

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 18, No. 4 • January 2010



Proposal for Lebanon Bicycle and Pedestrian Advisory Commission

A proposal for establishing a Lebanon Bicycle and Pedestrian Commission is to be presented at the Lebanon City Council meeting on January 13 at 7 PM. The meeting will be held at the Santiam Travel Station on 3rd St in Lebanon. Members of the club who live in Lebanon are urged to attend this meeting in support of the Commission. Ken Orwick will do the primary presentation with additional comment from other organizations supporting the proposal. The supporting organizations are: Build Lebanon Trails; Samaritan Lebanon Hospital; and the Lebanon Chamber of Commerce.

With the growth in Lebanon and the advent of the new medical school, there is a need for an advocacy group in Lebanon for cyclists and pedestrians. The Commission would have appointed volunteer representatives who would provide educational resources to citizens on the health benefits of cycling and walking. It 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 propose construction of additional bike lanes, multi-use trails and other infrastructure to improve bike and pedestrian safety and connectivity within the city to schools and other public buildings.

For more information, please contact Bill Pintard at 541-967-3295.

Looking Forward to the New Year

Chuck Daellenbach will be our speaker for the January 7th meeting

Circumnavigation of Mount Adams on Skis

In April 2009, Chuck Daellenbach of Albany and his son, Keith of Portland, completed a circumnavigation of Mount Adams on skis. Starting on the south side, this 33 mile tour took five days and crossed nine glaciers. The counterclockwise route took them well above treeline at roughly 8,000' where they saw two separate populations of mountain goats and many spectacular hanging glaciers emanating from the summit ice cap high above. Please join Chuck as he presents their adventures on this stunning and remote volcanic peak of the Pacific Northwest.

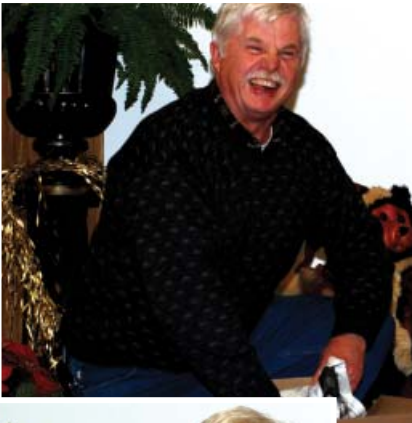
Bio on Chuck

Chuck Daellenbach, of Albany, is 70 and has been an Oregonian since 1975 after leaving Minnesota. Chuck has had the privilege of sharing with Keith many of his climbing and XC skiing adventures. He and Keith have been exploring the Pacific Northwest on many multi-day backcountry ski tours for over two decades including Wallawas, Steens Mountain, Blue Mountains, circumnavigation of Crater Lake and Mt St Helens, traverses across Three Sisters, and Santiam Pass to Marion Lake. They have had two multi-week climbing and cross country skiing expeditions on the Juneau Ice Field in southeast Alaska.

Bill Pintard



*Mt Rainier over Keith's shoulder [taken high up on the north side of Adams].
Photo courtesy of Keith Daellenbach*



Jack Thomas Award Winner:
Dennis Murphy



The Knee!



Good Food!

Spokes Holiday Party

Quite a few folks braved the cold weather and icy, slick roads for an opportunity to win that prized knee! I'm sure that was their main motivation prodding them ever onward through freezing rain. Dennis Murphy won the night and took possession of the knee. A fine dinner, with the main dish provided by Charles Taylor, and salads and desserts from various members. Dennis Murphy was presented with the Jack Thomas award for his dedication and service to the club--well deserved!



JANUARY 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

January 2, 2010
Loop around Corvallis
Start: Corvallis-Harrison Street Bridge
Start time: 10 AM
Ride Leader: Mary Ellen Lind and Dennis Murphy 541-738-8600
Category II
Mileage: approximately 25 miles

This ride will take us along bike path to 35th through OSU campus to fairgrounds, then on to Philomath. Fern Rd., Airport Rd and Bellfountain Road will be a part of the return to Corvallis.

