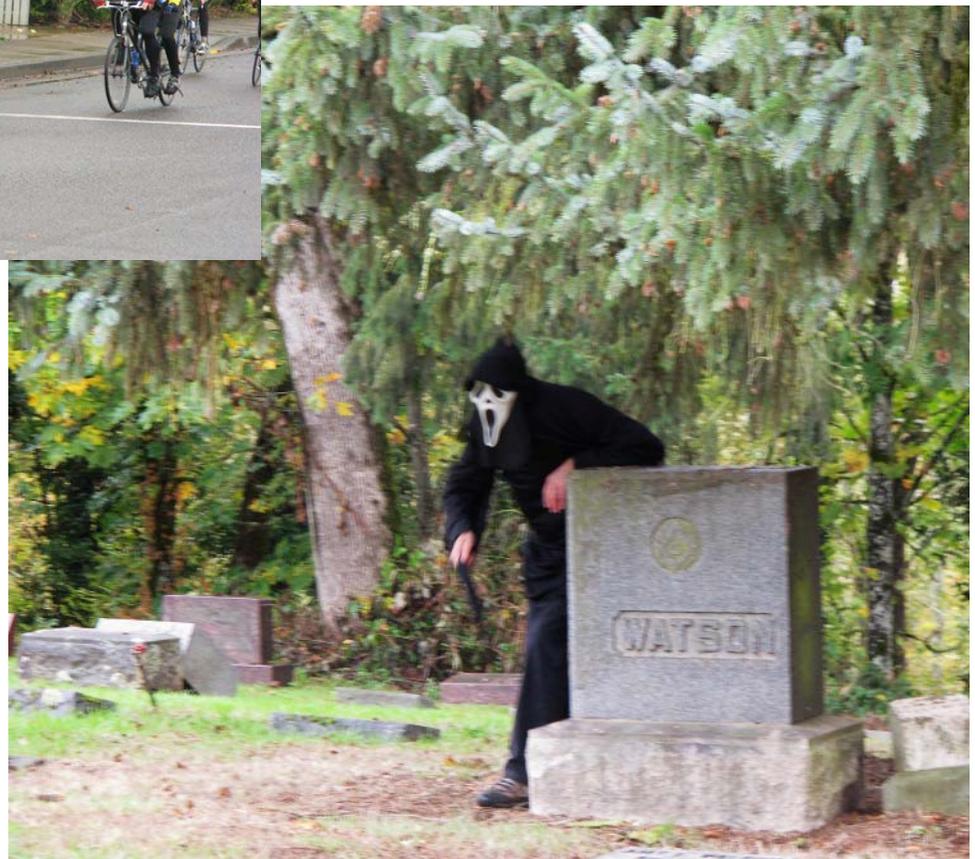


This isn't a funny story, but something happened in front of my office building that should be a good reminder to all of us. When we are riding our bicycles, look up and ahead. Someone didn't, was riding along with his head down, and ran into the back of a semi-truck parked on the side of the road. He wasn't seriously hurt, except his ego, but it could have been so much worse. Fortunately for him the hospital is right around the corner. So, bike-riding friends, please look around and watch where you are going.

Submitted by Beverly Henderson



Graveyard Ride



Top Left: Dennis and Mary Ellen near Knox Butte Graveyard.

Upper Right: Mary Ellen riding to the Masonic Cemetery

Middle Left: More riders coming up on the Masonic Cemetery

Lower Right: One hungry ghost! We took him to lunch. He dug the pizza!

Middle photographs courtesy of Bill Pintard

Top and lower photographs courtesy of Kari Kropf

Ride Report Scio / Mt Pleasant Loop

By Roger Gaither

We actually had a good ride yesterday; the weather cooperated and 14 hearty pedalers came to ride the Scio - Mt. Pleasant loop. This 31 mile route warms up in the flats west of Scio and then begins to climb, stair step fashion to its 1000' peak east of the former Mt. Pleasant. The ground was wet from morning rains, but the air remained semi-dry until we reached the peak where a wet cloud sat on the landscape and us. Temperature was in the mid forties and the breeze largely was absent. Everyone was in good spirits as we met the challenges of this damp/chilly day and we enjoyed good lunches at the Homestyle Cafe in Scio when we returned at about 1:15. We DID have a good ride!



Graveyard Ride: Kari at one of the rest stops.



Graveyard Ride: What's everyone lookin' at?



Lebanon to Sweet Home: Emma at Waterloo Park.

Lebanon to Sweet Home: Emma, Al, Phil, and Dian.



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

Please check one

I/We would like to receive newsletters via:

Email Mail

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; Secretary > Barbi Thomson, 541-258-6482; Treasurer > John Hebda; Historian > Position Open; Newsletter > Kari Kropf, 541-401-3349; Publicity > Roger Gaither, 503-394-3696; WebMaster > Maurice Banning, 541-928-6311; Strawberry Century > Position Open;

Santiam Spokes Bicycle Club

DECEMBER RIDES 2010

See our Website for the latest news
www.santiamspokes.org

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 Al Rimer (541-979-2764) to check on the possibility of the ride being cancelled. If the ride is cancelled it will be rescheduled later in the year.

