

# OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 20, No. 04 • January 2012



Santiam Spokes General Meeting

NO MEETING IN JANUARY

See You in February or  
on the road in January

## Roger's Ramblings

### A Club Of Volunteers

Roger Gaither, President

#### The Holiday Party

The Holiday Party December 2 was a big success. About 28 folks gathered, visited, enjoyed excellent food, and exchanged gifts. The weather was good and Sally did a great job hosting the party as she always does.

Charles prepared really tasty entrees and the potluck lived up to expectations. There were smiles all around.



The white elephant gift exchange was an impressive array. Initially the process was orderly and polite, but then the swift thefts of known gifts brought a lot of folks forward to reselect gifts!

Everyone did their best to avoid choosing the infamous "knee". Finally, on his third trip up to pick a gift, Doug relaxed his guard, said "Why not?", and picked among the few gifts left what had to be the dreaded prize.

Sure enough, the anatomical knee emerged along with its photographic history of travels contributed by Larry Thurber when he hosted the knee for a year. After a big laugh, those remaining relaxed to finish the exchange.

Maybe a new contender white elephant gift has joined the knee; Bill went away with a large, framed print of a Great Horned Owl that would be everyone's envy for living room decor.

We missed those not there, but look forward to another great party next December 7, 2012.



#### A Club Of Volunteers

A key feature of the Holiday Party was the recognition of volunteers who have made this club successful. I'll come back to this!

In reality, we all are volunteers; joining Spokes is a voluntary choice. We each can *ride* a bike on the regional roads. We're free to choose *where* and *when* we ride. The bike shops are happy to *sell* us the latest and *best* in bikes and gear. We all could *help* individually with the occasional bike rodeos

and other bike events in the valley. Each of us could be a *sponsor* and *advocate* for bicycling rights and responsibilities. We're each free to plan and take our own extended *tours*.

#### So why have a club?

These things are all more fun together; plus we can get more done and have a much greater impact as a group of volunteers, i.e. a club!



Continued on page 2

### Volunteers Make Things Happen!

As a youngster, I had a pretty large gang of friends; I guess we were a club, but showing up was the only requirement for admission. We didn't have any rules or passwords or even any leaders, i.e. it seemed that we took turns initiating goofy play. Moreover, the gang changed and dwindled as we grew up and solidified interests in other things. And by the time we graduated from HS we were still friends, but seldom did anything together.

Santiam Spokes is a little like my gang and it would maybe endure (or not) if new folks came in as others aged out. But we've been a club for 20 years and accomplished a lot simply because we do have an organization with stated goals, bylaws, procedures, and a division of labor that keeps the essential functions happening. Also we could never have accomplished our highly successful Strawberry Century and our extended tours without being an organized club.

But things don't just happen on their own; our pay scale is painfully low (i.e. zero); and our members are busy people. So the main thing

we can do as a club to keep things happening is to recognize and say sincere thanks to those who volunteer for the essential jobs. So it was appropriate during the holiday party to recognize a few of our major volunteers.

#### Service The Last Year or Two

Al Rimer has done a fine job scheduling our rides for the last two years. So he received a sincere thanks for a job well done.

Although very busy as a physician, Ken Orwick stepped in to be our President for the last two years. He has been a steady, patient, guiding light for the Club and we say thank you!

Until you have done it, you can't imagine the detail necessary, anxiety for everyone's enjoyment and safety, and sheer hard work in planning a week long tour. Mary Ellen Lind has led us in several successful and enjoyable tours over the last few years. To her we say a BIG thank you!

