

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 18, No. 5 • February 2010



Lebanon Bicycle and Pedestrian Commission.

Submitted by Bill Pintard

The Lebanon City Council agreed to establishing a Lebanon Bicycle and Pedestrian Commission. Ken Orwick spoke on behalf of Santiam Spokes and was strongly supported by Council woman, Rebecca Grizzle. Others in attendance in support were Ian Rollins, representing Samaritan Lebanon Community Hospita; Shelly Garrett, representing the Chamber of Commerce; Rod Sell, representing Build Lebanon Trails and several other Santiam Spokes Members.

The next step is for the Council to approve an ordinance to the city code establishing the Commission. Once that is done, Council will need to appoint Commission members. The number of members to be appointed would be a Council decision. The first step of the Commission would be to assess the current status of the bicycle and pedestrian facilities in the city and then develop a list of proposals to improve these facilities. Below is a copy of the speech given by Ken Orwick.

My name is Dr. Ken Orwick and I am the current president of Santiam Spokes bike club. The club requests that the Council establish an advisory commission or board that would promote bicycle and pedestrian safety in Lebanon. It would also address concerns from citizens on bicycle and pedestrian related issues. Bicycle and pedestrian advisory commissions exist in many communities in Oregon such as Albany and Corvallis. An advisory commission or board would make recommendations for infrastructure improvements such as bike lanes, multi-use paths, sidewalk infill and changes in traffic control to improve potentially hazardous conditions for pedestrians and cyclists. It would make recommendations to Council for improving the connectivity of public and commercial facilities for bicycle and pedestrian use.

The advisory commission or board would provide educational resources to citizens on the health benefits of cycling and walking. Several studies point to obesity in adults and children as a major contributor to diabetes and other health issues that cause increased health care costs for

all of us. Regular active exercise can help to control weight gain and maintain a healthy lifestyle. Bicycling and walking are fun ways to provide this exercise.

The advisory commission or board would also recommend city standards for the construction of bike facilities at public buildings, businesses and schools to enhance bicycle travel for shopping, commuting and recreational purposes. It would provide input on bicycle related issues as respects the city planning process.

With the growth of Lebanon and the potential of increased road use, providing safe ways to increase travel by bike or walking within the community will help to control the need for additional road improvements. The planned medical education campus in the city will bring students who could utilize biking and walking facilities instead of motor vehicles to commute to school and visit local businesses.

The advisory commission or board would promote bicycling and walking as alternate forms of transportation in the community and promote sharing of the roads for all vehicles, both motorized and non-motorized. It would seek to educate bicyclists in safe riding skills and educate motorists in how to share the road with cyclists. This would help to reduce the number of bicycle related accidents.

Bicycle tourism would bring people to Lebanon to stay in the motels and use the restaurants and shopping facilities. Accommodating cyclists at these facilities would bring dollars into the community. The area around Lebanon has much to offer cycling tourists. The Strawberry Century Bike Tour brings over 600 cyclists to Lebanon each year who will want to stay and ride more in the area.

The board or advisory commission would consist of volunteers who would serve without pay.

Organizations that support establishment of a bicycle and pedestrian advisory commission or board are: Santiam Spokes bike club; Build Lebanon Trails; Samaritan Lebanon Hospital and the Lebanon Chamber of Commerce.

Santiam Spokes Bicycle Club
Meeting Minutes • January 7, 2010

The January meeting began with a presentation by guest speaker Chuck Daellenbach of Albany, who presented a slide show of wonderful pictures of the trip he and his son Keith took circumnavigating Mt. Adams on cross country skis last April. They covered 35 miles in five days, crossing nine glaciers. After his presentation, the business meeting was called to order by President Ken Orwick at 8:12 pm.

Minutes: There were no minutes from the previous meeting, that being the Christmas party in December. There were no changes to the November minutes which were approved as written in the December newsletter.

Treasurer Report: Treasurer Maurice Banning reported a current bank balance of \$13,651.82 before writing approximately \$350.00 in checks tonight. He said that by keeping \$8,000.00 in reserve for the Strawberry Century ride, we will be able to give away \$3-5,000.00.

Membership: Jessica Ruef reported that as of December 31 there were 37 individual memberships and 39 family memberships for a total of 123 riders. She will send out new liability forms so that records will be current. She will also work with Vince and Kari towards putting the newsletter on the website to reduce the usage of paper and postage. Jess will also work on developing corporate memberships as an additional revenue source.

