

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 19, No. 5 • February 2011



People For Bikes

Uniting a million voices to improve the future of biking.

Information submitted by Barbi Thomson

From the website: We're all united by a shared passion: bikes. Bikes keep us healthy, carry us from point A to point B, save us from high gas prices, and make our air cleaner and our roads less congested. Bikes fill our lives with adventure and excitement, relaxing our minds and energizing our souls.

Peopleforbikes.org is dedicated to channeling that passion to improve the future of bicycling. Our goal is to gather a million names of support, to speak with one, powerful voice—to make bicycling safer, more convenient and appealing for everyone.

...

From the blog: Thanks again for signing the Peopleforbikes.org pledge in support of safer and better bicycling. You and 180,000 other Americans are powering this important movement.

Now, as the campaign enters phase 2, we need your help. We need you to send a short email today to your U.S. Representative that affirms your interest in safe and convenient bicycling, and asks your member of Congress to support ongoing funding for bike projects and crucial programs such as Safe Routes to School.

We are sorry to report that some members of Congress, particularly in the House of Representatives, want to dramatically (and disproportionately) cut the cost-effective federal investment in bicycling projects and programs, like bike paths, bike lanes, trails, and more. They simply don't know (or overlook) these facts:

Bicycling and walking are essential to our communities.

Federal transportation investments that support these activities boost our economy, help individuals and government agencies save money, and directly address key societal challenges such as obesity and road congestion.

Biking and walking currently total 12% of the trips that Americans make but cost just 1.5% of our transportation spending. That's the type of cost effectiveness we need now!

We've gathered lots of statistics and case studies that back these key points. You can read them here.

In the next two months, Congress will make important decisions that will not only affect the future of bicycling, but possibly your own hometown bike riding experiences. That's why we need you to send a short note now to your U.S. Representative.

You can find your representative and send your note directly from our website. Click here to review clear, basic, suggested text for your email. Feel free to customize it and/or add a short personal story.

Meanwhile, whatever the weather, we hope that you continue to bike, enjoy every ride, and reap all the benefits.

Thanks so much for your continuing interest and support.

Tim Blumenthal

Director, Peopleforbikes.org

Visit the website: <http://www.peopleforbikes.org/>
to learn more about Peopleforbikes.org.



Chocolate Ride

Feb 12, 2011

Saturday, 10:00 AM

New route this year: 25.8 mi. Flat.

Start at the Allann Bros. Coffee/Beanery, 1852 Fescue Street Southeast, Albany, OR. Just South of Home Depot. Park in the North end of their lot where employees normally park; this is Saturday.

We'll trace out a rough loop to the South and East returning to the Beanery for lunch at about 12:30 PM. They have lots of variety for lunch and the club will treat with chocolate dessert. This is just two days before the holiday; so remember your Valentine!

Ride leaders: May & Roger. 503-394-3696

Santiam Spokes General Meeting

Thursday ♦ February 3 ♦ 7:00 pm

Samaritan Lebanon Community Hospital
525 N. Santiam Hwy, Lebanon

Looking for Volunteers

Get In Gear

A bicycle program for students

Roseanne Hartness

“Get In Gear” is a program for students to work afterschool, on their bikes.

We supply the tools, some of the parts, and volunteers to help them out.

At 7-Oak middle school in Lebanon, our bike shop will be every other Wednesday 1:30 - 3 p. m..

We are hoping that this program will teach students the importance of bike safety along with the healthy aspects.

Students will be able to “earn a bike”. They need to be there 3 times in a row and watch a bike safety video, they will then get to keep the bike they have been working on. We will be working on a “swap a bike”. If they out grow a bike they may exchange. (this is pending).

We need your help by volunteering to help our students. If enough people will volunteer, you will only be volunteering 1 1/2 hrs. a month for through June.

Volunteers need to fill out a criminal back ground check form.

For more information, please call Roseanne Hartness
541-451-8511 ext. 239.



Santiam Bluffs Ride: Dennis and Mary Ellen in the rain on the outskirts of Albany. Al and Frank in the background.
Photograph courtesy of Kari Kropf

2011 Spokes Refreshments

January
Charles Taylor

February
John Hebda

March
Donna Short

April
Brian Hubbard and Christine Lloyd

May
Kari and Ron Kropf

June
Rick Ripper

July
Leftovers from Strawberry Century

August
Barbi Thomson

September
May Garland and Roger Gaither

October
Annual Potluck

November
Al Rimer and Rod Sell

December
Christmas Party



SANTIAM SPOKES BIKE CLUB
MEETING MINUTES
JANUARY 6, 2011

President Ken Orwick called the meeting to order at 7:03 p.m. Bill Pintard introduced our guest for the evening, Chuck Daellenbach, who, along with his son Keith, climbed Africa's Mount Kilimanjaro in August of last year, followed by a six-day safari. He showed beautiful pictures of the climb, plants and animals.

Minutes: There were no minutes from December due to our having the Christmas party in lieu of a meeting.

Membership: Jess Ruef emailed in her report: 47 individual memberships and 38 family memberships for a total of 136 registered riders.

Treasurer Report: John Hebda reported that we have \$11,049.16 in the money market fund, and \$216.27 in checking. We have not yet made our annual donation to the hospital.

