

OUTSPOKEN

Newsletter of Santiam Spokes, Inc.

Volume 20, No. 9 • July 2012



Roger's Ramblings

A Little Bicycling Humor

—Roger Gaither

Just One More...

Near St. Francisville, LA while riding the Southern Tier, we stopped off at the Oakley Plantation to tour the grounds and house. It's a beautiful example of antebellum southern plantations.

I was outside taking pictures of the main house and intent on getting just the right framing. I stepped back one... two steps... three... and wham I tumbled backward over a concrete lawn roller.

This would have been just funny to see a photographer take one too many steps backward without looking, except that there was also a tree. I bonked my bald spot pretty hard on the trunk, and I bled profusely. (I'll take all the sympathy I can get for being clumsy.) Jo & Ace were nearby and sprang into action to staunch the flow of blood streaming down my face. Jo cleaned the wound and patched me up. I didn't even have a headache; now about my pride...

Moo... Morning Greeting

West of Great Falls, MT while riding the Lewis & Clark route, the day had been hard & long so I wasn't going to make it to my planned camping site. I chose an inviting, empty field of green grass; a few rolling hills would allow me to camp without being seen. I rode across a cattle guard to get into the field.



I set up camp; cooked a little orzo; ate a banana and settled in. The stars came out for the most glorious display of the Milky Way that I could remember. I snuggled into my sleeping bag in the tent, and went to sleep a happy camper.

I awoke to shuffling in the grass just outside my tent; the morning glow was starting to show through the tent side. Carefully, I reached around and unzipped the tent fly. Within inches was the biggest cow face I've ever seen, blissfully grazing on the lush, green grass at my door. Looking through her legs I could see many more.

Extracting myself, I broke camp quietly so as not to alarm the herd that surrounded me a hundred deep. Pushing the loaded bike back toward the gate, in between I saw the BULL munching away. Aware that my bike was red with red panniers, I followed a wide arc around the bull to the cattle guard and made my escape. Looking back there was surely a herd of 200+ cattle where my tent had stood.

We All Have Stories

At the July meeting it will be fun if you would come with your funniest, quirkiest bicycling story. We'll take turns exposing our partial insanity for pursuing this sport of riding bicycles. Think back on your rides; pick one story; polish (embellish?) it for public exposure; and come to share it with your biking friends.

Bill Pintard is bringing refreshments and we'll have our usual entertaining business meeting. See you at 7:00 PM, July 5, at SLCH in Lebanon in rooms C & D.

The Importance of Electrolytes and Staying Hydrated

By Barbi Thompson

Water is the basis for all body fluids and an essential part of many metabolic processes. Fluids are lost during prolonged exercise, outdoor activities at elevated temperature, and even during indoor workouts at cooler temperatures. It is very important that they be replaced. Studies have found that athletes who lose as little as two percent of their body weight through sweating have a drop in blood volume, which causes the heart to work harder to circulate blood. A drop in blood volume may also lead to muscle cramps, dizziness, fatigue and even heat stroke.

Electrolytes are minerals that help your body regulate fluid balance, nerve conduction and muscle contraction. Electrolyte minerals include sodium, potassium, magnesium and chloride. An imbalance of electrolytes in the body can be very serious because it can affect the way organs, including the heart, work and function. Your body perspires to regulate temperature.

During hot summer days or intense workouts you can lose up to two quarts of water an hour; electrolytes are lost along with fluid.

Carbohydrates are vital for physical activity as well. The body breaks them down into glucose, which it uses as the main fuel to produce energy. Prolonged or strenuous physical activity can deplete the glucose stored as glycogen in the muscles and liver, which can result in fatigue and reduced endurance. Refueling the body with additional carbohydrates is key to maintaining energy when engaging in physical activity.

The body is able to replace, at best, only about one-third of what it loses during exercise; this is true for fluids, calories, and electrolytes. If you try to replace all the fluids at once, you may end up with dilutional hyponatremia (overly diluted blood sodium levels) or water intoxication. If you attempt to replace all the fuel you expend, your stomach will rebel and refueling will grind to a halt. Likewise, if you try to replace in equal amounts all of the electrolytes you lose, a number of hormonal triggers may create all sorts of problems such as gastric distress, edema, muscle spasms, and cramping.

