

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 19, No. 9 • June 2011



19th Annual Strawberry Century

13, 53, 72, 101 Sweet Miles By Bicycle
Sat., June 11, 2011 • 7:00 or Later
Lebanon Union High School

Join your friends and friends-to-be on the 2011 Strawberry Century tour. Hop on your bike in beautiful June weather and enjoy 101, 72, 53 or 13 miles of rolling to moderately hilly landscapes, historic towns, and scenic views of the Cascades and Willamette Valley. Your ride will take you on little traveled backroads of Linn County along the Santiam and Calapooia rivers. There is great food at two full sag stops culminating with a fresh strawberry dessert at the finish! Several other water stops with bananas and cookies are along the routes also. Then, there are the people who make it all happen — a warm, friendly, and helpful group who direct you at important points, serve you food, and help out in an emergency. The Strawberry Century is a great way to start off summer.

Santiam Spokes General Meeting

Thursday
June 2 ♦ 7:00 pm

Samaritan Lebanon Hospital
525 N. Santiam Hwy, Lebanon



Photograph courtesy of Mary Ellen Lind

CORVALLIS TO NEWPORT – once again!

By Mary Ellen Lind

Dennis and I were trying to count the years that we've ridden the Corvallis to Newport ride with the Santiam Spokes. Maybe 8 times! Who knows? The ride routine starts with high hopes for nice riding weather -- we're fully tuned to weather predictions about 2 weeks ahead. Typically the weather is good to us with occasional rain. Also the wind is generally gentle in our face. At least that is my memory. And this year those conditions were true. We had only misty rain when we started and by the time we got to Blodgett to turn north onto Summit highway, we left the showers behind – I heard that they continued to bless the valley. And the wind, not too strong! You see, Dennis gets in front of me to shield the wind, so it's hard to know how hard the oncoming winds are slamming us!

Our trek over the Logsdon road gravel was also nice to us. The gravel was so well packed that the steep climb and windy road were our only challenge during that 1 ½ mile stretch.

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Like years before, the Newport bicycle group, headed by Skip Harrison, met us on the road between Siletz and Toledo and rode with us back to Newport. They showed us a round about way to the Newport Bridge since the road up to the bridge was closed for construction. After passing the “Entering Newport” sign we turned right onto John Moore Road, and there was a long grind upwards towards Hwy 20 that Dennis and I were determined not to walk even though our legs felt like heavy wood – our leaders couldn’t hear our quiet explicative’s. We crossed Hwy 20, curved around and crossed Hwy 101 at a stop light then passed the Newport bike shop on our way to Nye Beach. What awesome first views of the ocean as we rode along the ocean front to the Newport bridge!

The auto traffic over the bridge slowed to biker’s speed with no one attempting to go around us. Most of us made an immediate right and circled around to the famous brewery. What a wonderfully delicious reward for our biker (and SAG) group of 14. We toasted to a safe, delightful ride for one more year!



Top: Maurice, Christine, and other riders at Logsdan Store. Middle: Chuck and Barbi find treasures along the route. Lower Lower Right: Mary Ellen and Dennis enjoy the lunch break at Logsdan Store. Left: Dian checking for calls...or maybe the mileage for the day?

Photographs courtesy of Tom & Barbi Thomson

SUNDAY SERIES

Starting on June 5th Santiam Spokes will begin a Sunday series of rides. There are two rides scheduled for June. The June 5th ride will be the Strawberry Century in reverse. We will start at Lebanon High School, bikes are rolling at 9:00 am.

On Sunday, June 19th the ride will begin at Seven Oaks Middle School in Lebanon (Crowfoot area) and will head toward Sodaville and Mountain Home Road. The ride will continue out to Santiam Terrace, Bellenger Scale Road, Golden Valley and Hidden Valley and will include several large climbs. Be ready to roll at 9:00 am from Seven Oaks School.

Note these Sunday rides are more informal and if weather is doubtful, the ride may be cancelled. Check the web site or call for the latest information. These rides may feature some longer distances and tougher climbs.



DISCOVERY11

*A bicycle Tour inspired by the
Lewis & Clark Expedition in 1804*

Follow along on with our own local bicycle tourists, Roger Gaither, Ace and Jo Johnson, and friends, David Benson, Phil Gentle and Bill Irwin

The Discovery tour began in St. Charles, MO on the Missouri River just a few miles from where Lewis & Clark began their expedition, and will finish up in Jasper, Alberta.

Stop by the link below to follow their journey, and be sure to sign the guest book to cheer the riders onward!

