

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 19, No. 2 • November 2010



Apple Daze

By Kari Kropf

The ride to Apple Daze begins in Brownsville, and the transportation for the day is Kermit, the big green tandem.

There is one "small" hill between us and Deterings. The hill on Gap Road used to intimidate me, now it's one of my favorite climbs. A disease I know, but I like climbing hills. We make it to the top without stopping.

The route is a little different this year. We discover our connector route is gravel, so we revise the route and we arrive at Detering's as planned. Kids, pumpkins, fruits and vegetables, and free apple cobbler a la mode, It's worth the extra mile. Everyone partakes of Cobbler and enjoys the country music. A few riders purchase some of the luscious



Above: Al, Emma, and Bill enjoy apple cobbler at Apple Daze.
Left: Old time country music at Detering Orchards, Apple Daze

Photographs courtesy of Kari Kropf

fruits and vegetables for sale, either for eating or packing back to the start. No one packs home a pumpkin though.

The return is a variation on rides I've done in the past. We rode along Bond Butte Road, which is a first for me. I like the new route. It breaks up that long straight (usually into the wind) section that I dread on the return.

Total mileage for the day is just a tad under 47 miles. Weather was perfect. Some wind, but not too bad.



November Meeting Thursday November 4, 2010

7:00 pm

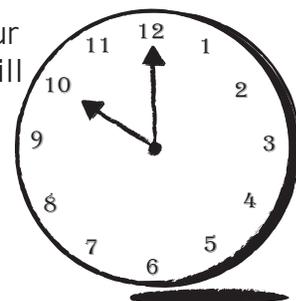
Join us for a
Great Meeting!

Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon

NOVEMBER RIDES NEW START TIME

Beginning in November our
Saturday morning rides will
start at 10:00 am

YAY! Sleep in
one more hour!



Nominations for the Jack Thomas Award

The Jack Thomas Award is presented each year to a club member who has given years of leadership and service to our club, the Santiam Spokes, and to the greater community of bicycling. It recognizes their commitment to cycling as a fun and healthy way of life. The award is in memory of Jack Thomas who founded the Santiam (Slow) Spokes in 1991. As a leader in the Lebanon Community Hospital Foundation, he organized the Hospital's sponsorship of the club with the goal to promote community health and relationships through exercise and organized bike events."

This year we are asking each member to submit 3 names of club members who they think are deserving of this award. Please include specific comments as to why you think that person should receive the award. The award will be given at an upcoming meeting after tallying the votes and reviewing the comments. The final decision will be made by the club president. Past recipients, Roger Gaither, Bill Pintard, Dian Gerstner, Mary Ellen Lind, Kari Kropf, Chuck Young, and Dennis Murphy are not eligible. Please mail or bring your nominations to the next meeting, or mail them to the attention of Ken Orwick, c/o the Santiam Spokes, PO Box 739, 525 North Santiam Hwy., Lebanon Oregon, 97355

Name: _____

Comments: _____

Name: _____

Comments: _____

Name: _____

Comments: _____

SANTIAM SPOKES BIKE CLUB MEETING MINUTES OCTOBER 7, 2010

In President Ken Orwick's absence, the meeting was called to order by Vice President Bill Pintard at 7:01 p.m.

Bill reviewed the list of officers that appeared in last month's newsletter and noted that we still need a publicity person for a portion of the year that Roger Gaither will not be able to do it, and a chairperson for the Strawberry Century ride. Dennis Murphy has agreed to continue as historian. As October is the official annual meeting where officers are elected, the motion was unanimously passed to accept the slate as presented. Anyone interested in any of the unfilled positions would be welcome.

Bill introduced Nelson Sherry, our guest from Peak Sports in Corvallis, who is a certified fit technician and presented a very informative program on fitting a bike to a person, using Bill in the demonstration.

Minutes: The minutes of the September meeting were approved as written.

Membership: Jess Ruef reported that we have received a referral from Nelson regarding a new member. We currently have 49 individual memberships and 44 family memberships for a total of 150 registered riders. We are in a renewal cycle and at present have 23 members who have not yet renewed.

Jess told us that she will be emailing her report to Barbi beginning next month and at least through the end of the year as she will be busy with her nursing school classes. There was some discussion on corporate memberships as this would require amending the bylaws. Motion carried to initiate the process of amending the bylaws to accommodate a corporate membership. Bill suggested that this be something the Board can pursue.

Treasurer Report: Maurice Banning said we currently have \$12,104.92 in our checking account. We will be giving \$3,000 to the hospital, which

will leave about \$9,000 after all bills are paid. This is right where we need to be as one poor weather Strawberry Century could conceivably wipe this out.

Ride Report: Al Rimer reminded us of the time trial this Sunday. It will start from Waterloo Park instead of Sells' house in order to avoid a stop sign. Starting time for Saturday rides will be 10:00 a.m. beginning in November. He also thanked Roger and May for hosting the recent gathering at their house where we watched various bike tour programs.

Philanthropy Committee: Nothing to report at this time; hopefully they will have something to share next meeting.