Then to mention big responsibilities ~ coordinating the Strawberry Century is huge. Dennis Murphy, like no other before, has shouldered this

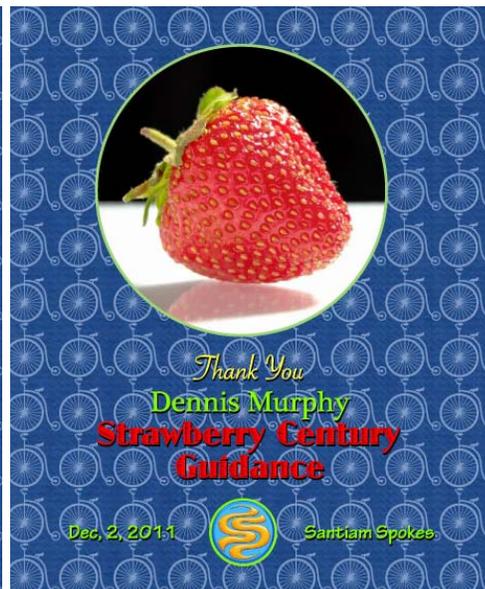
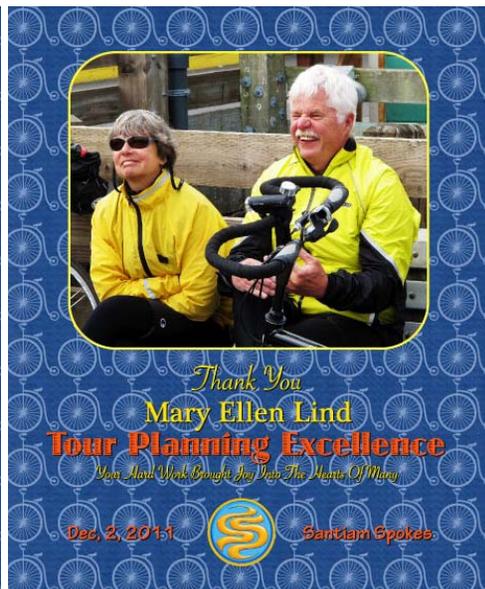
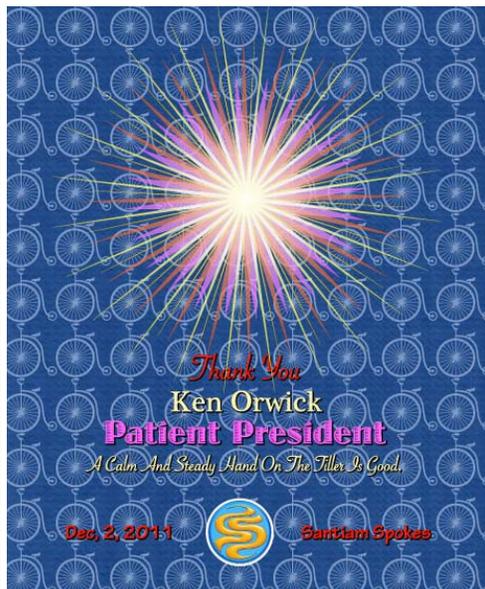
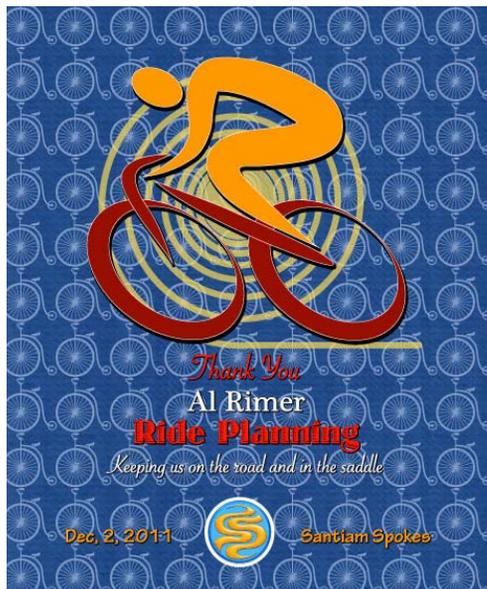
responsibility and pulled things together with great organization for the last several Centurys. He has generated an organizational scheme that will facilitate future Strawberry Centurys. And even now when there are questions, Dennis is there to provide steady leadership. So to Dennis we say Thanks and Thanks Again!

