

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 20, No. 02 • December 2011



Santiam Spokes Annual Holiday Party

Friday ♦ December 2nd ♦ 6:00 pm

Santiam Place Event Hall
139 South Main Street, Lebanon OR

Details inside...



own good rain gear, the warmest of mittens and your bike has fenders. So especially on marginal days, bundle up, don your expensive rain gear, and launch that bike ~ ride! Or at the least, walk on the treadmill or ride your stationary bike (I did!). You'll thank yourself next spring in leap year 2012 when the daffodils come out; after all no one cares as much as you!

The Holiday Party

I hope you're coming to our annual Spokes Holiday Party. We'll meet, enjoy good food & company and zany gifts at our white elephant gift exchange. We'll also recognize some members who provided

leadership and good service to the club last year. So come to the party Friday, Dec 2, 6:00 PM at Santiam Place - Event Hall. 139 South Main Street, Lebanon, OR. (541) 259-4255. Bring a potluck dish and a fun gift. The club will provide the entree and drinks. You provide the smiles.

The Rides

Jo and I have had great, spirited cooperation from folks volunteering to lead the club rides. Rides are set for December and January (in this newsletter) and we have a tentative schedule for February and March subject to confirmation of several ride leaders. We're working forward now on April, May, June, and July of 2012. Let's just forge ahead and pretend that winter will continue to be good biking; why not?

Roger's Ramblings

Winter Is For Riding

Roger Gaither, President

Bundle Up & Don Rain Gear, But Keep Riding Into Leap Year

As I write this the wind is blustery and the air is laced with thin sheets of rain. The temperature hovers at 47 so I opted not to ride today; it was the right decision.

This is the season we frequently opt to stay cozy, read a good book or watch fall football.

Of course these are accompanied by treats, snacks and drinks that taste so good. That's just fine, unless one day slips into ten and our girth inches out before we notice. So instead, put yourself on notice; you



Above: Maurice running the 5k at the Samaritan Fit Club open house on November 6th.
Photograph courtesy of Bill Pintard

The Club t-Shirt

The club shirt has been approved and it is possible to order yours on the club web-site or through the order form in this newsletter. Wearing the shirt will publicize the club; make you a little more visible on the road; and it can be comfortable in the winter

Continued from page 1

when worn over a toasty insulating shirt such as fishermen wear. I suggest buying two: one SS for summer and one LS for the cooler months.

Extra Spokes Rides List Serve

The Extra Spokes Rides list serve is set up and working. This is a neat way for any of us to have an impromptu ride and to invite others to join in. Let me know to add your name to the list. It will be fun and an efficient way to take advantage of the infrequent good weather days of winter.

The Hospital Says Thank You!

May and I represented the Club at the recent Lebanon Hospital Foundation recognition dinner. It was a very nice event and the many ways the Foundation is assisting the Hospital were very impressive. Spokes is recognized as a member of the "M Club" donation group. To date, we have given over \$43,000 and the Hospital is most appreciative!



Photograph courtesy of Bill Pintard

Build Lebanon Trails Says Thank You!

At the ride on February 5 the Club was honored at a dedication ceremony for the first of the custom bike racks along the many miles (eventually) of trails being constructed by the Build Lebanon Trails organization. The BLT helps us mount the Strawberry Century event and we have been a supporter of their fine efforts over the last few years.

No January Club Meeting!

We voted at our November meeting to extend the holiday season and to skip our club meeting in January. The rides and newsletter continue. Be sure to come for the Holiday Party Dec 2 and the club meeting on February 2, 2012.

See you on a bike seat:-)



2011 Spokes Refreshments

December
Christmas Party

January 2012
No meeting

February
Volunteer!

"For Ultimate Fuel Efficiency... Forget Cars!

A gallon of gasoline contains 31,000 calories. A cyclist weighing 77kg travelling at 15mph burns off 34 calories per mile. If a person could drink it (we can't so don't try), they would attain 912 mpg."

<http://cleanenergywonk.com/2011/10/27/fuel-efficiency-in-the-us>

Submitted by Barbi Thomson

Santiam Spokes Annual Holiday Party

Roger Gaither

Friday, December 2 at 6:00 p.m.