Ride Report: Ken prefaced Jerel Gall's report by saying that with the recent death of Jerel's mother he is not sure of his long-term future with the club. He will continue as ride captain through February, but we may need to find a new Strawberry Century coordinator. Jess has offered to coordinate shorter rides at least once a month for folks who may be intimidated by longer rides to "jump start" getting back into riding.

Strawberry Century Note: Planning for the Century is progressing as all the parks have now been reserved. Roger Gaither will bring address labels to the February meeting for club members to put on the brochures for the first mailing. The second mailing will be in May; approximately 1,400 brochures are to be sent out each time.

Old Business: Bill Pintard reminded us of the City Council meeting January 13. He would like to pack the meeting room for the introduction of a Bike Commission in Lebanon.

New Business: Mary Ellen Lind asked if we have more Club stationery and Roger replied that he has the master template in his computer and will have a new box ordered.

Preliminary talks have begun regarding this summer's tour – San Juan Islands and/or a loop from Lebanon to the Oregon coast.

The meeting was adjourned at 8:53 pm.

Respectfully submitted,
Barbi Thomson

A Note from Your Membership Chair!
Outspoken is going Digital

The Santiam Spokes will be making a leap or perhaps I should say, executing a shift, to keep up with the pace of the 21st century. Starting in February you will be receiving an email notification when the Santiam Spokes newsletter is posted to our website.

If you do not receive the email notification in February and March, that means we do not have a valid email address for you.

Beginning in April, we will only mail newsletters to those members who have not provided us with a valid email address.

We are attempting to reduce our impact on the environment (using less paper) and to show respect for the generosity of Samaritan Lebanon Community Hospital who pays the postage for all of our mailings; one of the many ways they support our club.

Please support this endeavor by making sure that we have your current email address.

If you have a family membership, we will send a notification to each email address that has been provided – we will be happy to send a notification to each rider!

You may update your email address, or add an email address, by emailing the information to **JessRRf@centurytel.net** - *be sure to include your full name with your email address and to include Santiam Spokes in the subject line.*

If you have any questions regarding membership, please feel free to contact me!

Jessica Ruef
Membership Chair
JessRRf@centurytel.net
(541) 451-3338

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Northwest Bike Show
February 20th - 21st, 2010
Portland Expo Center, Portland Oregon
Saturday: 9:00am to 6:00pm, Sunday: 10:00am to 5:00pm

Ticket Price: Adults \$7.00 Children 12 & Under Free. \$2.00 off when you show your ticket from KidFest or Baby Boomers Expo. For more information visit the website at **www.nwbikeshow.com**
Or contact:

Melissa Young,
Ph: 503.724.8916, Email: Melissa@cmpor.com

Mike Lewis,
Ph: 503.846.1742, Email: Mike@cmpor.com

Sue Hammond,
Ph: 503.846.1742, Email: Sue@cmpor.com

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Corvallis Ride

We lost Dennis who stopped to fix a flat. What started out as a 5 minute fix turned into a 30 minute nightmare that included blood loss. No crashes, just a stubborn tire with a very tenacious bead. Being the dedicated riders that we are, we dropped Dennis and head back to Corvallis and lunch at Old World Deli. Dennis dragged in a half hour later, and after a beer and a brownie his ordeal had already morphed into the usual "harrowing war story" we all share and love.



Above: Riding through Irish Bend Covered Bridge on the Corvallis Bike Path.



Above Left: Ace takes a break beside an interesting old building along the route.



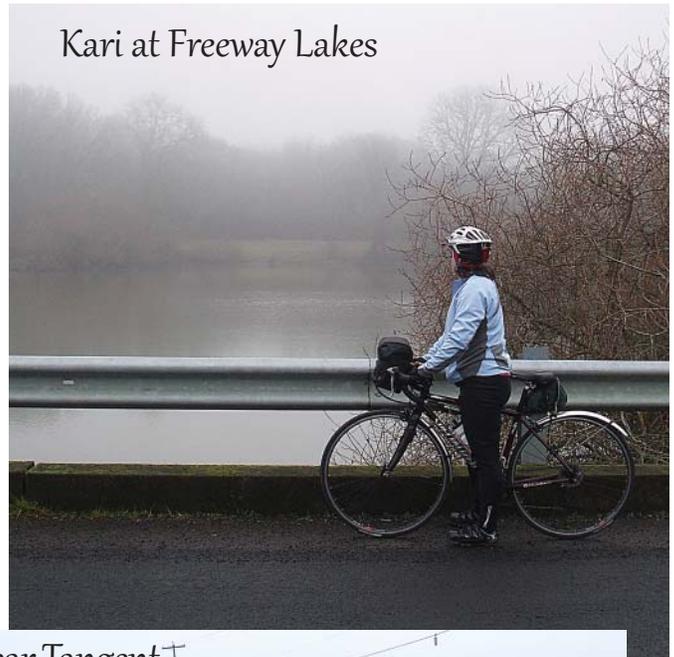
Above Right: Regrouping along the route.



