

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 18, No. 9 • June 2010



THE BANANA PEEL

By Jessica Ruef

In my short five years of riding a bicycle, I have noticed that on every ride I take, there is always a banana peel lying in the road. It doesn't matter what time of day or season, there is a banana peel. I anxiously await the appearance of the banana peel. Sometimes the peel appears at the beginning of the ride, when my focus is sharp. Sometimes it is at the point in the ride, when I have become less vigilant or have begun to believe that there is no banana peel at all.

Though it is not a laughing matter, I do find myself chuckling internally at the thought of how I would explain that my injuries resulted from slipping on a banana peel... while riding a bike.

What I dread is the crash or injury that is caused by the unseen banana peel – that something quick I didn't notice or anticipate while riding. Perhaps that unanticipated thing will be a dog silently streaking out of his yard or a car suddenly pulling out of the parking lane.

Even worse, is the thought of my being the banana peel – the one who causes someone else to crash or be injured. On the May 8 ride, I was the banana peel for the riders

behind me. I feel extremely guilty and embarrassed because as I was encountering an unanticipated personal banana peel, I transformed into a bigger banana peel and put riders who were behind me at risk.

I was enjoying a fast downhill thrill when I hit a pothole or defect in the pavement that caused enough of a jolt to make me catch my breath and bless my internal gyroscope which had kept me upright. However, the mirror was jostled off of my bike. I pulled to the right, without being able to check if there were riders close behind and slowed quickly without yelling out "SLOWING" to warn any riders behind me.

I did this because I knew I couldn't stop in the middle of the road, nor could I cross into the opposite lane (it was on a curve.) My instinct had been to stop. That was it. Had I been giving proper consideration to the situation, I may have just kept on

going. Leaving the mirror in the road would have been a better choice than putting other riders at risk.

I am grateful for the good graces of the spirit/saint/being who watches over bike riders and for the quick thinking of those who were behind me; I am grateful that no one was hurt because of me.

The experience was an adrenaline induced reminder that as a rider, I must always be vigilant. AND, as a rider I have a responsibility to those around me. I will try not to become so comfortable with my ride that I forget to keep a look out for banana peels. I will try to remember that it is not just me and my bike; that there are others – fellow riders, pedestrians and drivers who don't want to slip on a banana peel either.



San Juan Summer Tour Planning Meeting

Time: 6 p.m.
Date: July 1
Place: Conference room at Samaritan Lebanon
Community Hospital

An informational meeting will be held prior to the monthly Santiam Spokes general club meeting. The tour committee will be prepared to give you:

- ◆ Directions and discuss car pooling to Anacortes
- ◆ Ferry schedules
- ◆ List of what to bring
- ◆ Map and route materials
- ◆ Campground map and discuss camping locations.

We hope all tour participants will be present. Over 30 are registered. Many plan to sag their own gear to the campground.

Tour committee: Mary Ellen Lind, Barbi Thomson, Maurice Banning

New Features for the Albany & Mid-Willamette Valley map website

The Albany & Mid-Willamette Valley map web site has some new features. The web site: www.co.linn.or.us/bikemap. They include:

1. You may now "virtually travel" the roads on a route. There is a drop down menu of the roads in Linn County. By clicking on a road name, you will be able to see the road and travel along the road via photos.
2. Photos are being added for attractions in the map area such as covered bridges, barns, churches and historic sites such as Thompson's Mill.
3. The map area now includes Salem and Eugene.
4. Additional rides have been added and more will be coming soon. If you have favorites you would like to include, please send me turn by turn information. My email is www.b.pintard@comcast.net.
5. Additional links have been added to other mapping sites, Travel Oregon, Oregon Covered Bridge Society, Safe Routes to School, etc. Other links may be added at your request.

We have been very fortunate to have a relationship with the Linn County GIS Department who developed the web site. It keeps getting better and better.

Bill Pintard

June Meeting Thursday June 3, 2010

7:00 pm
Join us for a
Great Meeting!

Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon

..... **Monday, May 31st**

Old McKenzie Highway Ride

Santiam Spokes members are planning a group ride up the old McKenzie Pass, Monday, May 31st. The ride is a category III, better known as up, up, and did I mention the ride is uphill? (Oh, but the joys of the downhill when we return.)

The distance is about 45 miles. We will leave from the Paradise Campground on Hwy 126 at 9:00 a.m. The plan is to carry a lunch, eat at the top and ride back down.

If you are interested in riding please contact Raylene Sell at 541-979-1606 or email rrsell@comcast.net for more information. She will be in contact with ODOT about the roads to make certain they will be passable on our two and three wheeled muscle building machines and that roads have not been opened to traffic. Stay tuned for more details. Keep those wheels a turnin'!