January 9, 2010
Lebanon to Albany via Tangent
Start Time: 10 AM
Start: SLCH
Ride Leader: Jerel Gall 541 258-8945
Category I
Mileage: Approximately 35 miles

This ride will head east to Tangent and meander back into Albany for lunch at the Beanery. Return trip will be along Spicer Rd. and Tennessee Rd. This is the ride that was iced out so we will try it without the ice.

January 16, 2010
Albany to Corvallis
Start Time: 10AM
Start: South Albany Pool
Ride Leader: Dian Gerstner 541-926-1188
Category II
Mileage: Approximately 32 miles

This route will travel Riverside Drive to Hwy 34 into Corvallis for lunch and return through Lewisburg and North Albany.

January 23, 2010
Lebanon to Scio
Start Time: 10AM
Start: SLCH
Ride Leader: Jerel Gall 541-258-8945
Category II
Mileage: approximately 36 miles

This route will travel along Brewster Road, then Cold Springs Road through Crabtree and then along Gilkey Road to Scio. Lunch will be in Scio before we are traveling back along Hungry Hill Road and then tracing Tennessee Road back into Lebanon.

January 30, 2010
Ankeny Refuge Loop
Start Time: 10AM
Start: Jefferson Middle School
Ride Leader: Ace Johnson
Category II
Mileage: Approximately 25 miles

This ride will loop around the Ankeny Game Refuge. An alternate and flatter route will be available as an option.

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.

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

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.

January 2010 Cycling

Santiam Spokes

SUN

MON

TUE

WED

THU

FRI

SAT



						<p>2</p> <p>Saturday Jan 2 10:00 am Loop Around Corvallis Start Location: Corvallis-Harrison Street Bridge Distance: 25 Miles Description: Cat II Ride Leader: Mary Ellen Lind and Dennis Murphy 541-738-8600</p>
3	4	5	<p>6</p> <p>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</p>	<p>7</p> <p>Club Meeting 7:00 pm Samaritan Lebanon Community Hospital 525 N. Santiam Hwy Lebanon</p>		<p>9</p> <p>Saturday Jan 9 10:00 am Lebanon to Albany via Tangent Start Location: Samaritan Lebanon Community Hospital Distance: 35 miles Description: Cat I Ride Leader: Jerel Gall (541) 258-8945</p>
10	11	12	<p>13</p> <p>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</p>			<p>16</p> <p>Saturday Jan 16 10:00 am Albany to Corvallis Start Location: South Albany Pool Distance: 32 miles Description: Cat II Ride Leader: Dian Gerstner 541-926-1188</p>
17	<p>18</p> <p>Outspoken Submissions Please submit material for Outspoken by today to Kari Kropf: bluekat78@comcast.net PO Box 1183 Lebanon OR 97355</p>	19	<p>20</p> <p>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</p>			<p>23</p> <p>Saturday Jan 23 10:00 am Lebanon to Scio Start Location: Samaritan Lebanon Community Hospital Distance: 36 miles Description: Cat II Ride Leader: Jerel Gall 541-258-8945</p>
24	25	26	<p>27</p> <p>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</p>			<p>30</p> <p>Saturday Jan 30 10:00 am Ankeny Refuge Loop Start Location: Jefferson Middle School Distance: 25 miles Description: Cat II Ride Leader: Ace Johnson</p>

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

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 1st member	Date
Signature of 1st member	Date
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:

- | | |
|---|---|
| <input type="checkbox"/> Easy, 3-15 mi. | <input type="checkbox"/> Sport, 20-50 mi. |
| <input type="checkbox"/> Tour, 30-80 mi. | <input type="checkbox"/> Competitive, 40-100 mi. fast |
| <input type="checkbox"/> 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



January Meeting Thursday Jan 7, 2010

Guest Speaker: **Chuck Dahlenbach**

Read more on page one

7:00 pm

Join us for a
Great Meeting!

New Year - New Beginnings

Samaritan Lebanon Community Hospital

Area Events

February 14, 2010

Worst Day of the Year Ride

Portland Oregon

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

February 28, 2010

Chilly Hilly

Cascade Bicycle Club

Washington

1-888-334-BIKE (2453)

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