Santiam Place - Event Hall

139 South Main Street, Lebanon, OR

(541)259-4255

All club members with their families are invited to come and enjoy the fun of scrumptious dining, happy conversation and white elephant gift exchange. The Club will provide the entree and drinks. Charles Taylor will prepare the delicious meat entree. 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

Gift Exchange

Bring one gift for each person in your party. The White Elephant gift(s) are to be wrapped with no label. The gifts can be items that are humorous and/or something in your space that has outlived it's usefulness to you – like an artificial knee joint!

Food Share

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 riding friends and meet their families! Note: This event replaces our usual club meeting in December.

Extra-Impromptu Rides List Serve

Roger Gaither

Sometimes the Santiam Spokes will schedule extra rides in addition to those shown in the newsletter and on the website. Also sometimes club members may want to plan and take an impromptu ride. In both instances, it would be nice to send info about these rides to others who might be interested.

I have established a “list serve” to facilitate this. Its name is extraspokesrides@googlegroups.com.

It works very simply. If you wish to receive e-mails for this purpose only, let me know by sending me your e-mail address and ask to join the list. I will add your e-mail to the list serve.

If the club schedules an extra or impromptu ride, you will receive an e-mail from the list serve. You also have the option (as a member of the list) to plan an impromptu ride of your own and send an email to the list. The list serve will then send notice of your impromptu ride to all the other members of the list.

This is a restricted, private list. Only members can view group content. Only members can view group members list. People can request an invitation to join. Only members can post.

So far we have 22 people on the list serve and we've used it once. It works.

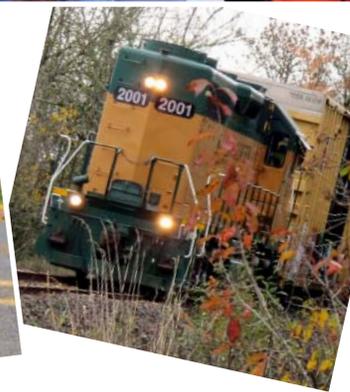
So that's it. If you want to be included on the list serve to receive notices and to potentially plan impromptu rides, just send me your e-mail address and ask to join the list.



Jefferson to Stayton

A smaller group of die-hard riders met in Jefferson for the ride to Stayton along Shelburn Road to Ridge Drive and over the hills outside of Stayton. Lunch was at Big Town Hero in Stayton. Rain joined us for the return trip back to Jefferson.

Photographs courtesy of Ron and Kari Kropf.



Santiam Spokes

Monthly Meeting Minutes

November 3rd, 2011

Submitted by Christine Davies, Secretary

Business Meeting:

- Call to Order: at 8:15 PM.
- October Minutes: no corrections needed, Ken Orwick made motion to approve, Donna Short seconded, all in favor.
- Board Meeting Report: Reviewed board meeting minutes from newsletter. Will handle business at board meetings and report and inform club at regular monthly meetings.
 - Shirts: the order form is online, send payment to John.
 - Club Stationary: Maurice and Ken have stationary and will give to Roger.
 - Registration for Strawberry: Maurice will not be available the whole time for the Strawberry and we need someone to help with registration.
 - Philanthropy: We have given a check for \$3,000 for 2010 to the Lebanon Community Hospital Foundation. To date the club has donated over \$43,000 to the Foundation. There is a recognition dinner on November 10th, 2011; Roger and May will attend representing the Club.
 - Next Board Meeting: Scheduled for 7pm Wednesday, January 11th, 2011.
 - The Board decided that there will be no regular club meeting in January 2012. The next club meetings will be the Holiday Party on Dec. 2 and Feb. 2, 2012.
- Treasurers Report - John Hebda: 1 outstanding check (waiting to clear). \$10,287.82 is in the bank. Report approved.
- Membership - Jessica Ruef: It is wrap up time for the membership renewals. Jessica reported that we have 78 memberships (family and individual) with 121 total members. Jessica also has prepared more club business cards for those in the club who wish to help spread the word by handing out the cards.
- Webmaster - Maurice Banning: the website is current and working. Roger will send a photo of the actual club shirts to Maurice for posting on our site.
- Rides - Jo & Roger: December rides are set. For Jan, Feb & Mar 2012: Bill will lead January 14th. Dian will lead January 21st (if she's in town). Ron and Kari will lead January 28th (start in Corvallis at Harrison Street Bridge). Ken will lead February 4th. Mary Ellen and Dennis will lead February 18th. Ace will lead February 25th. Shirley and John will lead March 3rd ("if it doesn't rain" – John). Wade will lead March 17th. and Ace will lead March 31st. Roger will ask Bev if she would lead the Daffodil and Tulip rides.
- Notebooks: Please give sign-in waiver forms that have been used to Roger or Bill (who is our historian this year) so we can include them in our club records.
- Strawberry Century: Dennis reports that the preliminary work is done or in process. Roger is working on publicity and sponsors right now.
- Announcements: 1030am Saturday, November 5th, 2011 at the North part of Cheadle Lake (near the boat ramp) a public dedication will take place with BLT and Santiam Spokes. The newspapers have been contacted, they'll try to be there (short staffed). They want a photo of the event and will do an article (even if they aren't there). You can meet at Cheadle Lake or you can ride with the club starting at 10am.
- Samaritan Fit Club: 1130am-5pm Sunday, November 6th, 2011. The spokes will participate in the open house. Maurice will help anytime after 2pm, Bill can start at 1130am for part of the time, Roger can do part of the time, and Ken can come in after 3pm. Jessica has the club display and will get it to Raylene.
- Classes: Peak Sports is offering a 4 week class at \$65. (The class scheduled was passed around.)