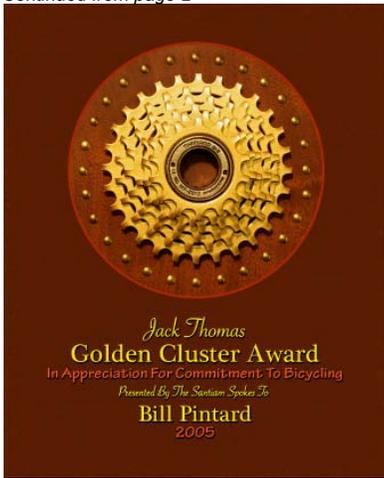
There are others deserving of thanks and in time they will be suitably recognized. Stay tuned and pitch in; we're in this together. If we want our play toy (i.e. our bike club) to be available the next time we're interested, we have to volunteer in the interim to keep the wheels turning.

#### The Jack Thomas Golden Cluster Award

In 1998 Santiam Slow Spokes was just six years old. Moreover, the club had more than survived; our membership was growing and we had hosted five successful Strawberry Centurys.

We owed a lot to our founder, Jack Thomas. I happened to be president and invented the Jack Thomas Golden Cluster Award. The award was a walnut panel and included a moving, rear cluster painted gold along with a plaque recognizing





Jack's good work in starting and leading the club through its early years. Jack was pleased and took the award with him when he pretty much retired to Arizona. The club went on and in 2004, Tim Mangan was president and resurrected the idea of the award and gave it to me. I was honored and still have it on display at home.

In 2005 Charles Taylor was president and we gave the Golden Cluster award to both Bill Pintard and Dian Gerstner, but we decided to start giving a rotating award, rather than individual plaques. So I made another version of the original award given to Jack only this plaque now had room for multiple names over 12 years. More names can be added below. We thought that the Hospital would allow us to include the award in the display we then had in preparation. Well, the public display never happened so the Golden Cluster award was simply given each year and rotated from one winner to the next.

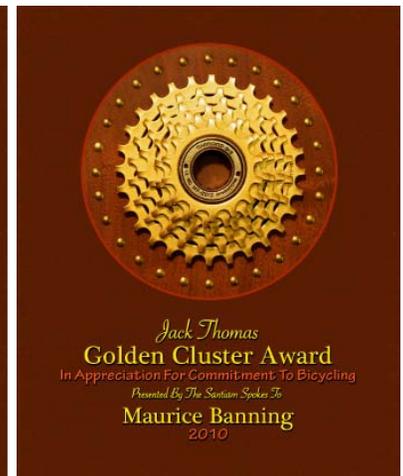
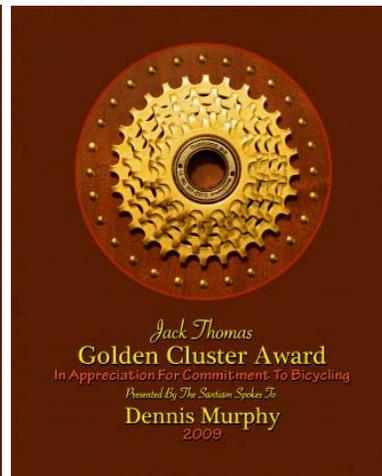
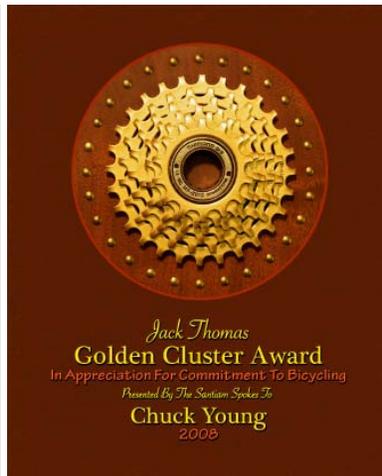
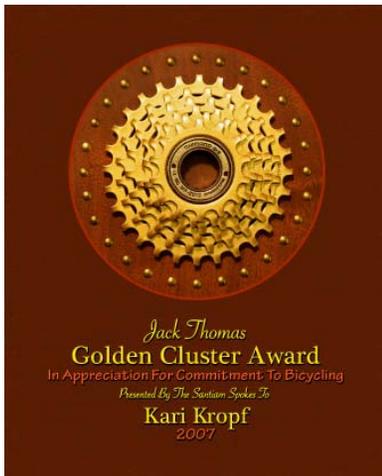
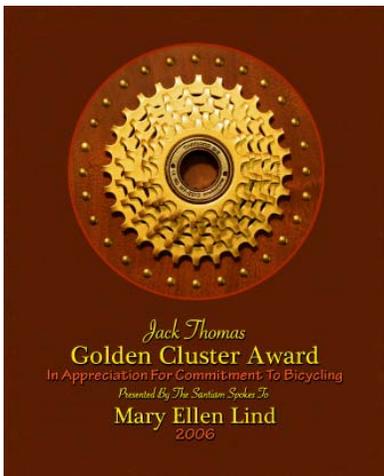
Now as president one more time, I will try again to secure public display of the Golden Cluster Award. And to correct an oversight from many years ago, I thought it appropriate that each of the recipients should have some permanent, personal token of this most important award the Club gives. Therefore, I made and framed individual Jack Thomas Golden Cluster Awards for each of the recipients over the years as follows:

- 2005 - Bill Pintard
- 2005 - Dian Gerstner
- 2006 - Mary Ellen Lind
- 2007 - Kari Kropf
- 2008 - Chuck Young
- 2009 - Dennis Murphy
- 2010 - Maurice Banning

And this year, in recognition of his many years of quietly volunteering, and for his persistent optimism and good cheer ~ The Santiam Spokes proudly awards the 2011 Jack Thomas Golden Cluster Award to Ron Kropf. Thanks sincerely Ron. Jobs well done!



Continued on page 4



Continued from page 3

**To each of these very generous, industrious, volunteers who have contributed so much to the endurance and effectiveness of the club ~**

## **We Say Thank You!**

**Remember~**

**No January Club Meeting.**

**Yes, A Meeting Thurs., Feb 2, 2012!**

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 club meeting on February 2, 2012.

**See you on a bike seat:-)**



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## **NORTHWEST WINTER BICYCLING EVENTS**

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### **WORST DAY OF THE YEAR RIDE**

*Portland's Favorite Wacky Winter Ride*

**February 12, 2012**

**<http://worstdayride.com/>**

Get ready to ride with 4,000 other fun-loving people for the Worst Day of the Year Ride, an 18-mile odyssey around downtown Portland. Laugh at the elements and gather for a delicious finish line party catered by Laughing Planet Cafe at the Lucky Labrador brew pub.

Lucky Labrador Brew Pub  
915 SE Hawthorne  
Portland, Oregon.

### **SEATTLE BIKE SWAP**

*Great deals on bikes, gear and apparel*

**Sunday, Feb. 12, 2012**

**<http://shop.cascade.org/content/events/seattle-bike-swap>**

**Seattle Center Exhibition Hall**

The Seattle Bike Swap, now in its 16th year, is a bike bargain hunter's paradise with up to 100 vendors under the same roof! Expect great deals on new and used bike-related goods, from complete bikes to small parts. You never know exactly what vendors will bring to sell and what treasures you will find. Don't miss this one-day-only sale!

### **CHILLY HILLY**

**Sunday, Feb. 26, 2012**

**<http://shop.cascade.org/content/events/chilly-hilly>**

With chilly February weather and 2,675 feet of Hilly climbing, the name says it all! Chilly Hilly has been kicking off the cycling season in the Northwest for the past 39 years. The 33-mile route around Bainbridge Island starts with an early morning ferry ride across Puget Sound from Seattle or you can join the crowd directly on Bainbridge Island.

### **SEATTLE BICYCLE EXPO**

**March 10-11, 2012**

**<http://shop.cascade.org/content/events/expo>**

The 2012 Seattle Bicycle Expo will be held once again in the deluxe, two-story Smith Cove Cruise Terminal, which overlooks the Puget Sound and features a magnificent view of downtown Seattle and the Olympic Mountain range.