June 12, 2010

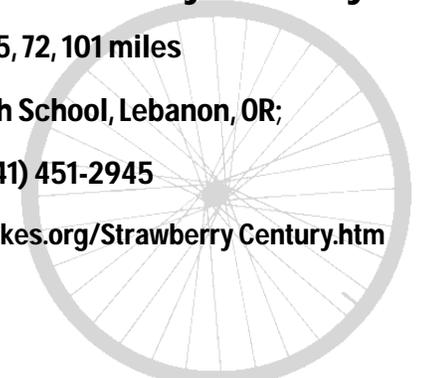
18th Annual Strawberry Century

13, 55, 72, 101 miles

Lebanon High School, Lebanon, OR;

(541) 451-2945

web: www.santiamspokes.org/StrawberryCentury.htm



JUNE 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 9:00 am - unless otherwise noted

June 5 9:00 am

Start: Samaritan Lebanon Community Hospital

Long Ride: Pre-strawberry Century Ride

Ride Leader: To be decided

Distances: 55, 75 or 105 miles, Cat.: I-III

We will meet at the hospital parking lot, and ride a portion (or all) of the Strawberry Century Route.

Short Ride: Tennessee Road Traverse:

Ride Leader: Jessica Ruef, 541-409-0005

Distances: 13 miles, Cat I

We will ride out Tennessee Road to Vogt's Nursery, stop to smell the blooms and then head back to SLCH. Ride pace will be approximately 10 miles per hour. Rest stops and actual pace will be determined by composition of the group.

June 12 All Day

Start: Lebanon High School

18th Annual Strawberry Century

Distances: 13, 55, 75 or 105 miles, Cat: I-III

Santiam Spokes will have their annual Strawberry Century ride. Registration opens at 7:00 am.

June 19 9:00 am

Start: Jefferson Middle School

Long Ride: Jefferson/Aumsville/Stayton Ride

Rider Leader: To be arranged

Distance: 36 miles, Cat.: II

Leisure route through the hills and valleys to Stayton. Lunch in Stayton. The group will decide on where to do lunch.

Short Ride: Jefferson Loop Ride

Ride Leader: Jessica Ruef, 541-409-0005

Distances: 15 miles, Cat I

We will ride out easterly from Jefferson, turn north and head back. There may be some rolling hill stretches and possibly a small hill to remind us that bike riding isn't always on the flats. Ride pace will be approximately 10 miles per hour. Rest stops and actual pace will be determined by the composition of the group.

June 26 9:00 am

Start: Samaritan Lebanon Community Hospital

Long Ride: McDowell Creek Park

Ride Leader: To be arranged

Distance: 35 miles, Cat: II

Out Berlin road to Mcdowell Creek Road and towards the Park. A short hike is available for those who haven't seen the falls in a while. It's about a 1/2 mile. A few hills and gorgeous views. Pack a lunch there isn't any restaurants out there.

Short Ride: Waterloo/Sodaville Loop

Ride Leader, Jessica Ruef, 541-409-0005

Distance: Approx 15 miles, Cat I

We will head out to Waterloo and then cross Hwy 20 to return through Sodaville on the west side of Lebanon. Though mostly a flat ride, there is a nice hint of hills to help us build endurance. Ride pace will be approximately 10 miles per hour. Rest stops and actual pace will be determined by the composition of the group.

DIRECTIONS TO START LOCATIONS

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 High School

From I-5 and Hwy 34 (Exit 228)

Head east on OR-34. Turn right at Denny School Rd. Continue on Airport Rd. Turn left at S 5th St To Lebanon High School, 1700 S 5th St.

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.

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, 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

June 2010 Cycling

Santiam Spokes

SUN

MON

TUE

WED

THU

FRI

SAT

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3 Club Meeting 7:00 pm Samaritan Lebanon Community Hospital 525 N. Santiam Hwy Lebanon		5 Saturday June 5 9:00 am Pre-Strawberry Century Ride/Tennessee Road Traverse Start: Samaritan Lebanon Community Hospital Distance: Long 55, 75 or 105 miles / Short 13 miles Cat: Long I-III / Short I Ride Leader: Long: To be arranged Short: Jessica Ruef, 541-409-0005
6	7	8	9	10	Saturday June 12 Strawberry Century Start: Lebanon High School Distance: 13, 55, 75 or 105 miles Cat: I-III	12
13	14 Outspoken Submissions Please submit material for Outspoken by today to Kari Kropf: bluekat78@comcast. net, PO Box 1183 Lebanon OR 97355	15	16	17	Saturday June 19 9:00 am Jefferson/Aumsville/Stayton & Jefferson Loop Start: Jefferson Middle School Distance: Long: 36 miles / Short: 15 miles Cat: Long: II / Short: I Ride Leader: Long: To be arranged Short: Jessica Ruef, 541-409-0005	19
20	21	22	23	24	Saturday June 26 9:00 am McDowell Creek Park / Waterloo-Sodaville Loop Start: Samaritan Lebanon Community Hospital Distance: Long: 35 miles / Short: 15 miles Cat: Long: II / Short: I Ride Leader: Long: to be arranged Short: Jessica Ruef, 541-409-0005	26
27	28	29	30			

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



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Lebanon, Oregon 97355
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