Old Business:

- Club Tour Planning: Donna and Ken will be on the club tour planning committee.
- Philanthropy Committee: The committee will include John, Ken, Roger, and Charles.
- Shirt Display: Time to order. Once we get enough requests, we can purchase the shirts.
- Club Brochure: The proof has been put together and passed around. It's 8 ½ x 14 (Legal size). Talked about putting the QR code on the brochure (which is on our cards).
- Xtra Rides List Serve: Roger will send out a test message to ask people to respond so we know that it works.
- Any other old business: No

New Business:

- December Holiday Party:
- Forming an awards committee for the party
- Who will help: Charles, Mary Ellen, Bill. Arrangements have already been made with Sally.
- Veterans Day Parade 11am on November 11th, 2011. The Bicycle Commission of Albany will be there.

Adjournment at 8:53 PM

~ Thanks for coming.





Photographs courtesy of Roger Gaither

Gear Up

It helps a lot to have the right adverse-weather gear. When you know you can stay reasonably warm and comfortable it's lots easier to get off the couch and venture into your local version of Water World or deep freeze. Let's look at the items you need. Some can be borrowed from your winter wardrobe and others are at your local bike shop.

Layers

Start at your skin with a 100% polyester, wicking shirt. Really warm inner shirts are those worn by fishermen, so visit a store for them. This inner shirt will carry your perspiration away and keep you warm even when damp. Don't wear cotton! Depending on the air temp, layer up with a second or third poly shirt and top off with a bright jersey for visibility. Some people like arm warmers. If you get too warm, just shed a layer or two.

Shorts & Tights

Wear fresh shorts and tights of your choice. You're going to be wet; it's most important to stay warm. Rain pants are available, but I find them blousy, noisy and overkill. I prefer lightweight tights for light rain/warmer temps and fleece tights in more rain and on colder days. Some people prefer polypro leg or knee warmers (depending on temperature). All of these can be removed during the ride as you warm up. Be sure to put your socks on before your tights; otherwise rain can wick down into your shoes ~ a little uncomfortable.

Feet

Wool socks work great because they insulate even when wet. In colder temps wear a lightweight poly sock inside the wool socks. Both of these help to wick away moisture. I also sometimes wear "Seal Skins" as an insulating layer over lightweight socks. Sometimes my shoes are too tight for

all the layers and I actually wear my sandals in the winter. See "Hotties" below. After the ride, dry your feet and change into fresh socks. This feels wonderful!

Hands

If it's cold enough to need gloves, hand comfort could be a big challenge. Don't wear cotton gloves; they soon become saturated and lose all insulating value. I prefer fleece gloves in a progression of warmth. Lightest weight are full finger single layer; next are fleece with a wind/rain outer covering. I have a pair with a thumb and two compartments for two fingers each. Warmest of all are thick fleece, a covered thumb with a port to get the thumb out, half individual finger sleeves with a mitten cover that pulls over the exposed finger tips. These are toasty warm even when wet and are available in hunting/sporting goods stores.