*Let's Create A Matrix Of Hospitality*

## Warm Showers

*Roger Gaither*

*As a bike tourist you're tough and adventurous; you're on your own and independent; you don't need anything or anyone...*

Or so you thought, but even the toughest and most independent bike tourists need a bed and a warm shower occasionally. If there is a full service campground or a good motel handy ~ you would gladly settle in for the night. Why not add the option of staying with someone on your route that understands the needs of bicyclists. The cost is free and you can get a good night's rest and leave in the morning clean and fresh.

Most times your hosts will feed you a great breakfast and help with directions for the next

leg of your tour. The world looks so much better through clear eyes over a full stomach. About all your hosts expect is a little bit of visiting; they will ask where you're from and where you're going. They will listen to just about anything you want to discuss. You like to do that anyway.

Wouldn't it be great to have a group of folks here in the valley who would welcome traveling bicyclists?

### What Is "Warm Showers"

Warm Showers is a network of people willing to host bike travelers overnight and provide minimum accommodations of a bed/sleep place and a warm shower. The hosts decide what services they are willing to provide, when they are available and who they will accommodate. Accommodations can be indoors in a bed or outdoors as camping. A warm shower is expected. Everything else is optional.

### Who Will Be Your Guests

Your guests will be a lot like you ~ ordinary nice people. Some may be young; some may be older. A few may be a little strange wearing green hair, but they turn out to be nice people anyway. Likely they will be from some place away from here. We've hosted folks from England, Texas, Australia, Florida and Tasmania. They were all nice people. But they did have some things in common; they were all unique and interesting! They all greatly appreciate the accommodations that you provide!

### How To Become A Host

Go to [www.warmshowers.org](http://www.warmshowers.org). In the upper left column select "Create A New Account" and follow the directions. They will ask you the following information:

- Name & Address
- Comment about yourself
- Phone numbers
- e-Mail address (This is not published on the web!)
- Preferred advance notice
- Maximum number of guests
- Nearest hotel/motel/accommodation
- Nearest campground
- Nearest bike shop
- Language(s) spoken
- Accommodations you will provide

You can revise your profile at any time. If you're not available due to vacation or whatever, you can indicate that on the site.

### How Does It Work?

The potential guest(s) will contact you via blind email on the Warm Showers web site or phone (however you specified) and request accommodations on a given night. You answer with availability (or not) of your accommodations; be sure to ask for an arrival time and a telephone number or e-mail so that you can stay in touch as arrival time approaches. Ask anything else you decide. You do not have to say yes to accommodating the bicyclists; the decision is yours.

### It's Fun - Join Now

The primary reason to host traveling bicyclists is that it's fun and interesting. We've never had any other kind of visit ~ either as a guest or as hosts. The second reason is that it would be great fun to see more folks from far away visiting the bicycling roads that we call home. More users will mean that bicycling here will receive more attention, respect and improved services. More fun for all.



# 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.

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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

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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:

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- 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

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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 Gaitner (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](http://www.santiamspokes.org)

Winter Start Times 10:00 am unless otherwise noted.

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.

January 2012

Jan 7, 2012 • 10:00 AM

SLCH - Albany Loop  
An easy, variable length winter ride

29 miles • Cat I  
Start: SLCH, Lebanon

Description: This is a flat loop route between SLCH and Albany. Lunch at the Beantry in Albany. If the weather is bad we can cut the ride short and return to SLCH.

Leader: Roger Gaitner (503-394-3696)

Jan 14, 2012 • 10:00 AM

Jefferson-Independence via Ferry  
A variable length winter ride with a few hills

36 miles • Cat II  
Start: Jefferson Middle School, Jefferson

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.

Leader: Bill Pintard (541-967-3295)

Jan 21, 2012 • 10:00 AM

Albany to Corvallis  
A variable length winter ride with a few hills

34 miles • Cat II  
Start: South Albany Pool, Albany

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.

Leader: Dian Gerstner (541-926-1188)

Jan 28, 2012 • 10:00 AM

Corvallis - Albany Beantry Loop  
An easy, variable length winter ride

32 miles • Cat I  
Start: Under the Harrison St Bridge, Corvallis

Description: If the weather is bad we can cut the ride short and return to Corvallis.

