

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 19, No. 10 • August 2011



The Oregon Gardens Century

By Wade Bloecher

www.PetalPedal.com

June 18, 2011

I heard about this ride over the internet, it starts at Oregon Gardens and goes through Silver Falls state park, Mt. Angel, Scott Mills and so on. I haven't ridden that area and it sounded interesting, the ride profile showed a climb in the beginning and rollers after that. So far so good. I registered for it. This year is the second year for this ride.

About 1,100 riders showed up for the ride, and most did the 60 or 30 mile route. A third or less of the riders did the century. There was some scattered rain showers, but not too bad, I've been a lot wetter on other rides (Marcola). You start out by turning right out of the Gardens driveway, and ride through Silverton. It is that first right onto Eureka Avenue that will get your attention, it just goes up and never stops. I climbed about 4,900 feet that day, the century was easy, it was the climbing that hurt. I rode about 32 miles up to the second rest stop. **That is 32 nonstop miles of up.** I asked one of the volunteers where the next turn was and he pointed to a road and said up there. The hills out there turned out to be mountains, and the rollers were some pretty steep hills. My average speed was a sorry 12.3 mph, I think I could have gotten off and pushed it faster.

The food was good, they had Daves killer bread for sandwiches, and the fourth rest stop had marionberry turnovers (woohoo). I never made it to the salmon dinner they promised, I was one of the last to ride in. Buzzards were circling me for possible road kill by the time I dragged myself across the line

This could be a good group ride if enough people want to try it next year, let me know.



Strawberry Century 2011

Top: Cristy, Raylene and Rod at the end of the day

Lower: Riders gather at the Pleasant Valley water stop.

Santiam Spokes General Meeting

Thursday
August 4 ♦ 7:00 pm

Samaritan Lebanon Hospital
525 N. Santiam Hwy, Lebanon



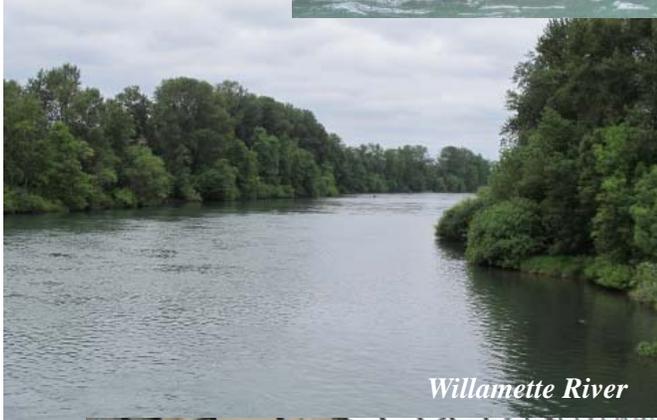
Short Ride on a Long Bike

By Kari Kropf

One weekend this summer found Ron and I on Kermit, the big green tandem. Once upon a time it was our bike of choice, but these last couple of years we only occasionally take it for a spin, more often opting for the single bikes. A short jaunt on the bike path should be just the ticket.

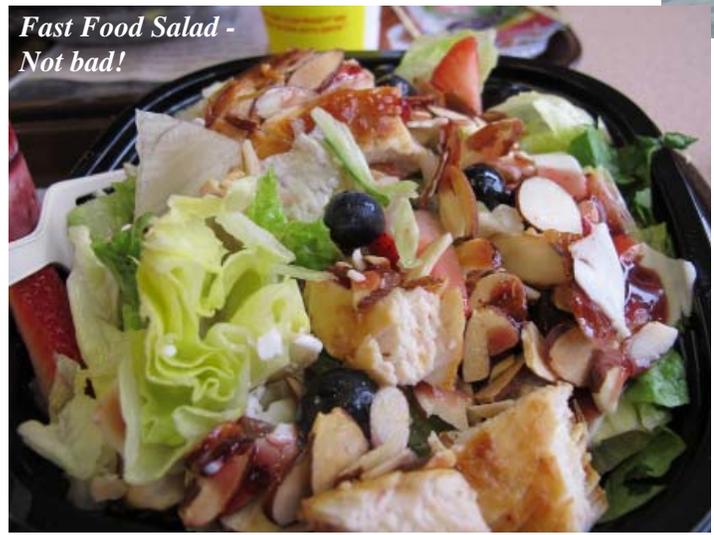
The day's ride: the bike paths in Eugene Oregon. As often as I've ridden these bike paths we still manage to find a new route to explore. You could say Eugene has a lot of bike path options. We rode along the Willamette River, through Alton-Baker Park, and back along the Willamette on the opposite bank.

Lunch for the day: The healthy choice (well, maybe) Wendy's wild berry chicken salad and apple pecan chicken salad. The unhealthy choice: Wild berry parfait!