Hotties

Some people (my wife among them) who have difficulty keeping their hands and feet warm have discovered "Hotties" ~ little warmers to comfort hands and feet. These little wonders are available at Costco and some area sporting goods stores. Once removed from their packaging and exposed to oxygen, they become quite warm. When inserted in gloves and between layers of socks they provide several hours of comfort in warding off cold.



Ride In the Rain-Cold

Roger Gaither

Some of this content appeared in Outspoken in December 2010, but the topic is ever so relevant right now and I thought to rewrite/update it for this issue.

An Attitude Shift

The first major requirement to enjoy riding in the rain-cold is a shift in attitude and expectations. Just tell yourself, it can be fun to ride in the rain-cold. You won't melt and you can stay warm.

Why

Sometimes rainy-cold rides are the most rewarding and memorable. Rewarding because you're out there gaining fitness while so many others are canceling their rides. Memorable

because these rides become special. You focus on unusual sights, sounds and bike-handling challenges that make familiar roads different. Perhaps the hardest thing about riding in the rain-cold is taking the first pedal stroke. It's true. It's harder to start in the rain than it is to start out when a dry ride turns wet. Seeing your breath at the start of a ride can be a put-off. Yes, you'll probably need to clean and lube the bike when you get home, but pedaling through the raindrops and the cold, once you're underway, is not the disaster easily imagined.

Booties

Shoe covers may or may not keep your feet dry during a rainy ride, but they will hold in enough body heat to stave off numbing cold, at least for a while.

Rain Jacket

A good one is bright yellow, orange or safety green with reflective material on the back. Wicking rain jackets are excellent protection for a pretty steep price. Whatever, be sure to allow plenty of ventilation to reduce the buildup of body heat that makes you uncomfortably hot and wet from sweat and condensation. You want a full front zipper, openings in the armpits, a back vent and cuffs that can allow air to flow up the sleeves (or be cinched snug if you get too chilly). The tail should be long enough to keep rear-wheel spray off your butt and saddle. Also nice is a fleece-lined collar.

Helmet Cover

Put a stretchy, waterproof cover over your helmet to stop rain from entering. This can be a real helmet cover or a big shower cap. Alternatively in light showers on a cool day, wear a lightweight polypropylene balaclava under your helmet. Even when wet it'll hold in enough body heat to keep you comfortable.

Top Off

Finish your adverse-weather getup with a pair of glasses to protect your eyes from raindrops and wheel spray. Clear lenses are often recommended, but I like yellow. They brighten a gloomy day -- sort of like what happens to your disposition when rain-cold doesn't stop you from riding.

Be Seen

In adverse weather it's even more difficult for motorists to see you. Wear bright outer clothing. Equip your bike and/or helmet with a bright flasher and actually turn it on. Likewise, equip your bike or helmet with a good mirror and actually keep a good vigil behind you. Follow the rules of the road and ride defensively, assuming that motorists may not see you.

Just get out there!





Front, shown with optional zipper



Back

Santiam Spokes Club T-Shirt

Santiam Spokes has adopted a fun t-shirt that expresses our enjoyment of bicycling and will help to make us more visible on the road. The club logo, name and web address is on the front breast; the Remember The Thrill logo is large on the back.

Order your shirt(s) today!

100% Poly • Moisture wicking • True Red

Available in men's sizes, women's sizes, and youth sizes

Short Sleeve: \$20* Long Sleeve: \$24*

XL add \$1.50 • XXL add \$3.00 • XXXL add \$4.50

Optional zipper approximately \$15

There are several options for viewing and ordering your T-shirt.

Option One:

There is an orderform on the back of this page that you can use to order your T-shirt. Mail the completed form along with your check for the amount due to:

Santiam Spokes Club T-Shirt
C/O John Hebda
1480 NW Patrick Lane
Albany, OR 97321

Option Two:

Go to our website: www.santiamspokes.org/T-Shirt.htm

You will be able to view a color image of the T-shirt. An online form is available that can be completed online, printed out, and mailed to the address above along with your check for the amount due.

Your order will be placed with the T-shirt vendor when the total number of shirts ordered reaches 24. If at least 24 shirts have not been ordered by January 3, 2012, the amount you have paid will be refunded.

Santiam Spokes Club T-Shirt Mail-In Order Form

Your order will be placed with the T-shirt vendor when the total number of shirts ordered reaches 24. If at least 24 shirts have not been ordered by January 3, 2012, the amount you have paid will be refunded.