Leader: Kari & Ron Kropf (541-401-3349)



February 2012

Feb 4, 2012 • 10:00 AM

Lebanon-Brownsville Loop  
A club classic over the best USA bicycling terrain

34 miles • Cat I-III  
Start: SLCH, Lebanon

Description: We have options of a hill or flat route. We'll enjoy lunch in downtown Brownsville and then return to the west for a flat ride back to Lebanon.

Leader: Ken Orwick (541-451-2945)

Feb 11, 2012 • 10:00 AM  
(Valentine's Day WkEd)

Chocolate Ride  
Fete your love this day

-- miles • Cat --  
Start: Downtown Albany

Description: This will be our traditional celebration of Valentine's day ~ always a fun ride in mid-winter.

Leader: Roger & May (503-394-3696)

Feb 18, 2012 • 10:00 AM  
(President's Day WkEd)

Corvallis to Philomath

30 miles • Cat I or II  
Start: Under the Harrison St. Bridge, Corvallis

Description: Description: Bike on Hwy 99W for a short time. Depending on the weather, ride over Decker Road to Philomath for lunch. Or, we may encircle Corvallis on alternate roads then back to Corvallis for lunch.

Leader: Mary Ellen & Dennis (541-738-8600)

Feb 25, 2012 • 10:00 AM

Head to Shedd  
A nice flat route through the valley

33 miles • Cat I  
Start: SLCH, Lebanon

Description: Ride south across flat country, over plainview, Boston Mill and cross over I-5. Lunch will be at either the Shedd store or the café across the street. Return Wirth road to Tangent Dr. Lots of agriculture.

Leader: Bev Henderson (541-513-3916)



# January 2011 Cycling

# Santiam Spokes

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	<b>4</b> <b>Wed. Wanderers</b> Start at Linn County Expo parking lot at 10 AM. Call Jo & Ace Johnson at 541-327-2813 for more information.  Flat Repair Class 6:00am – 7:30am Peak Sports, Corvallis	<b>5</b>  <b>No Meeting in January</b>	<b>7</b> <b>Saturday, Jan 7</b> 10:00 am <b>SLCH - Albany Loop</b> Start: SLCH, Lebanon Distance: 29 miles Cat I Leader: Roger Gaither (503-394-3696)	
8	9	10	<b>11</b>  <b>Wed. Wanderers</b> Start at Linn County Expo parking lot at 10 AM. Call Jo & Ace Johnson at 541-327-2813 for more information.	<b>12</b>	<b>14</b> <b>Saturday, Jan 14</b> 10:00 am <b>Jefferson-Independence</b> Start: Jefferson Middle School, Jefferson Distance: 36 miles Cat II Leader: Bill Pintard (541-967-3295)	
<b>15</b>  <b>Outspoken Submissions Due</b> Please submit material for Outspoken by today	<b>16</b>	<b>17</b>	<b>18</b>  <b>Wed. Wanderers</b> Start at Linn County Expo parking lot at 10 AM. Call Jo & Ace Johnson at 541-327-2813 for more information.	<b>19</b>	<b>21</b> <b>Saturday, Jan 21</b> 10:00 am <b>Albany to Corvallis</b> Start: South Albany Pool, Albany Distance: 34 miles Cat II Leader: Dian Gerstner (541-926-1188)	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>  <b>Wed. Wanderers</b> Start at Linn County Expo parking lot at 10 AM. Call Jo & Ace Johnson at 541-327-2813 for more information.	<b>26</b>	<b>28</b> <b>Saturday, Jan 28</b> 10:00 am <b>Corvallis - Albany Beanery Loop</b> Start: Under the Harrison St Bridge, Corvallis Distance: 32 miles Cat I Leader: Kari & Ron Kropf (541-401-3349)	
<b>29</b>	<b>30</b>	<b>31</b>	<b>WINTER START TIME: 10:00 AM</b> Unless otherwise noted.			
					<b>Outspoken Submissions</b> Please submit material for Outspoken to Kari Kropf: bluekat78@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](http://www.santiamspokes.org)