Newsletter of Santiam Spokes, Inc. • Volume 19, No. 8 • May 2011





Sreeni on Cycle Oregon 2010 Photographs courtesy of M. Sreeni Sreenivasan

# Random Ramblings of a Cycle Oregon Rookie

by M. Sreeni Sreenivasan

There are many Cycle Oregon veterans in our club, so this is from the perspective of a first-timer and relative newcomer to long distance cycling. Cycle Oregon started the year after we moved to Oregon in 1987 from Georgia. A close friend of mine at HP did it the following year and I have always wanted to experience it. But it happened finally, 23 years later in 2010.

First a little background on my biking life. I grew up in India with a bike as the primary mode of transportation rather than recreation, right through school and college. It was a clunky and heavy single gear bike, but it served its purpose at the time. In 1970, I came to Pennsylvania for graduate school and that was the end of any biking until the early 1990s, when I had knee surgery resulting from years of running 10Ks and half marathons on hard pavement. The physical therapist recommended biking as beneficial for the knees; sounded counterintuitive at the time, but I followed his advice and bought a Trek Antelope Hybrid, which served me well for riding around town and the valley, and doing sporadic metric century rides in the valley like the Monster Cookie, Covered Bridge and Peach rides.

In Aug 2007, I rode the Alpine half-century on the Trek Hybrid. I brought up the rear as expected, but managed to finish the course in a respectable time. One of the sweep guys from a Eugene bike shop suggested I get a proper bike to tackle longer distances. Shortly thereafter I got a Jamis Aurora road/touring bike from Cyclotopia in Corvallis. Around the same time Maurice Banning, whom I had known for several years and saw periodically at the

local gym, suggested I start riding with the Santiam Spokes. My first ride with the club was the Marcola ride in 2008, which gave me a degree of confidence to attempt the weekend club ride to Newport and back that year. The Carlton loop tour followed that summer, which I enjoyed immensely; I got hooked on doing at least one weeklong tour each year. In 2009, I was a bit late for Cycle Oregon; however, my friend in Colorado suggested Ride the Rockies, which I did in June 2009. It was arduous and challenging, at elevations of 6,000 to 12,000+ ft, with lots of ups and downs and a couple of 85 mile days to boot. But it was certainly the adventure of a lifetime.

Cycle Oregon 2010 was a wonderful first time experience for me. It was the first time the route circled through Washington state. The route was a loop starting in Elgin, with overnight stops in Enterprise, Clarkston (WA), Waitsburg (WA) and Pendleton. Several others from our club were there too - Maurice Banning, Rod Sell, Jim & Jessica Ruef, Al Rimer and Tom Thompson. This was all the more reassuring to me and I got their cell phone numbers ahead of time as a security blanket. I had the opportunity to drive to Pullman, WA to see some friends ahead of the ride. This gave me a chance to preview the first two days in reverse by driving through Clarkston via Enterprise to the starting point in Elgin. The scenery was spectacular, and the weather held up with no rain, but with cool mornings close to freezing for the first couple of days and warm afternoons in the 80s and 90s. The rest day in Pendleton to coincide with the centenary of the Rodeo was a memorable bonus treat. Lycra-clad bikers and jeans and rhinestone-clad cowboys in town together was an incongruous but interesting sight to behold. Our club-mates were wonderful company; I saw them at breakfast each day, and they always saved a camping spot for this slowpoke to arrive last but managed to finish each day. But being slow with no time pressures allowed me to take a lot of photos along the route, some of which I hope to share with you all at the May club meeting.

# **Santiam Spokes General Meeting**

Thursday May 5 + 7:00 pm

Samaritan Lebanon Hospital 525 N. Santiam Hwy, Lebanon

Guest Speaker: M. Sreeni Sreenivasan Cycle Oregon 2010



#### **Share The Road Plates**

Submitted by Barbi Thomson

A long-time effort to offer a separate license-plate option that would raise awareness of cyclists and pedestrians – and raise funds for programs promoting active transportation, the Share The Road plate debuted at the beginning of 2008. **This plate can be ordered at any time** – not just at renewal – and costs just \$10, with proceeds going to the BTA and the Cycle Oregon Fund. The Oregon DMV recently sold the 10,000th Share The Road plate – which makes it the most popular group plate ever!

# SPRINGTIME RIDE CHALLENGE CORVALLIS TO NEWPORT APRIL 30 - May 1, 2011

### **UPDATE ON START TIME**

For those riders who plan to ride the Newport Challenge, please note the start time will be 8:00 am. It was incorrectly listed as 9:00 am in the last newsletter.