I have found a company called AdvoCare whose products work very well for me. What impressed me most was the number of professional and elite athletes who endorse the company and are not paid for doing so; rather, they do it because the products work for them. I have used their Spark in my water bottle for energy, adding their Rehydrate powder to replace electrolytes, and I also use their Rehydrate Gel as it's easy to transport in my bike bag. I also use their Muscle Gain powder on a daily basis.

If you would like more information about these products, as well as others that are beneficial to athletic training and performance, I invite you to see the website www.Advocare.com. Or get in touch with me.

Enjoying bicycling activity at the highest level can place great demands on the body. As we exercise, it's vital that we replenish fluids, electrolytes, and carbohydrates before we reach the point when our performance suffers or our stores become depleted.

Thanks much, and I look forward to riding with you soon!



All Strawberry Payments, Invoices, and Reimbursement Requests Due

N.L.T. July 5

At The Regular Club Meeting

In an effort reach financial closure on this year's Strawberry Century, all payments, invoices and requests for reimbursement must be presented to John Hebda, club treasurer, not later than the club meeting on July 5. Items submitted after that date will NOT be considered.

The Club will attempt to build a budget for next year; it is crucial to planning and making decisions about expenditures this fall to have closure on the finances of the Strawberry.

Please present your items now. Thanks.
Roger Gaither
President

Santiam Spokes Club Meeting July 5 7:00 pm

Samaritan Lebanon Community Hospital

Bring your funniest ride story! Polish and embellishments welcomed and encouraged! Come to share it with your biking friends. :)

Bill Pintard is bringing refreshments and we'll have our usual entertaining business meeting. See you at 7:00 PM, July 5, at SLCH in Lebanon in rooms C & D.

Please join us

Santiam Spokes Board Meeting

June 19th, 2012

Welcome/Call to Order:

- Call To Order at 6:10pm
- Club Shirts: (second order status)

Roger reported that we do not have enough orders for club shirts at this time to justify placing an order with the supplier. Roger will ask John to refund monies for those who have paid for shirt orders at this time. We will look at a second order in the fall.

- Membership:

Roger made a motion that John write a check for \$125 to support membership functions. John asked that receipts for expenses be collected and submitted to the treasurer.

- President & Ride Coordinator:

Roger reminded the board that in his absence, Ron will be assuming primary responsibility as President & Jo will be assuming the main duties of the Ride Coordinator on July 5th.

Roger will provide his extra iMac to Ron to use when he assumes the position of President.

- Jo and Roger have met regarding rides.

Roger will get all the ride sheets and ride schedule up to date so Jo will only need to handle unexpected things.

Scheduled Business:

- Treasurer's Report (John): \$19, 143.32 is our checking balance after accounting for outstanding checks.

14 outstanding checks

Even with fewer riders this year, we're going to come out about even as last year.

Discussion on categories for Little Promises and BLT. It's really not a donation, should be under site support.

We need to do a budget with a cheat sheet of how categories should be accounted for.

John will write a check to BLT, and Roger will write a thank you letter to BLT.

- Strawberry Century – A Quick Look:

641 registrants: 60 family riders and 41 pre-registrants who have never been on our ride before.

Impression: very well run, people were happy, no accidents.

We will talk in depth in later about the Strawberry Century.

Dennis would prefer time for him to summarize his observations about the Strawberry. This will probably call for a later meeting to consider the Strawberry in detail by the club.

- Postage/Mailing:

Roger received a phone call from Becky Pape, administrator for Samaritan Health Services, that upon the recommendation of their auditor and lawyer, in consideration of SHS tax status, that SHS will no longer be providing for our mailings.

- Roger suggested that as a consequence of this decision by Samaritan Health Services, that the club should:

Reexamine our philanthropy policy relating to our donation to the SLCH Foundation.

Reemphasize the distribution of our newsletter via e-mail vs paper copies sent by US mail

Consider equipping Kari with a good printer, toner and a budget for supplies so that she can, without much inconvenience,

actually print the newsletter paper copies right at her home.

As we prepare for the Strawberry next year we need to reformulate our effort to publicize the ride.

Postage for the next newsletter must be paid by the club, and the newsletters delivered to the Post Office.

Roger reported these bulk mail requirements: Minimum of 200 pieces at one time. A \$200 initial fee and a \$200 annual fee plus the price of each piece (from .45 cents to .15 cents).

Maurice suggested that maybe we should send out a questionnaire to ask the membership about emailing the monthly newsletters to those who have email.