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.

RIDES START AT 10:00 am - unless otherwise noted

Wednesday Wanderers ~ Every Wednesday

Start at the Linn County Fairgrounds parking lot at 10 AM. Call Jo and Ace Johnson at 541-327-2813 for more information.

December 4 **10:00 am**

Lebanon to Lacombe Ride

Distance: 35 miles options Cat II • **Ride Start:** Samaritan Lebanon Community Hospital • **Ride leader:** Jessica Ruef, (541) 409-0005

Starts at Samaritan Lebanon Community Hospital. We head over the Grant Street bridge to Mt. Hope road, play on some nice little rollers, pedal up Mt. Pleasant to Lacombe, zip down Baptist Church and return via Old Bellinger Scale and a portion of the Strawberry Century route. There are two small stores to purchase snacks, if needed in Lacombe. We'll have lunch back in Lebanon. **Directions to Start:** 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.

December 11 **10:00 am**

Decker Road

Distance: Approximate 35 miles category II • **Ride Start:** Harrison Street Bridge in Corvallis • **Ride leader:** Dennis Murphy and Mary Ellen Lind, 541 738 8600

Ride starts from under the Harrison Street Bridge in Corvallis. The route will go counter-clockwise around the loop, ending with the Smith loop at the end. Lunch will be in Corvallis at a new restaurant. Dennis will lead us to lunch. **Directions to Start:** Harrison St. Bridge in Corvallis. From 1-5 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.

December 18 **10:00 am**

Holiday ride

Distance: 11 miles, Cat I • **Ride Start:** South Albany High School • **Ride leader:** Bill Pintard 541 967 3295

Start at South Albany High School by the pool. This is a fun, easy paced ride through historical Albany to view the Christmas decorations and lights. Decorate your bike and yourself fitting with the season. Holiday cheer will be at Bill and Shirley Pintard's, a short distance from South Albany pool. **Directions to Start:** 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.

December 25 **10:00 am**

Christmast Day • No Ride • Happy Holidays to All!

January 1, 2011 **10:00 am**

Head to Shedd

Distance: -- miles, Cat I • **Ride Start:** Samaritan Lebanon Community Hospital • **Ride leader:** To be decided

Lebanon hospital to Shedd for lunch. We will ride out over Rock hill Road on our way to Shedd for lunch. Return along scenic backroads past Sand Ridge. Nice social ride to usher in 2011. **Directions to Start:** 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.

December 2010 Cycling

Santiam Spokes

SUN	MON	TUE	WED	THU	FRI	SAT
			1			4
			<p>Wed. Wanderers Start at the Linn County Fairgrounds parking lot at 10 AM. Call Jo and Ace Johnson at 541-327-2813 for more information</p>	<p>No Meeting this Month Join us Friday, Dec 3 for the Annual Holiday Party</p>	<p>FRIDAY DEC 3 Holiday Party 6:00 pm Santiam Place Event Hall 139 Main St., Lebanon</p>	<p>Saturday Dec 4 10:00 am Lebanon to Lacombe Ride Start: Samaritan Lebanon Community Hospital Distance: 35 miles Cat II Ride Leader: Jessica Ruef, (541) 409-0005</p>
5	6	7	8			11
			<p>Wed. Wanderers Start at the Linn County Fairgrounds parking lot at 10 AM. Call Jo and Ace Johnson at 541-327-2813 for more information</p>			<p>Saturday Dec 11 10:00 am Decker Road Start: Harrison Street Bridge Distance: 35 miles Cat II Ride Leader: Dennis Murphy and Mary Ellen Lind, 541 738 8600</p>
12	13	14	15			18
<p>Outspoken Submissions Please submit material for Outspoken by today to Kari Kropf: bluekat78@comcast.net. PO Box 1183 Lebanon OR 97355</p>			<p>Wed. Wanderers Start at the Linn County Fairgrounds parking lot at 10 AM. Call Jo and Ace Johnson at 541-327-2813 for more information</p>			<p>Saturday Dec 18 10:00 am Holiday Ride Start: South Albany High School Distance: 11 miles Cat I Ride Leader: Bill Pintard 541 967 3295</p>
19	20	21	22			25
			<p>Wed. Wanderers Start at the Linn County Fairgrounds parking lot at 10 AM. Call Jo and Ace Johnson at 541-327-2813 for more information</p>			<p style="text-align: center;">Christmas Day No Ride</p>
26	27	28	29			Jan 1
			<p>Wed. Wanderers Start at the Linn County Fairgrounds parking lot at 10 AM. Call Jo and Ace Johnson at 541-327-2813 for more information</p>			<p>Saturday Jan 1 10:00 am Head to Shedd Start: Samaritan Lebanon Community Hospital Distance: Approx. 35 miles Cat I Ride Leader: To be decided</p>

Visit our website for the latest information on rides: www.santiamspokes.org



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