The ride will start from under the Harrison Street Bridge in Corvallis. The local police in Corvallis have been informed about cars being parked overnight in that area so they will be watching out for us. Chuck Young will again provide us with sag support and carry overnight bags (and sleeping bags for those who choose to sleep on the carpet at the house).

## Just a Reminder!

When you stop around a corner, get as close to the edge as possible. Barbi Thomson had a friend tell her that she almost hit one of our members on a recent Lacomb ride. She



turned the corner (only doing about 10 miles an hour, thankfully) and had to swerve to avoid hitting people in the road. Our club is good about stopping and waiting periodically for everyone to catch up, but we need to be aware that a car coming around a blind corner is not expecting to see anyone in their lane. When turning the corner and stopping, please pull ahead far enough ahead so that everyone has room to get into the bike lane area. *Thanks!* 

# 2011 Spokes Refreshments

May Kari and Ron Kropf

> June Rick Riper

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





Jessica and Jim Ruef with Sreeni at Cycle Oregon Photographs courtesy of M. Sreeni Sreenivasan

# **Oregon Active Transportation Summit**

by Donna Short

First of all I would like to thank the club for giving me the opportunity to represent us at this conference. It was an inspiring and informative day. I started off at the Bike Tourism Partnership meeting. They talked about the National Bike Summit and how Oregon is really leading the nation when it comes to promoting bike tourism. We are the first state to have designated State Scenic Bikeways. They are mostly loops that overlap with proposed national bike routes. The Travel Oregon group is upgrading the RideOregonRide website which should be launched by the time you read this. They are also developing a mobile phone app this summer. The owner of Bike Newport is in the process of developing an Oregon Coast Route smartphone app. Another interesting tidbit - some ZipCars in Portland now have bike racks.

During the National Overview, Tim Blumenthal of Bikes Belong shared 10 trends that are developing:

- 1. More bike sharing and infrastructure improvements.
- Stronger commitment from political leaders, especially mayors.
- 3. Higher gas prices lead people to look for alternatives.
- More open street events like the Sunday Parkways in Portland.
- Every bike trip saves money while every car trip costs money.
- 6. Converting car parking into bike parking.
- Tax incentives for bike commuters and more bike friendly businesses.
- 8. 1% of people are strong and fearless riders, 6% are confident, 33% will never ride a bike no matter what, and 60% of people are interested in riding but are concerned about their safety.
- 9. More bike equipment is being designed for shopping and short trips.
- 10. There are more children on bikes.

On the pedestrian side of things some cities are looking at reducing the speed limit to 20mph in core downtown areas and in residential areas. This is also good for bike safety as well.

For the breakout sessions I attended Health Equity and Transportation which talked about the connections between transportation alternatives and communities that have trouble accessing health care. Often these same communities will gain better access to nutritious food and healthy physical activity if the transportation system is more supportive of all modes of movement.

The second session I attended was on Public Bike Systems. These have really come a long way in the last 5 years. They are really appropriate for large cities, much larger than our local communities and are widespread in Europe. Washington DC just installed a system 6 months ago that is proving quite popular. Each bike station is solar powered and there is a smartphone app that allows you to see how many bikes are available at any particular bike station. Portland is getting close to installing one of these systems.

Amtrak had a booth at the conference. I found out that they are adding two more Cascade style trains to the system in the next year or so. These trains are very bike-friendly and will make it even easier to move up and down the Willamette Valley for tourists and locals alike. Take the train into the headwind and ride back with a tailwind....except is always seems like it is a headwind both ways!

# SANTIAM SPOKES BIKE CLUB MEETING MINUTES APRIL 7, 2011

The evening began with a presentation by Roseanne Hartness, Safe Routes to School representative and community liaison, speaking about the importance of educating kids about both bike and pedestrian safety. Ms. Hartness is based at Seven Oak Middle School. Safe Routes received an ODOT grant for safety education; however, it was much lower than hoped for.

She invited anyone interested in helping at the Spartans Bike Shop from 1:30-3:15 p.m. April 20, May 4, May 18 and June 1 (all Wednesdays). Roseanne has acquired donated bikes and the kids will learn how to do basic maintenance and repairs. If kids are present all four times, plus they watch a safety video, they will be able to keep their bike. There is also a tentative bike rodeo planned for May 21 from 11:00–2:00. She would like to have two volunteers on each date if possible; Stutzman's bike shop will help train them.

Roseanne may be contacted at 541-259-8907 or 541-405-5000.