Your First Name _____	Your Last Name _____
Address _____	
City _____	State _____ Zip _____
Phone Numbers: _____	
E-Mail: _____	

Please mail this completed form along with your check for the amount due to:

Santiam Spokes Club T-Shirt
 C/O John Hebda
 1480 NW Patrick Lane
 Albany, OR 97321

Items Ordered

(For optional zipper, append the letter Z to zippered quantity desired.)

Item and Price	Size Youth Large YL Quantity	Size Small S Quantity	Size Medium M Quantity	Size Large L Quantity	Size Extra Large XL Quantity	Size Extra Extra Large XXL Quantity	Size XXXL Quantity
Men's Long Sleeve T \$24							
Men's Short Sleeve T \$20							
Women's Long Sleeve T \$24							
Women's Short Sleeve T \$20							

Please Complete Order Tally



Item	Unit Cost	Qty	Total for Item
Short Sleeve T-Shirt	\$20.00		
Long Sleeve T-Shirt	\$24.00		
XL Surcharge	\$1.50		
XXL Surcharge	\$3.00		
XXXL Surcharge	\$4.50		
Optional Zippers	\$15.00		
<i>Please make checks payable to Santiam Spokes, Inc.</i>			Amount Due

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. 2011/2012 Club officers are: Membership > Jessica Ruef, 541-541-451-3338; President > Roger Gaither, 503-394-3696; Vice President > Ron Kropf 541-401-7178; Ride Captains > Roger Gaither, 503-394-3696, Jo Johnson, 541-327-2813; Secretary > Christy Davies; Treasurer > John Hebda, 541-791-5321; Historian > Bill Pintard, 541-967-3295; 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 one of the ride captains; Roger Gaither (503-394-3696) or Jo Johnson (541-327-2813) to check on the possibility of the ride being cancelled. If the ride is cancelled it will be rescheduled later in the year.

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.

Please visit our website for the latest information on rides, optional rides, and updates: 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.

Winter Start Times 10:00 am unless otherwise noted.

December 2011				
<p><i>Dec 3, 2011 • 10:00 AM</i> Lebanon / Scio Loop via Lacombe</p> <p><i>A few scenic hills, a covered bridge, good food.</i></p> <p>45 mi • Cat II Start: SLCH, Lebanon</p> <p>Description: The route goes out Brewster to Mt. Hope and on to Lacombe. Then it's down to Larwood covered bridge and flat until one last hill just before Scio. Lunch in Scio at the Covered Bridge Coffee House. The return is flat and easy to Lebanon.</p> <p>Leader: Jessica Ruef (541-451-3338)</p>	<p><i>Dec 10, 2011 • 10:00 AM</i> Corvallis Loop via Decker Rd.</p> <p>32 mi • Cat II Start: Under the Harrison St. Bridge, Corvallis</p> <p>Description: Take the Corvallis-Philomath bike path through outskirts of Philomath to Hwy 34. Ride Decker Hill from west to east and several more hills to Peterson and Bellfountain Roads then return on bike path to Corvallis. Enjoy the many Christmas Tree tree farms along the way. Lunch in Corvallis.</p> <p>Leader: Mary Ellen Lind & Dennis Murphy (541-738-8600)</p>	<p><i>Dec 17, 2011 • 10:00 AM</i> Christmas Lights</p> <p><i>Light up your bike & see the lights</i></p> <p>Distance: 11-15 miles, Cat I 10:00 AM Start: South Albany High School Pool</p> <p>Description: Start at South Albany High School by the pool. This is a fun, easy paced ride through historical Albany to view the Christmas decorations and lights. Decorate your bike and yourself fitting with the season.</p> <p>Leader: Bill Pintard (541 967-3295)</p>	<p><i>Dec 24, 2011 • 10:00 AM</i> Enjoy Christmas - No Ride</p>	<p><i>Dec 31, 2011 • 10:00 AM</i> Beanery Loop</p> <p><i>An easy, variable length winter ride</i></p> <p>28 mi or less • Cat I Start: Beanery in Albany</p> <p>Description: This is a variable length, easy route north, east, south and west of the Beanery in Albany. There are several cut back routes to the start if the weather is or becomes untenable. It's a nice route for a winter day.</p> <p>Leader: Jo & Ace Johnson (541-327-2813)</p>
January 2012				
<p><i>Jan 7, 2012 • 10:00 AM</i> SLCH - Albany Loop</p> <p><i>An easy, variable length winter ride</i></p> <p>29 miles • Cat I Start: SLCH, Lebanon</p> <p>Description: This is a flat loop route between SLCH and Albany. Lunch at the Beanery in Albany. If the weather is bad we can cut the ride short and return to SLCH.</p> <p>Leader: Roger Gaither (503-394-3696)</p>	<p><i>Jan 14, 2012 • 10:00 AM</i> Jefferson-Independence via Ferry</p> <p><i>A variable length winter ride with a few hills</i></p> <p>36 miles • Cat II Start: Jefferson Middle School, Jefferson</p> <p>Description: Since the ferry now runs all winter, we'll use it in this mild and fairly short loop to and from Independence. If the weather is bad we can cut the ride short and return to Jefferson.</p> <p>Leader: Bill Pintard (541-967-3295)</p>	<p><i>Jan 21, 2012 • 10:00 AM</i> Albany to Corvallis</p> <p><i>A variable length winter ride with a few hills</i></p> <p>34 miles • Cat II Start: South Albany Pool, Albany</p> <p>Description: This is mostly a flat loop to Corvallis from the Albany Pool. The few hills are on the return via North Albany. If the weather is bad we can cut the ride short and return to Albany.</p> <p>Leader: Dian Gerstner (541-926-1188)</p>	<p><i>Jan 28, 2012 • 10:00 AM</i> Corvallis - Albany Beanery Loop</p> <p><i>An easy, variable length winter ride</i></p> <p>32 miles • Cat I Start: Under the Harrison St Bridge, Corvallis</p> <p>Description: If the weather is bad we can cut the ride short and return to Corvallis.</p> <p>Leader: Kari & Ron Kropf (541-401-3349)</p>	 <p>ADVENTURE CYCLING</p>