- Motion:

Christine made a motion to get a printer with supplies for Kari to keep at her house to be able to do her Spokes job.

Discussed types of printers: (Roger had a suggested printer)

Christine amended to give Kari \$250 for a printer and \$100 for cartridges and drums.

Debi Seconded.

All in favor! Motion passed.

Kari will use the printer information Roger gave her to purchase a printer for the club.

- Motion:

Maurice made motion to give Kari \$150 in petty cash to cover postage.

Christine seconded.

Discussion?

All in favor! Motion passed.

- Maurice would prefer an exclusive, electronic version of the newsletter be distributed to the membership. He will draft a questionnaire letter and send it to Roger. Roger has an e-mail list of the club members and will send out an announcement.
- Debbie suggests: Why not print a few of copies of the newsletter and distribute them at the meetings. If anyone wants, they can pick them up at the meeting (instead of using postage to mail them).

Offering and Supporting Shorter/Slower Rides:

- Roger reported that as a direct result of the recent successful Discovering Bicycling class that we have members, including those who just finished the recent class, have expressed interest in scheduling slower and shorter rides.
- Jo has assumed leadership to help with scheduling shorter and slower rides.
 - approximately 10-20 miles
 - 8-12 MPH maximum
 - The first meeting will be on Monday, June 25th at 7pm at the hospital.
 - Debi and Christine will join.
- Ron suggests staging rides to accommodate.
- John observed that some bike groups start out together, meet at one point, and then the shorter distance group would turn around at a certain point.

Roger reported that Michael Rumirez, a student in the Discovering Bicycling class, has organized and begun a separate bike club for shorter rides and has launched a website www.cyclewillamette.com to publicize the rides.

Michael is a webmaster for Benton County and joined the club

Continued on next page

after participating through the class. Michael has set up, because he wanted to help foster shorter slower rides, a separate "bike club" called "Cycle Willamette".

May and Roger had a meeting with Jo VanBuren and Michael Rumirez (both interested in slower shorter rides). Michael is committed to continuing his separate effort. He is also interested in selling things to people he rides with (i.e. he has a commercial interest associated with his club.) Spokes does not have a commercial interest or purpose.

Club Bylaws

- The Board then discussed the Bylaws as they relate to this issue. They specifically prohibit members from using our club roster for personal gain.

Roger suggests we adopt a policy that members can request a membership list, but when they do, they need to submit it to the board for approval.

John suggests the membership list be accessible only to board members, in addition to Roger's suggestion. He also votes we hold the list as close as possible.

Maurice and Bill are concerned primarily about harvesting information from the list.

Debi said that Jessica told them that she never gave the list to anyone unless they asked.

The Board discussed the membership list and agreed that we will modify the Bylaws to better protect the membership information.

In the meantime: the Board decided that the membership coordinator only send out the membership list to the board members and a request from club members will need to be submitted to the board.

- Roger will draft sample wording to be included in the Bylaws to protect the membership list.

Ochoco Challenge:

- Shirts have been ordered and should be ready the first week of July.
- Website is up:
crazyguyonabike.com/doc/doc/ochocochallenge2012
- Roger reported on his June 15 meeting with Frank Gaillardet at Frank's request to discuss his concerns about the guidelines for the Ochoco Challenge:

Frank feels that the guidelines that Roger has stated in the tour summary relating to refraining from discussions of religion and politics, and refraining from wearing of earbuds for listening to music while riding are arbitrary and infringe on his constitutional rights. He refuses to agree to honor these guidelines.

Agreement is an individual, personal choice in respect for group functioning and safety. Based on his experience with many tours involving groups, Roger feels strongly that these guidelines are reasonable, and can help to avoid some of the difficulties possible in a close knit group such as ours. Roger has made agreement a prerequisite for participation in this tour. Frank refuses to respect these guidelines.

For the good of the group in functioning harmoniously and safely for the week, Roger has decided that Frank will not be part of the Ochoco tour, and told him so in their conversation on June 15.

Roger has asked John to issue a club check payable to Frank for \$25 to refund the deposit he has made, and to send his check to 2904 SE Clay St, Albany, OR 97322.

The club will not be transporting Frank's gear to Mitchell, and he will not be included in accommodations or meals.

Roger regrets that Frank is unwilling to agree to these expectations; he have made a sincere, one-on-one effort to explain these expectations in detail and the rationale in stating them for this tour. He respects Frank's rights in making his personal choice, but Roger must make the best decision possible for the good of the group.