Left: Lovely scenery as we ride along the outskirts of Philomath.

Photographs courtesy of Ron and Kari Kropf

Lebanon to Albany



It's Always an adventure! We had the typical mid-valley fog and cold. Near Seven mile lane we meet up with Larry Thurber who promptly flats. Bill, Roger and May remain with Larry, while the rest of us filter back onto the route. We regroup, wait, and then return to the scene of the flat. No one is there. They've taken another route to the Beanery. We follow in their tire prints and soon all are back together. After lunch, various riders split off on their own respective routes back home. Ron and Kari spy 12-14 eagles in two close groups along Red Bridge Road.

Bev and Ace near Tangent



Larry and Bill fix Larry's flat tire



The eagles have landed...

FEBRUARY RIDES 2010

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

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 Jerel Gall (541) 258-8945 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 WINTER START TIME
RIDES START AT 10:00 am

February 6th
Lebanon to Brownsville
Start Location: SLCH
Category II
Start Time: 10:00 am
Ride Leader: Ron and Kari Kropf

A great ride as the one large hill will challenge riders and the remainder of the ride is over the Valley floor. Lunch will be in Brownsville. Approximately 33.5 miles.

February 13th
CHOCOLATE RIDE
Start Location: South Albany Pool
Category II
Start Time: 10 AM
Rider Leader: Roger Gaither

Roger Gaither will lead this ride in search of CHOCOLATE! Just don't let Jerel take the lead or there may not be any left when you arrive! This delicious ride will end with lunch and a special chocolate treat. **DON'T MISS IT!**

February 20th
McDowell Creek (in reverse)
Start Location: SLCH
Category II
Start Time: 10 AM
Ride Leader: Jerel Gall (541) 258-8945

This ride is a hilly ride with many flat spots. A short break will be at McDowell Creek to refuel before returning to Lebanon for lunch. Bring SNACK. Approximately 33 miles.

February 27th
Brownsville to Shedd
Start Location: Brownsville Post Office
Category II
Start Time: 10 AM
Ride Leader: Bev Henderson

This ride, after climbing the road near Washburn Heights, will be mostly flat traveling north through the valley and back to Shedd, followed by a quick return to Brownsville. Approximately 33 miles.

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.

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.

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

February 2010 Cycling

Santiam Spokes

SUN

MON

TUE

WED

THU

FRI

SAT



	1	2	3	4	6
	15 Outspoken Submissions Please submit material for Outspoken by today to Kari Kropf: bluekat78@comcast.net PO Box 1183 Lebanon OR 97355		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	Club Meeting 7:00 pm Samaritan Lebanon Community Hospital 525 N. Santiam Hwy Lebanon	Saturday Feb 6 10:00 am Lebanon to Brownsville Start Location: SLCH Distance: 33.5 Miles Description: Cat II Ride Leader: Ron and Kari Kropf 401-7178
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 at 541-967-3295 for more information	11	Saturday Feb 13 10:00 am Chocolate Ride Start Location: South Albany Pool Distance: Description: Cat II Ride Leader: Roger Galther
14	16	17 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	18	18	Saturday Feb 20 10:00 am McDowell Creek (reverse) Start Location: SLCH Distance: 33 miles Description: Cat II Ride Leader: Jerel Gall (541) 258-8945 Bring a snack.
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 at 541-967-3295 for more information	25	Saturday Feb 27 10:00 am Brownsville to Shedd Start Location: Brownsville Post Office Distance: 33 miles Description: Cat II Ride Leader: Bev Henderson
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Santiam Spokes, Inc.
c/o Samaritan Lebanon Community Hospital
P.O. Box 739, 525 North Santiam Hwy.
Lebanon, Oregon 97355
www.santiamspokes.org



February Meeting Thursday Feb 4, 2010

Friendship! Food! Fun!

7:00 pm

Join us for a
Great Meeting!

It's February - I ♥ Bicycling!

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

Area Events

February 14, 2010

Worst Day of the Year Ride

Portland Oregon

<http://www.worstdayride.com/portland/>

February 20th - 21st, 2010

Northwest Bike Show

Portland Expo Center, Portland Oregon

www.nwbikeshow.com

February 28, 2010

Chilly Hilly

Cascade Bicycle Club, Washington

1-888-334-BIKE (2453)

<http://www.cascade.org/EandR/chilly/>