December 2011 Cycling

Santiam Spokes

SUN	MON	TUE	WED	THU	FRI	SAT
WINTER START TIME: 10:00 AM Unless otherwise noted.					Holiday Party Friday, December 2 at 6:00 p.m. Santiam Place - Event Hall	Saturday, Dec 3, 10:00 am 3 Lebanon/Scio Loop via Lacomb Start: SLCH, Lebanon Distance: 45 miles Cat II Leader: Jessica Ruef (541-451-3338)
4	5	6 6:00 Basic Maintenance Class Peak Sports, Corvallis	7 Wed. Wanderers Start at Linn County Expo parking lot at 10 AM. Call Jo & Ace Johnson at 541-327-2813 for more information.	8		Saturday, Dec 10 10:00 am 10 Corvallis Loop via Decker Rd. Start: Under the Harrison St. Bridge, Corvallis Distance: 32 miles Cat II Leader: Mary Ellen Lind & Dennis Murphy (541-738-8600)
11	12	13	14 Wed. Wanderers Start at Linn County Expo parking lot at 10 AM. Call Jo & Ace Johnson at 541-327-2813 for more information.	15		Saturday, Dec 17 10:00 am 17 Christmas Lights Ride Start: South Albany High School Pool Distance: 11-15 miles Cat I Leader: Bill Pintard, (541-967-3295)
18	19 Outspoken Submissions Due Please submit material for Outspoken by today	20	21 Wed. Wanderers Start at Linn County Expo parking lot at 10 AM. Call Jo & Ace Johnson at 541-327-2813 for more information.	22		Saturday, Dec 24 24 Enjoy Christmas No Ride
25 Christmas	26	27	28 Wed. Wanderers Start at Linn County Expo parking lot at 10 AM. Call Jo & Ace Johnson at 541-327-2813 for more information.	29		Saturday, Dec 31 10:00 am 31 Beanery Loop Start: Beanery in Albany Distance: 28 miles or less Cat I Leader: Jo & Ace Johnson, (541-327-2813)



Outspoken Submissions

Please submit material for Outspoken to Kari Kropf:
 bluekal78@comcast.net
 PO Box 1183, Lebanon OR 97355



Santiam Spokes, Inc.
 c/o Samaritan Lebanon Community Hospital
 P.O. Box 139, 525 North Santiam Hwy.
 Lebanon, Oregon 97355
 www.santiamspokes.org