Willamette River

It was a good time being back on the tandem.



Farm To Farm Century

Saturday, September 17, 2011

This isn't just a bike ride.

The Willamette Valley has a new ride in town on Saturday, September 17th. And, this isn't just a bike ride. It's 100 miles of beautiful, backcountry roads and sweeping Willamette Valley landscapes. It's several hours of unforgettable times with 99 other like-minded cyclists. It's discovering local farms and enjoying healthy, natural, mouth-watering edibles. And certainly, it's an event that leaves you feeling proud, healthy, and a little tired.

This debut event begins and ends at the Monroe Sharing Gardens on Saturday, September 17, 2011. Throughout your pedaling journey, you will visit four food-producing farms, where you will be spoiled with the best-tasting mid-ride food that comes directly from the farms and local food-producing companies that share this ride's philosophy: Be healthy! Eat locally!

At the end of your 100-mile excursion, the folks at Monroe Sharing Gardens will greet you with a freshly prepared, catered meal. Live bluegrass music will play in your ears while you share stories with your new friends. And, as our way of saying thank you for participating in this event and supporting local farms, you will head home with a Bounty Bag. (It's like swag, but better. Much better.)

For more information about The Farm-to-Farm Century, please visit www.farmtofarmride.com

Jennifer Hughes
Director of Operations



Some of our wonderful volunteers serving strawberry shortcake at the high school.

AUGUST RIDE EVENTS

Looking for a few events this month?

Sunday, August 7, 2011

Historic Albany Criterium

Albany, Oregon

http://www.obra.org/flyers/2011/albany_criterium.html

Sunday, August 14, 2011

Covered Bridge Bicycle Tour

Linn County Fairgrounds
Albany, Oregon

<http://www.mvbc.com/event-CBBT.html>

Sunday, August 14, 2011

Providence Bridge Pedal

Portland Oregon

<http://blog.bridgepedal.com/>

Saturday, August 20, 2011

Crater Lake Century

Fort Klamath Museum
on Crater Lake Highway (Rte 62)
<http://www.craterlakecentury.com>

Saturday, August 20, 2011

Yaquina Lighthouse Century

Newport, Oregon

<http://www.yaquinawheels.org/>



2nd Annual

Time Trial

Sunday, August 7, 2011

Timed ride from Waterloo County Park to Rod Sell's house for club bragging rights to who is the fastest 5 mile sprinter! See details on the ride descriptions page.



Santiam Spokes 2011 Summer Tour



SANTIAM SPOKES SUMMER TOUR SILVER FALLS – COAST LOOP - 2011

- Sunday, Sept 11:** Albany to Silver Falls campground. 38 miles.
Monday, Sept 12: Silver Falls to Champoeg campground (Newberg). 42 miles
Tuesday, Sept 13: Champoeg to Dovre Campground. 38 miles
Wednesday, Sept 14: Dovre to Pacific City. 39 miles
Thursday, Sept 15: Pacific City to Devils Lake Campground, Lincoln City 33 miles
Friday, Sept 16: Lincoln City to Moonshine County Park in Logsdon, 43 miles
Saturday, Sept 17: Logsdon to Albany, 55 miles.

This route was developed by Roger Gaither in 2003. Several of us rode with he and May and thoroughly enjoyed the leisurely pace and gorgeous sights. Nine club members (listed below) met and decided on this route and dates because they wanted to be sure to ride the tour this summer. They are guaranteed in! The group decided to limit the number of participants to 15 because the support vehicle can carry baggage for that many bikers. Also, the group decided to organize group meals. Those who join the tour will be asked to contribute to preparing a meal along the way.

Chuck Young will be our sag driver again. We are grateful that he continues to support the club in this way. Registrations and a \$25 deposits will be accepted by Ron Kropf. Those who get to ride the tour will be accepted according to the date that he receives the registration. Others will be put on a waiting list. We ask that those who receive the benefits of the tour (free sag support) be active club members and be willing to help at the annual Strawberry Century Tour this year (June 11).

We don't know the estimated cost per individual, but probably, as before, it will be around \$100 per person. The costs that bikers pay for includes the campground fees and some group meals.

Another planning meeting will be held in August for those who will be riding this tour. Club members who attended the March 3rd tour meeting were: Ron and Kari Kropf; Brian Hubbard; Chuck Young; Ken Orwick; Barbie Thomson; Maurice Banning; Dennis Murphy and Mary Ellen Lind.

REGISTRATION FORM

Deposit, \$25, make check out to Santiam Spokes.

No later than August 15, submit form and deposit to Ron Kropf, PO Box 1183, Lebanon, OR 97355

DATE: _____

NAME: _____ Phone: _____

E-mail address: _____

Emergency Contact Person (someone not on the ride): _____ Phone: _____

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;

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.