Wade says Frank's disruptive attitude takes away from the group activity. He (Frank) should function as a part of the group, not as an individual.

- Roger asked if the board supported him; the board completely agreed with Roger on the guidelines for the tour.
- The board discussed the safety issue involved in wearing earphones in some detail and at length.

The consensus is that using earphones to listen to music while riding is dangerous not just to the individual but also to the group.

John observed that we need to look at our insurance coverage and suggests that our insurance company would frown on a claim involving someone who is not wearing a helmet or is wearing earphones.

Dennis suggests that we gather information from other clubs and rides (i.e. Monster Cookie, Mid-Valley, etc) to see what their bylaws and waivers say.

John says another safety issue is people never moving over and blocking traffic.

Liability issues: We need to update our Bylaws and waivers and check with our insurance to see what their policy is and do they have a provision for this circumstance. We don't allow people to ride without a helmet on the Strawberry ride, and it's not the law if you're over the age of 18.

- The board voted to modify the Bylaws to prohibit the wearing of earphones and listening to music while on a club ride.

Roger will draft wording prohibiting the wearing of earphones and the listening to music on club rides. He will look at the verbiage used by other associations such as USA Triathlon. He will try to include other similar distracting devices in wording that could be incorporated into the Bylaws.

- John suggested that the Bylaws also include procedural provisions such as

First warning (sanction): written warning

Second warning (suspension): suspended for a year

Third warning (banned): Banned from the club

Other Issues Relating To The Club Bylaws:

Two issues were brought forward that we will consider.

Honorary membership based on age 70:

- Ace made this motion in a recent meeting, and it was approved and forwarded to the board with the recommendation that it be added to the Bylaws.

The Board discussed this at length and agrees that several senior members are worthy of this honor; however, the board feels that adequate provision for this already exists in the Bylaws and that there is no need to add another component to the Bylaws.

- Motion:

Dennis made a motion that we nominate Ken Fullen and Lloyd Lambert for Honorary Memberships and if we think of someone else they can be voted in as well.

Bill seconded.

Discussion: There needs to be confirmed a majority vote by members.

All in favor!

Business or Corporate Membership:

Jessica recommended that we institute a business or corporate membership category.

Debi read off Jessica's recommendation discussing the proposal. Such members would receive a link on our website, one business card sized ad in the newsletter, and one complimentary Strawberry Century registration.

In the discussion that followed, the Board was lukewarm to the proposal.

John thinks we are biting more off than we can chew. We have a strain getting enough people to volunteer right now.

Roger and Ron think it would be more work for Kari.

Generally the Board thinks this would create unnecessary work and would not be cost effective.

The Board decided by consensus to drop the idea of a business or corporate membership at this time.

Ads in Outspoken:

This springs most recently from Barbi's request for exposure to the members relating to products she is selling.

Club Bylaws prohibit using membership information for personal or commercial purposes.

Roger says if we have anyone interested in purchasing a spot in the newsletter, then why not, because it might help pay for it, but what would the rate be? It would have to be something worth it (more work for Kari?) Roger then said that he likes not having "ads" in the newsletter.

John believes it would be more work and our resources are limited, but doesn't see a problem with a 2-line ad for members only.

Kari says that in the past, we've had members write an article that goes in our newsletter. Most recently Charles did this to market his bike frame.

Jo says sometimes "no" is the best answer.

Dennis says he likes that our newsletter is pure, no complexities. As soon as we open the door?... and right now we have issues of postage facing us. At this point, we have a bunch of other club business items and does not want to open a Pandora box. Barbi could write an article, no problem.

Further discussion: Consensus is that if a member wants to sell something (a bike, a product, etc.) he/she may write an informational article for the newsletter, but that inclusion in Outspoken is the judgment call of Kari. So for now, we will not be including formal ads in the newsletter.

Strawberry Century Storage Issue:

Al needs his space, at the same time, he has agreed to let us store our supplies there until we find storage. But by next Strawberry, he would like to have it all out.

Roger would propose to have it completed way before the next Strawberry.

• Options: _Rent storage units?

Look at pros and cons

Needs to be close and accessible

Need to look at budget if we rent

How much do we have? 8x10x8 almost solid

Put on thinking caps and think about how we can effectively solve this.