The business meeting followed immediately afterwards. President Ken Orwick had several handouts from the recent Active Transportation Bike Summit held last month in Salem.

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

**Membership**: Jess Ruef emailed rider statistics: 49 individual and 39 family memberships for a total of 88 memberships and 139 riders. There are 27 memberships that have still not renewed. Ken mentioned that when he attends Chamber events he deposits our club card with a free membership offer in the drawing box, but doesn't know if anyone who has won has yet claimed their membership.

**Treasurer Report**: John Hebda reported that we currently have \$6,702.44 in our OSU account. He was given additional membership applications and bills at the end of the meeting so will have an updated amount in May.

**Ride Report**: Al Rimer reviewed April and May rides. Rides start at 9:00 a.m. now, except for the Newport ride at the end of April which will leave from Corvallis at 8:00 a.m.

**Old Business**: Three members attended the recent bike summit: Ken, Donna Short and Bill Pintard, who attended on behalf of the Albany Bike and Pedestrian Commission. Donna gave a recap about some of the workshops she went to and mentioned that Oregon leads the country in planning and incorporating bikes into an overall transportation mix. (See Donna's article.)

Roger Gaither was not at the meeting, but Bill showed the logo and back design of the proposed club jersey.

Mary Ellen Lind said that ten spots have been filled for the summer tour so far, with 5 spots still available. It will be September 11-17, Sunday through Saturday.

**New Business**: Rod Sell mentioned that the second annual Cheadle Lake 5K Run will be held May 7. The cost will be \$15 per person, or a maximum of \$35 for any number of people in the same family. Please contact Rod if you're interested in helping with the event.

Barbi mentioned that Ron Hartung, the fellow who brought to our attention the developmentally disabled gal who received a bike donated by the Spokes last year, said she still loves it and rides it every day. It was nice to receive feedback on our gift to her.

The meeting was adjourned at 8:35 p.m.

Respectfully submitted,

Barbi Thomson

# A Beautiful Day for a Ride...Somewhere

By Jessica Ruef

On April 16, it was 73 and sunny... in San Diego. The intrepid riders of the Santiam Spokes were gathering in Brownsville, OR where it was 53 and sprinkling. The ride for the day was to head south to Coburg, east along the McKenzie River and back north through Mohawk and Marcola to return to Brownsville. Our fearless ride leader Wade started a weather rumor that the rain was going to end soon.

As we were enjoying the downhill side of Gap road, the rain that had plagued us since leaving Brownsville turned back to sprinkles. As we turned onto Coburg road, the rain stopped. Wade was delayed by a flat tire, so we didn't get a change to congratulate him on his weather prediction. Well, if he had been there, we probably would have been too busy grumbling about the head wind which had started to waste time on congratulations.

When Wade and the tail end of the group arrived at the store in Coburg, nobody was in a congratulatory mood... it was raining... again... not showers... raining.

Tom tried to cheer everyone up by assuring us that Wade's weather prediction for clearing skies in the afternoon was true. Tom had listened to the same weather report. Since two people in our group truly believed that it would stop raining any moment, fate decided to turn up the volume. It began to rain harder.

This is Oregon. It seems that if you are planning on a bike ride while there are clouds anywhere in the sky, there is a better than even chance it will rain. The amount of rain is correlated with the length of the ride. The ride was 63 miles. We had about 10 miles without rain. We did have almost 2 full hours without rain – if you include the hour for lunch spent inside a nice warm restaurant.

Oh well. Good bike riding stories are very seldom about the perfect weather ride. You know, the ride where it is 75 with high clouds and variable winds which are always at your back. If a rider tells a story like that, they are probably a fisherman.

Eventually the sun did come out... in San Francisco.

Photographs courtesy of Shirley Schoberg-Hebda









# 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 3<sup>rd</sup> 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

activities. The Club is what we make it.