SATURDAY AND SUNDAY RIDES START AT 9:00 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.

August 6, 2011 9:00 am

MCDOWELL CREEK RIDE

Start: Samaritan Lebanon Community Hospital
 Distance: 33 miles, Cat II
 Ride leader: Wade Bloecher

Could be a hot day Naw, how silly? Meander our favorite roads out to McDowell Creek. If you're in need some pain then do the climb past the park. We do a sack lunch at the park and then return Waterloo and River Road.

August 7, 2011 8:00 am

Sunday Series: TIME TRIAL

Start: Waterloo Park
 Distance: 5 miles, Cat I
 Ride Leader: Al Rimer

Timed ride from Waterloo County Park to Rod's house for club bragging rights to who is the fastest 5 mile sprinter!

August 13th 2011 9:00 am

SANTIAM TERRACE

Start: Samaritan Lebanon Community Hospital
 Distance: 48 Miles, Cat III
 Ride Leader: TBD

Some bigger hills as we traverse some of Strawberry route to Sweet Home eat lunch and then return to Lebanon

August 20, 2011 9:00 am

MOHAWK VALLEY LOOP

Start: Alton Baker Park in Eugene
 Distance: 54 miles, Cat II
 Ride Leader: Bev Henderson

Meander through the Mohawk Valley. Part of the route is the Brownsville/Coburg/Marcola loop, but reversed. Covered bridge, rolling hills, fields and forests. Quiet country lanes. Great ride for all types. Lunch in Marcola.

August 27, 2011 9:00 am

CHATOE ROGUE ADVENTURE

Start: Harrison Street Bridge, Corvallis
 Distance: 60+ miles, Category II
 Ride leaders: Mary Ellen Lind and Dennis Murphy, ph. 541-738-3600.

We'll take a round-about route via King's Valley to the Buena Vista area. The reward, other than gorgeous views, is a stop for lunch and your favorite Rogue flavor, including rootbeer, at the Chatoe Rogue adjacent to the Rogue hop fields. The route includes some challenging hills and distance before lunch and a shorter trip back to Corvallis.

September 4th 2011 8:00 am

Sunday Series: THE HILL RIDE

Start: Samaritan Lebanon Community Hospital
 Distance: 50 miles, Cat III
 Ride Leader: Al Rimer

The last Sunday ride we do is The Hill Ride which we designed and rode last year just before Cycle Oregon. To refresh your memory, we headed over Mountain Home, Santiam Terrace, Marks Ridge, Fern Ridge to Courtney Creek and back to Lebanon via Washburn Heights. For the real crazies, Rod wants to do the Cell Towers at the top of Washburn.

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



August 2011 Cycling

Santiam Spokes

SUN

MON

TUE

WED

THU

FRI

SAT

	1	2	3	4	6
			Wed. Wanderers See the web site (www.santiamspokes.org/Rides.htm) for the time, start location, and ride description for the next Wednesday ride."	Club Meeting 7:00 pm Samaritan Lebanon Community Hospital 525 N. Santiam Hwy Lebanon	Saturday, Aug 6 McDowell Creek Ride Start: Samaritan Lebanon Community Hospital Distance: 33 miles Cat II Leader: Wade Bloecher Bring a sack lunch
7 8:00 am Sunday Time Trial Start: Waterloo Park Distance 5 miles Cat I Ride Leader: Al Rimer	8	9	10	11	13
			Wed. Wanderers See the web site (www.santiamspokes.org/Rides.htm) for the time, start location, and ride description for the next Wednesday ride."		Saturday, Aug 13 Santiam Terrace Start: Samaritan Lebanon Community Hospital Distance: 48 miles Cat III Leader: TBD
14	15 Outspoken Submissions Please submit material for Outspoken by today to Kari Kropf: bluekat78@comcast. net, PO Box 1183 Lebanon OR 97355	16	17	18	20
			Wed. Wanderers See the web site (www.santiamspokes.org/Rides.htm) for the time, start location, and ride description for the next Wednesday ride."		Saturday, Aug 20 Mohawk Valley Loop Start: Alton Baker Park in Eugene Distance: 54 miles Cat II Leader: Bev Henderson
21	22	23	24	25	27
			Wed. Wanderers See the web site (www.santiamspokes.org/Rides.htm) for the time, start location, and ride description for the next Wednesday ride."		Saturday, Aug 27 Chatoe Rogue Adventure Start: Harrison Street Bridge, Conavallis Distance: 60 miles Cat II Leader: Mary Ellen Lind and Dennis Murphy
28	29	30	31		
			Wed. Wanderers See the web site (www.santiamspokes.org/Rides.htm) for the time, start location, and ride description for the next Wednesday ride."		

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



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