Budget Building for 2012-2013:

John requests that we build a budget for next year. The time for that would seem to be after we have reached financial closure from the Strawberry. We will need to make a push to get all financial transactions by the July meeting; whether it's a reimbursement or a payment. John suggests a meeting or two to tie things up and have good guidelines, so he can turn the account information over to the next treasurer.

Assembling Next Year's Board:

Publishing requirement for the slate of officers:

We need to modify our Bylaws. It calls for publication of slate of officers two months before election in October. We have not done that for a number of years.

John suggested that we strike the "two months."

Roger suggested that just change the publishing requirement to one month.

• Motion: Dennis made a motion that we change the Bylaws to "one month."

Bill seconded.

All in favor!

Nomination Committee:

- Roger asked Ron to establish a nomination committee. Let's see if we can form that in July.
- John would like to give notice that he will no longer be the treasurer at the end of his term. He has had enough "thank you". (This is his second year as Treasurer.)
- Ron hopes to get newer, maybe younger people involved.
- John says we are a small organization and people get burnt out.
- We will publish our slate of officers in September and elect in October. New officers will take office in October.
- All board positions are officers. The Bylaws need to be updated to also include that we voted months ago that the Strawberry Coordinator and Webmaster are board members.

Next Board Meeting and Other:

- Other budget donation discussion per Philanthropy Committee Instructions:

League of American Bicyclists, Adventure Cycling, and Rails to Trails: We give each of them 2% of net received, not to exceed \$200/year. 2% of \$8278 (what we received from Strawberry Century 2012) = \$160 each.

BTA: \$1 per registered riders = \$641

John will write checks to each of these.

- The club meeting drinking water is paid through December 2012.
- John is looking at having the budget with a \$9k in reserve.
- Covered Bridge Century: We should expect to be asked or we should offer to help the MVW conduct the event.
- Next Board Meeting: Roger will send us another poll for the next meeting date.

Adjournment ~ Thanks for Coming:

- Adjourned at 8:10pm



June 26, 2012 • A Proposal To The Members Of Santiam Spokes.
We will review and vote on the proposal at the July meeting.

The Santiam Spinners

There has always been and continues to be a desire for regular, shorter, slower rides within the Santiam Spokes. Recently, the Club conducted a successful Discovering Bicycling class and 17 new people joined the Club. These folks, plus others the Club desire the alternate rides.

We are proposing to establish a subgroup within Santiam Spokes dedicated to planning and conducting these alternate rides as part of the normal flow of club rides. We propose the name Santiam Spinners and the attached logo as a way to identify and publicize this effort.

For the month of July 2012, there will be a ride of 20 miles starting at SLCH on each Monday (i.e. July 2, 9, 16, 23 & 30) at 6:00 PM. The route is flat and along low-traffic secondary roads. Average speed will be within 8 — 12 mph. The group will stay together and look out for each other as is the custom in Santiam Spokes.

In addition, we will be trying, as possible, throughout the summer to schedule stage ride segments or associated rides in conjunction with the regular Saturday club rides.

These rides will be publicized in Outspoken and on the club website, www.santiamspokes.org. Also, press releases will be sent to the regional newspapers. We are very hopeful that club members will support and participate in these shorter, slower rides, and that we can interest the public in joining the club to participate in this renewed effort to foster bicycling in our region.

Thanks,

Roger Gaither,
President of Santiam Spokes

Jo Johnson, Co-Coordinator of Rides 



Pre-Strawberry Ride

Top: Riders from the Discover Bicycling class.

Left: Group crossing the Santiam on the way to Sweet Home.

Photos courtesy of Kari Kropf

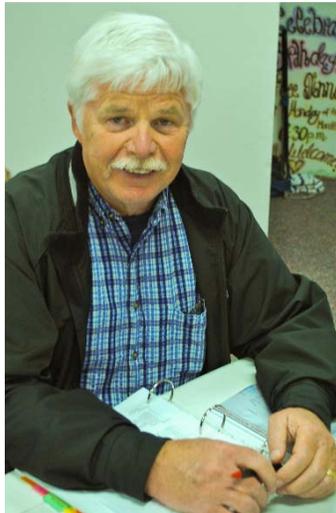


A Strawberry Thank You!