<http://www.crazyguyonabike.com/doc/Discovery11> 

JUNE RIDE EVENTS

*Looking for a few event rides in the
month of June?*

June 4

Pioneer Century

Canby, Oregon
32, 45, 55, 77, 100 miles
<http://www.pwtc.com>

June 4

Apple Century

Wanatchee, WA
50, 100 miles
<http://www.applebikeride.com>

June 18

Petal Pedal

100, 68, 30 miles
The Oregon Garden, Silverton, Oregon
<http://www.petalpedal.com/>

June 18

Tour de Blast

33, 54, 83 miles
Longview WA
<http://www.tourdeblast.com/>

June 18

Tour de Fronds

Glendale and Powers, OR
30 to 140 miles
<http://www.tourdefronds.com>



Let the Sunshine

...Please!

SANTIAM SPOKES BIKE CLUB
MEETING MINUTES
MAY 5, 2011

In President Ken Orwick's absence, the meeting was called to order by Vice President Bill Pintard. Rod Sell introduced two guests from Riverview School, Dave Gillott, a teacher at the school, and Mark Borntrager. They have a 5th grade kids bike club and are asking us to allow the kids to ride for free on the 13-mile portion of the Strawberry Century ride. Bill offered to arrange bikes from an Albany bike safety group (BTA – Bicycle Transportation Alliance) for them to use if needed.

There was considerable discussion on this as it could potentially involve up to 40 kids plus a number of parents. Dennis Murphy recommended having them preregister before the ride in the interest of time. Motion carried to allow up to 40 students to participate with the stipulation there is one parent per every 5-6 students. Addendums added to the motion were that they provide their own sag vehicle; stagger times they take off; must have signed waivers from all participants for liability purposes; provide one person at the end to do a sweep. It was agreed that more details need to be worked out outside the club meeting.

Sreeni Sreenivasen gave a presentation, including pictures, of his first-time Cycle Oregon ride last year that coincided with the 100th anniversary of the Pendleton Roundup.

Minutes: Motion carried to approve the minutes from the April meeting as written.

Membership: No report at this time.

Treasurer Report: In John Hebda's absence, Bill said that we have total assets of \$8,900.62. As of this date, 90 riders have signed up for the Strawberry Century.

Ride Report: Al Rimer reviewed upcoming rides but said a leader was needed for the May 21 ride. We can download a map from the website and do it on our own if no one volunteers to lead. Also, starting June 26 we will be riding Sundays through the summer.

Mary Ellen Lind spoke about the annual Newport/Beer Ride. Much nicer weather this year than last. Also, for those interested in the summer tour, Chuck Young has a larger truck now and can take more gear so we can accommodate 20 riders instead of 15. There are 12 people signed up so far.

Old Business: Bill showed the logo and back design of the proposed club jersey. It will be a red "dri fit" tee shirt, not a traditional bike jersey style. Cost has not been finalized but should run about \$14.00 per shirt.

Rod Sell invited anyone interested in participating or helping with the Second Annual Cheadle Fun Run/Walk May 7 that is BLT's only fundraiser. Registration will be from 8:00-9:00 a.m., awards at 10:00 a.m.

Bill said he had attended the first Spartans Bike Shop at Seven Oak Middle School. This is a program designed to help kids learn about and work on bikes. Volunteers are still needed; please contact Roseanne Hartness, Safe Routes to School representative at 541-259-8907 or 541-405-5000. There will also be a bike rodeo at Seven Oak May 21. Volunteers are needed to help from 11:00 a.m. to 2:00 p.m., as well as the upcoming bike rodeo at Cascades School May 14 from 10:00 a.m. to 2:00 p.m.

Philanthropy Committee: Mary Ellen asked if there are any available funds for this group. Since there doesn't seem to be, the committee's existence is basically on hold right now.

Strawberry Century: We prepared brochures for the second mailing this evening and details of the ride were reviewed. Raylene Sell has met with Ian Rollins of Samaritan Health who told her his staff is willing to help out with food prep for the ride.

We need to have a Publicity chairperson in Roger Gaither's absence, especially regarding the Strawberry Century. If interested, please let either Ken Orwick or Bill Pintard know.

New Business: Barbi had a woman talk with her before the meeting who asked about selling her handmade recumbent bike. The club's policy is that ads do not go into the newsletter unless the person is a club member so the picture and information was just circulated at the end of the meeting.

The meeting was adjourned at 9:18 p.m.

Respectfully submitted,
Barbi Thomson



**2011 Spokes
Refreshments**

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 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 Logsden, 43 miles
Saturday, Sept 17: Logsden 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)
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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:

<input type="checkbox"/> Easy, 3-15 mi.	<input type="checkbox"/> Sport, 20-50 mi.
<input type="checkbox"/> Tour, 30-80 mi.	<input type="checkbox"/> Competitive, 40-100 mi. fast
<input type="checkbox"/> 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

JUNE RIDES 2011

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.

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.

June 4, 2011 • Pre-Strawberry Century Ride • 9:00 am

Start: Lebanon Samaritan Hospital • **Leader:** to be determined • **Distance:** 55, 75 or 100 miles • **Cat.** I-III

Meet in the parking lot and ride a portion or maybe even all the distances of the Strawberry century route. **Start Location:** Samaritan Lebanon Hospital, 525 N. Santiam Hwy, Lebanon. Park in back.