I waive any and all claims against the Santiam Spokes, inc. and its sponsor Lebanon Community Hospital and Name of 1st member any other group associated with them in their programs. Name of 2nd member I agree not to hold them responsible for any accidents or injuries that I may experience as a participant in any Name of 3rd member of their activities. Further, I agree not to hold them responsible for damage to any property or equipment Name of 4th member while participating in any of their activities. I agree to Mailing Address release them from any and all liability of any kind or nature, and by so doing I am allowed to participate in State Zip Santiam Spokes, inc. activities and programs. I agree to wear an A.N.S.I. or Snell approved helmet while Home Phone Work or Cell Phone (if available) participating in any and all Santiam Spokes rides. I Email 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. Sign Liability Release To The Left ☐ Individual-\$10/yr ☐ Family-\$15/yr ••••• Optional Information Below •••••• Please check one I/We would like to receive newsletters via: ☐ Email ☐ Mail \_\_\_\_] Age of 1st member \_] Age of 2nd member [\_\_\_\_] Age of 3rd member [\_\_\_\_] Age of 4th member Signature of 1st member Date Signature of 1st member Occupation of any Applicant Date Signature of 1st member Date I am a member of the League of American Bicyclists I am a member of Adventure Cycling Signature of 1st member Date I belong to other bicycling clubs as listed below: 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 Ride Preferences: ☐ Easy, 3-15 mi. ☐ Sport, 20-50 mi. You're now a member. We'll send you membership Tour, 30-80 mi. Competitive, 40-100 mi. fast materials and Outspoken. Come to the next meeting and take part in the rides. Get involved in all club 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** MAY 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 KEY FOR ROUTE DESCRIPTION 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.

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!

SATURDAY RIDES START AT 9:00 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.

May 7 9:00 am Peoria Loop

Distance: 44.5 miles category I • Ride Start: Harrison St. Bridge, Corvallis • Ride leader: to be determined

Cross the bridge and then go south on Peoria Road, pass American way and stop by the bakery for cinnamon rolls. Then reverse course go east on Fayetteville and have lunch in Shedd. From there we'll go west to Green Valley and back to Corvallis. Directions to Start: I From 1-5 take exit 228 onto Hwy 34 to Corvallis. Cross the Willamette River on the Harrison Street Bridge. Turn right on 2nd St., right on Tyler, then right on 1st St. into parking lot under bridge.

May 14 9:00 am

#### Lamb and Wool Festival

Distance: Approximate 45 miles category II ● Ride Start: Samaritan Lebanon Community Hospital ● Ken Orwick

Traditional ride to the fair and sheepdog trials. We'll ride out of Lebanon, through Lacomb, Larwood Bridge and on to Scio. More flat on the return via Tennessee Rd. 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.

#### Lebanon to Brownsville

Distance: 33.5 miles, Cat II-III • Ride Start: Samaritan Lebanon Community Hospital • Ride leader: to be determined

Ride out of Lebanon towards Brownsville. One large hill but otherwise mostly flat. Lunch in Brownsville. Return to Lebanon after lunch. 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.

May 28 9:00 am 

### Mountain Home Road

Distance: 32 miles, category VI • Ride Start: Tom and Barbi's house • Ride leader: To be determined

Mountain Home Road is a long hill but nothing we haven't done before a short ride with no restaurants bring your lunch!!! Bring your water. Tom and Barbs house to Sodaville over the hill cross hwy 20 to Waterloo then out to Belinger Scale Road left on Hope drive which turns into Golden Valley and then back to Lebanon. Directions to Start: Tom and Barbi's house, 36835 Edgemont Dr., Lebanon Hwy. 34 to Denny School Road. Take Denny School until it turns into Airport Road, then turn right (south) on Stoltz Hill at Grandpa's market. Follow Stoltz Hill to the end where it connects into Rockhill. Turn left (east) and go a mile or so to S. 5th. Right on S. 5th then left on Edgemont Dr. From the Albany area: South Main St. in Lebanon to Rockhill Rd. Turn right (west), go to S. 5th and turn left. Go to top of hill and turn left on Edgemont.

May 2011 Cycling Santiam Spokes						
SUN	MON	TUE	WED	THU	FRI SAT	
1	2	3	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 May 7 9:00 am Peoria Loop Start: Harrison St. Bridge, Corvallis Distance: 44.5 miles Cat I Ride Leader: to be determined	7
8	9	10	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	12	Saturday May 14 9:00 am Lamb and Wool Festival Start: Samaritan Lebanon Community Hospital Distance: 45 miles Cat II Ride Leader: Ken Orwick	14
15	Outspoken Submissions Please submit material for Outspoken by today to Kari Kropf: bluekat78@comcast. net. PO Box 1183 Lebanon OR 97355	17	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	19	Saturday May 21 9:00 am Lebanon to Brownsville Start: Samaritan Lebanon Community Hospital Distance: 33.5 miles Cat II-III Ride Leader: to be determined	21
22	23	24	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	26	Saturday May 28 9:00 am Mountain Home Road Start: 36835 Edgemont Dr., Lebanon Distance: 32 miles Cat VI Ride Leader: to be determined	28
29	30	31				