The 20th Annual Strawberry Century is barely behind us, and already thoughts about the 21st are beginning to surface. Should we have a water stop at this location or move it to another? Should the club have its own storage facility, close to the high school, or should we continue to search for alternatives? What actions can be taken to save on expenses for the Strawberry? Should we put a cap on registrations so that predicting our needs for food supplies and volunteers will be made easier? Should we continue to use bibs or should we use wristbands? Who will be the coordinators for next year's Strawberry? How can we distribute the funds achieved from our hard work to best meet the goals of the Santiam Spokes? All of these questions and thoughts, and many others that I have not listed, have merit. As a club we will discuss and decide on them.

There is however, something far more important that needs to be done at this time. It is time to say thank you to all of the volunteers, and in many cases it means it is time to say thank you to each other, for all of the time and effort that was given to once again having a successful Strawberry Century event. The extra effort that was expended by Roger Gaither as publicity coordinator, Maurice Banning as registration coordinator, Raylene Sell as nutrition coordinator, MaryEllen Lind as her assistant, and finally Rod Sell, in charge of roads and maps; cannot be underestimated in the impact that it had on our success as a whole. A special thank you needs to go out to the members of Build Lebanon Trails who have once again



Photograph courtesy of Bill Pintard

provided us with extra energy and volunteer spirit, while also extending the impact of the Strawberry and the Santiam Spokes further into the community of Lebanon. In an exchange tradition that has now gone on for over ten years, our appreciation also goes to the Mid Valley Bicycle Club, who provided us with additional volunteers to work at registration. There were close to 90 volunteers in total that helped in one way or another with this year's Strawberry Century! I thank each and every one of you for the time and effort that you gave to the Santiam Spokes to help make this event possible.

The major portion of the work for this year's event is now done. Peter Mule' will be doing a summary of the survey forms that were completed at the end of the Strawberry. John Hebda has been diligently working to summarize the financial results. Raylene Sell has put together a report on the food supplies. I will work on a report that will summarize the important issues that the club and the future Strawberry coordinators can address to help make the Strawberry more successful next year. It is however summertime in Oregon! Let's get out there and do what our club is all about. Let's ride as many days as time permits, in as many beautiful places we can. Let's remember that practicing safe riding habits will, by example, teach invaluable lessons to others.

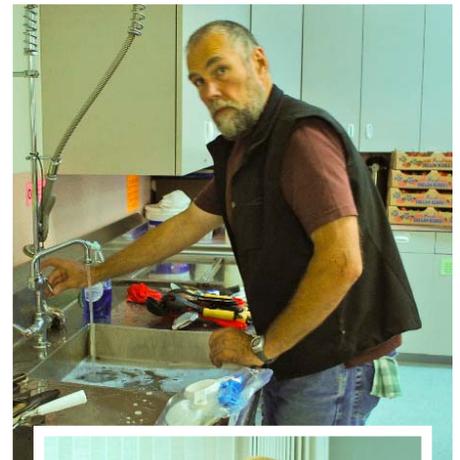
Thank you, thank you very much,
Dennis



Top Left: Dennis at registration

Middle left: Bill and Phil at Sunnyside

Middle right: Tom on kitchen duty



Lower left: Friday food prep with Connie and Emma

Lower Right: Raylene

Photos courtesy of Dennis Murphy and Bill Pintard



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 > Wade & Debi Bloecher, 541-926-1639; 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 > Christine 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 > Dennis Murphy, 541-738-8600;

JULY RIDES 2012

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 extreme weather conditions, please call the ride leader or Roger Gaither (503-394-3696) to check on the possibility of the ride being cancelled.

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.

SUMMER RIDES START AT 9:00 am - unless otherwise noted

Wednesday Wanderers

Every Wednesday • 10:00 am

Start at the Linn County Fairgrounds parking lot. Call Jo and Ace Johnson at 541-327-2813 for more information. See the website for other options on Wednesday rides.

Sunday Rides - To Be Announced By e-Mail

A longer, more difficult ride. **30 - 60 mi • Cat II or III**

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Saturday, July 7, 2012 • 9:00 am

Lebanon to Brownsville Loop

A club classic over the best USA bicycling terrain

Start: Samaritan Lebanon Community Hospital in Lebanon
47 mi • Cat III

Description: We'll ride via Washburn Heights and return by a longer loop out into the valley. We'll enjoy lunch in Brownsville at Andy's or the Saloon.

Leaders: Roger & May, (503-394-3696)

Saturday, July 14, 2012 • 9:00 am

Head to Shedd

35 mi • Cat I

Start: Samaritan Lebanon Community Hospital in 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 via Wirth road to Tangent Dr. Lots of agriculture.