Ride Report: Al Rimer reviewed January and February rides and asked anyone to please contact him if they wish to lead a ride.

Old Business: Roger Gaither will bring ideas for a club jersey to next month's meeting. Also, Strawberry Century planning has begun.

New Business: Dennis Murphy said that Mary Ellen Lind has asked people to step up to help plan next summer's tour. Barbi Thomson and Ken Orwick have volunteered so far, but any and all are welcome.

Bill Pintard brought up the Oregon Bicycle Ride, a weeklong ride which will be going through our area in August. He asked if we wanted to participate in a sag stop for the ride. He does not yet know the route, but will bring this up at another meeting when he finds out that information.

There will be a Bike Summit in Salem March 29-30. If anyone is interested in attending, the club will sponsor up to two people at a cost of \$50 each.

Roger and May have purchased a new tandem bicycle and would like to sell the two tandems they currently have. Please contact Roger if interested in either of their bikes. Also, Roger asked about the club sponsoring an Adventure Cycling subscription to area libraries. AC is offering half-price subscriptions (\$20 instead of the usual \$40) and there are seven libraries within a short distance. Motion carried unanimously to authorize \$140 so that each library may have a year's subscription; Roger will follow through on getting them sent to the libraries.

Roger also is interested in reactivating a committee from the past that used to advise the county roadmaster of road improvements, such as which roads should be paved or oiled, etc. Al and Bill have agreed to join Roger on this, but anyone else is invited to serve on the committee as well.

The meeting was adjourned at 9:08 p.m.
Respectfully submitted,
Barbi Thomson



Head to Shedd: Tom and Barbi, Wade, Bill, Al, and Ron on the way to Shedd on New Year's Day.
Photograph courtesy of Kari Kropf

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;

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 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.

RIDES START AT 10:00 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.

February 5 **10:00 am**

Lebanon to Albany

Distance: 35 miles, Cat I • **Ride Start:** Samaritan Lebanon Community Hospital • **Ride leader:** Mystery Ride Leader

The ride heads east to Tangent and then meanders up to the Beanery for lunch. Return along Spicer and Tennessee Roads. Mostly flat, headwinds will not be much of an issue because of the route.. **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.

February 12 **10:00 am**

Chocolate Ride

Distance: Approximate 25.8 miles category I • **Ride Start:** Allann Bros. Coffee/Beanery • **Ride leader:** May & Roger. 503-394-3696

New route this year. We'll trace out a rough loop to the South and East returning to the Beanery for lunch at about 12:30 PM. They have lots of variety for lunch and the club will treat with chocolate dessert. This is just two days before the holiday; so remember your Valentine! **Directions to Start:** Start at the Allann Bros. Coffee/Beanery. 1852 Fescue Street Southeast, Albany, OR. Just South of Home Depot. Park in the North end of their lot where employees normally park; this is Saturday.

February 19 **10:00 am**

Ankeny Game Refuge Loop

Distance: 25 miles, Cat II • **Ride Start:** Jefferson Middle School • **Ride leader:** to be determined

This ride will take us around the Ankeny Game Refuge We'll either bring a lunch or figure out a lunch stop on the day of the ride **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.

February 26 **10:00 am**

Lebanon to Scio

Distance: 36 miles category II • **Ride Start:** Samaritan Lebanon Community Hospital • **Ride leader:** to be determined

This route will Travel along Brewster Road, then Cold Springs Road through Crabtree to Scio. Lunch will be in Scio, we'll return Hungry Hill Road, to Tennessee Road and back to Lebanon. **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.

March 5 **10:00 am**

Decker Road Bellfountain Loop

Distance: Approximate 31 miles category II • **Ride Start:** Harrison St. Bridge in Corvallis • **Ride leader:** To Be Determined

We'll ride the Corvallis-Philomath bike path, then take Hwy 34 to Decker Road. The return to Corvallis will be via Bellfountain Road. Lunch in Corvallis. **Directions to Start:** 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.

February 2011 Cycling

Santiam Spokes

SUN

MON

TUE

WED

THU

FRI

SAT

			1	2	3	5
				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	Club Meeting 7:00 pm Samaritan Lebanon Community Hospital 525 N. Santiam Hwy Lebanon	Saturday Feb 5 Lebanon to Albany Start: Samaritan Lebanon Community Hospital Distance: 35 miles Cat I Ride Leader: Mystery Ride Leader
6	7	8	9	10	12	
			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		Chocolate Ride Start: Allann Bros. Coffee/Beanery Distance: 25.8 miles Cat I Ride Leader: May & Roger. 503-394-3696	
13	14	15	16	17	19	
	Outspoken Submissions Please submit material for Outspoken by today to Kari Kropf: bluekat78@comcast.net. PO Box 1183 Lebanon OR 97355		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		Ankeny Game Refuge Loop Start: Jefferson Middle School Distance: 25 miles Cat II Ride Leader: To Be determined	
20	21	22	23	24	26	
			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		Lebanon to Scio Start: Samaritan Lebanon Community Hospital Distance: 36 miles Cat II Ride Leader: To Be determined	
27	28					

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



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c/o Samaritan Lebanon Community Hospital
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Lebanon, Oregon 97355
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