June 5, 2011 • Sunday Series: Strawberry Century Backwards • 9:00 am

Start: Lebanon High School • **Leader:** Rod Sell, 541-409-1302 • **Distance:** n/a • **Cat.** I-III

Ride the Strawberry Century Route in reverse. The ride begins at Lebanon High School, 1700 S 5th St., Lebanon OR.

June 11, 2011 • Strawberry Century • Saturday • 7:00 am

Note: No club ride schedule • **Start:** Lebanon High School • **Leader:** N/A • **Distance:** 13, 55, 75 or 100 miles • **Cat.** I-III

No club ride scheduled. We're working the Strawberry Century Event. Ride begins and ends at Lebanon High School, 1700 S 5th St., Lebanon OR.

June 18, 2011 • Wine Ride • *NOTE SPECIAL START TIME: 10:00 am*****

Start: Twin Oaks School, Eugene • **Leader:** Brian Hubbard, 541-619-3006 • **Distance:** 37 miles • **Cat.** N/A

Start time will be a special time - 10:00. We will visit four wineries - Silvan Ridge/Hinman, Sweet Cheeks, King Estate and Chateau Lorane. The route will have it's ups and downs, great scenery, fantastic wines, fun company and a good time for all. If you want, you can purchase a cheese & cracker plate at Sweet Cheeks or lunch at King Estate. After the ride there will an option to drive to one more - Noble Estate on Gimpl Hill Road. Sag support and wine transport will be provided by Bev Henderson. **Directions to Start:** Twin Oaks School, Bailey Hill Road in Eugene. To get to Twin Oaks School in Eugene, take I-5 south to exit 195 (Randy Pape Beltline). Go west until it ends at W 11th. Turn left and go to Bailey Hill Road. Turn right and go up and over the hill to the school. Twin Oaks School is on the right. Any questions, call Bev Henderson (541-513-3916).

June 19, 2011 • Sunday Series: Mountain Home to Hidden Valley • 9:00 am

Start: Seven Oaks Middle School • **Leader:** to be determined • **Distance:** n/a • **Cat.** III

Ride to Mountain home Road then to Santiam Terrace Road, Belinger Scale Road, Golden Valley Drive, and Hidden Valley Road. Lots of hills! Ride starts at Seven Oaks Middle School, 550 Cascade Drive, Lebanon OR

June 25, 2011 • Albany - Independence - Jefferson Loop • 9:00 am

Start: The Beanery, Albany • **Leader:** to be determined • **Distance:** 47 miles • **Cat.** II

We'll work our way out of Albany and head out Scenic Drive to springhill, Buena Vista and on to Independence where we'll have lunch. After lunch we'll cross the bridge and come back thru Ankeny. If the ferry is open we can come back that way to get to Scrael Hill road and back to the Beanery. **Start Location:** The Beanery, 1852 Fescue St. SE, Albany OR.

June 2011 Cycling

Santiam Spokes

SUN	MON	TUE	WED	THU	FRI	SAT
			<p>1</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>2</p> <p>Club Meeting 7:00 pm Samaritan Lebanon Community Hospital 525 N. Santiam Hwy Lebanon</p>		<p>4</p> <p>Saturday 9:00 am Pre-Strawberry Century Start: Lebanon Samaritan Hospital Distance: 13, 55, 75, 101 miles TBD Cat I-III Leader: TBD</p>
<p>5</p> <p>Sunday 9:00 am Strawberry, Reversed Start: Lebanon High School Distance: n/a miles Cat I-III Ride Leader: Rod Sell, 541-409-1302</p>	<p>6</p>	<p>7</p>	<p>8</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>9</p>		<p>11</p> <p>Saturday opens: 7:00 am Strawberry Century Santiam Spokes Bicycle event Distance: 13, 55, 75, 101 miles Cat I-III Start: Lebanon High School, 5th St.</p>
<p>12</p>	<p>13</p>	<p>14</p>	<p>15</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>16</p>		<p>18</p> <p>Saturday 10:00 am Wine Ride Start: Twin Oaks School, Eugene Distance: 37 miles Cat N/A Ride Leader: Brian Hubbard, 541-619-3006</p>
<p>19</p> <p>Sunday 9:00 am Mountain Home Ride Start: Seven Oaks Middle School Distance: n/a miles Cat III Ride Leader: To Be Determined</p>	<p>20</p> <p>Outspoken Submissions Please submit material for Outspoken by today to Kari Kropf: bluekat78@comcast.net. PO Box 1183 Lebanon OR 97355</p>	<p>21</p>	<p>22</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>23</p>		<p>25</p> <p>Saturday 9:00 am Albany-Independence-Jefferson Start: The Beanery, Albany Distance: 47 miles Cat II Ride Leader: to be determined</p>
<p>26</p>	<p>27</p>	<p>08</p>	<p>29</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>30</p>		

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



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