Leader: Ace, (541-327-2813)

Saturday, July 21, 2012 • 9:00 am

Da Vinci Ride

A Club Classic We Bring Back This Year

35 mi • Cat I

Start: South Albany high school

Description: Park and start ride from the South Albany Pool. We will have mostly flat roads going to Corvallis over Riverside Dr. The big feature at the daVinci Days is many artistically designed and cleverly engineered human-powered kinetic sculptures, located at Central Park or on a race. The sculptures compete in design, time and capability of moving through the streets of Corvallis, climbing a sand hill, walking/riding through a mud bog, and paddling about a mile down the Willamette River. There is no admission fee unless you choose to stay for other daVinci events. The lunch location in Corvallis is group choice. Return over Independence highway, somewhat hillier terrain.

Leader: Bill Pintard (541-967-3295)

Saturday, July 28, 2012 • 9:00 am

Wine Ride

A ride to one of the locations of the Lavender Festival

35 mi • Cat II

Start: Amity High School, 503 Oak St, Amity, OR

Description: Tour 5 wineries & stop for tastings. We will have a S.A.W. vehicle (Support and Wine). Visiting: Witness Tree Vineyard, Cristom Vineyards, St. Innocent Winery, Bethel Heights Vineyard, and Bryn Mawr Vineyards. All of these wineries will charge a \$5 tasting fee that is often refundable with purchase, except for Bryn Mawr which offers a complimentary tasting. Beautiful picnic areas to enjoy at each stop, so pack a snack or two to enjoy along the way.

Leader: Bev, (541-513-3916)



Old McKenzie Highway

Maurice, Barbi,
Adrienne, Tom, Ron,
Kari, Dennis and Mary
Ellen at the entrance
gate to highway 242

Photo courtesy of
Dennis Murphy

July 2012 Cycle

Santiam Spokes

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Wed. Wanderers
Start at Linn
County Expo
parking lot at 10
AM. Call Jo &
Ace Johnson at
541-327-2813
for more
information.

Wed. Wanderers
Start at Linn
County Expo
parking lot at 10
AM. Call Jo &
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for more
information.

Club Meeting
7:00 pm
Samaritan Lebanon
Community Hospital
525 N. Santiam Hwy
Lebanon

Saturday, July 7, 2012 9:00 am
Lebanon to Brownsville Loop
Start: Samaritan Lebanon Community Hospital
47 miles • Cat III
Leader: Roger & May, (503-394-3696)

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Wed. Wanderers
Start at Linn
County Expo
parking lot at 10
AM. Call Jo &
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for more
information.

Wed. Wanderers
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541-327-2813
for more
information.

Head to Shedd
Start: Samaritan Lebanon Community Hospital
35 miles • Cat I
Leader: Ace, (541-327-2813)

Saturday, July 14, 2012 9:00 am
Head to Shedd
Start: Samaritan Lebanon Community Hospital
35 miles • Cat I
Leader: Ace, (541-327-2813)

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**Outspoken
Submissions
Due**

Wed. Wanderers
Start at Linn
County Expo
parking lot at 10
AM. Call Jo &
Ace Johnson at
541-327-2813
for more
information.

Da Vinci Days Ride
Start: South Albany high school
35 miles • Cat I
Leader: Bill Pintard (541-967-3295)

Saturday, July 21, 2012 9:00 am
Da Vinci Days Ride
Start: South Albany high school
35 miles • Cat I
Leader: Bill Pintard (541-967-3295)

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Wed. Wanderers
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Wed. Wanderers
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information.

Wine Ride
Start: Start
35 miles • Cat II
Leader: Bev, (541-513-3916)

Saturday, July 28, 2012 9:00 am
Wine Ride
Start: Start
35 miles • Cat II
Leader: Bev, (541-513-3916)

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Outspoken Submissions
Please submit material for Outspoken
to Kari Kropf:
bluekat78@comcast.net
PO Box 1183, Lebanon OR 97355



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to Kari Kropf:
bluekat78@comcast.net
PO Box 1183, Lebanon OR 97355

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



Santiam Spokes, Inc.
c/o Samaritan Lebanon Community Hospital
P.O. Box 739, 525 North Santiam Hwy.
Lebanon, Oregon 97355
www.santiamspokes.org