Old Business: As we ran a bit late with the program, tabled until next meeting: Club jerseys, free memberships, suggestions for Strawberry chairperson and publicity assistant (to take over for Roger beginning in May).

New Business: Roger announced that our club has been selected by Adventure Cycling to receive 30 free memberships. If anyone is interested, please contact him. Bill reported on International Walk and Bike to School Day that he participated in in Albany, he also handed out small wallet-sized cards with bicyclists' rights on them.

Bev Henderson told us that Rosie, of the hospital's Rosie's Café, recently passed away and suggested that a donation may be something the Philanthropy Committee may wish to do. She will send them a formal request for their consideration.

The meeting was adjourned just after 9:00 p.m.

Respectfully submitted,
Barbi Thomson

Emma and Al at the
Country Bakery.

Yum!
Cinnamon Rolls





Above: Taking a break for cinnamon rolls at the Country Bakery

Below Middle: Time Trials and a lot of rain. Al Rimer

Below: Group photo of the time trialists: Brian, Christine, Tom, Rod, Maurice, Emma, Al, and Ron.

Below right: Maurice at the start.

Time trial photographs courtesy of Bill Pintard



SANTIAM SPOKES
ANNUAL HOLIDAY PARTY

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

Santiam Place Event Hall
139 Main St., Lebanon

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.



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

NOVEMBER 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.

PLEASE NOTE

RIDES START AT 10:00 am - unless otherwise noted

PLEASE NOTE

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.

November 6 **10:00 am**

Lebanon to Sweet Home

Distance: Approximate 45 miles category II • **Ride Start:** Samaritan Lebanon Community Hospital • **Ride leader:** Wade Bloecher

This is an easy ride over a few hills from Lebanon to Sweet Home lunch at Subway. **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.

November 13 **10:00 am**

Scio / Mt. Pleasant Loop

Distance: 9, 19, 31 miles options Cat I-II • **Ride Start:** May & Roger's house (38795 N. Main St • Scio OR 97374) • **Ride leader:** Roger Gaither

This is a nice ride of 31 miles with a 9 mi cut off and a 19 mi cut off. The main route of 31 mi. includes gradual climbing of about 1116 feet to the ridge just beyond Mt. Pleasant. There are pleasant (spectacular?) views of the Santiam River basin to the north and the Thomas Creek basin to the south. This is one of the oldest settled places in Oregon with a church (1854) and a school (@1910) and several barns (1910-1930) still standing from early times. The roads are quiet and the countryside quite scenic.

We'll start and finish at May & Rogers' house and enjoy lunch at the Mexican/American restaurant across the street. We'll hope for good weather, but whatever, come enjoy this nice, challenging route. **Directions to Start:** Roger & May's House • 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 (38795 N. Main St • Scio OR 97374) is just past city center across the Street from Homestyle Restaurant.

November 20 **10:00 am**

Tangent to Brownsville

Distance: 42 miles, Cat II • **Ride Start:** Al Rimer's House • **Ride leaders:** Al Rimer

This ride is flat going out. Hard to tell about the wind at this time of year. There's usually a tailwind one direction or another. Lunch in Brownsville - they have great soup! Return over Washburn, then Manning Drive and onto the rollers on Sand Ridge. **Directions to Start:** Al Rimer's House. 33225 hwy 99E, Tangent, OR. Go a 1/2 mile south on Hwy 34 on east side of hwy. There will be a bright yellow and white pickup parked out front take the driveway on the north side of the house. Proceed to the back.

November 27 **10:00 am**

Jefferson to Stayton

Distance: -- miles, Cat II • **Ride Start:** Jefferson Middle School • **Ride leader:** To be decided

Meet at Jefferson Middle School. Backroads to Stayton do lunch at the Subway and return. It's all scenic! **Directions to Start:** 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.

November 2010 Cycling

SUN MON TUE WED THU FRI SAT

Santiam Spokes

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4		6
			<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>Club Meeting 7:00 pm Samaritan Lebanon Community Hospital 525 N. Santiam Hwy Lebanon</p>		<p>Saturday Nov 6 Lebanon to Sweet Home Start: Samaritan Lebanon Community Hospital Distance: 45 miles Cat II Ride Leader: Wade Bloecher, 541-926-1639</p>
7	8	9	10	11		13
			<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 Nov 13 Scio/Mt Pleasant Loop Start: May & Roger's house Distance: 9, 19, 31 miles Cat I-II Ride Leader: Roger Gaither, 503-394-3696</p>
14	15	16	17	18		20
	<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 Nov 20 Tangent to Brownsville Start: Al Rimer's House Distance: 42 miles Cat II Ride Leader: Al Rimer, 541-979-2764</p>
21	22	23	24	25		27
			<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>Thanksgiving</p>		<p>Saturday Nov 27 Jefferson to Stayton Start: Jefferson Middle School Distance: miles Cat II Ride Leader: To be decided</p>
28	29	30				Dec 4

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



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Lebanon, Oregon 97355
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