

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 20, No. 8 • June 2012



Roger's Ramblings

Seeking Fitness

Roger Gaither

I have spoken the hype for years and even believe it; I'm just weary of the reality. Bicycling may be a way to fitness, but every spring it seems to take longer to get back into shape when I fall off the wagon in the cool, damp, winter months.

I remember a few fitness plateaus in my life: As a HS junior (not telling how long ago) four of us on the tennis team got into a piss... g match doing sit-ups and push-ups. I didn't win, but 234 old-fashioned sit-ups and 65 push-ups were not shabby. Of course my back flexed then, and push-ups moved 62% of my current weight, but still I was fit.

As a young man I prepared for the Air Force the Royal Canadian Mounted way, and could run a mile in 6 minutes (not sub four like Roger Bannister, but lots speedier than now). As recently as 2009, my weight shrank 30 pounds, and I could pedal with relative ease over mountains.

Still fitness plateaus are extremely frustrating because of the big valleys (should I say chasms) that follow. That six minute mile for me is history, but I want to retain the ability to cross mountains, if more slowly.

It seems I have to work for months each spring to get in shape; the summer is too short; and my fitness falls away precipitously in the winter with just a few short months of eating my fill and sitting around too much. Enter bicycling. This is something I can do that feels good, that helps me get and stay in shape, i.e. fit. There, I said it, but I snuck up on the topic, don't you think? How can I keep biking at a sufficient level all winter to avoid this spring pain?

Goals sometimes help me stay focused; that's their job, but for me bicycling goals are programs, events or trips that I commit to knowing that a minor miracle will be required. One such goal for me is the Ochoco Challenge scheduled for July 9. I'm committed to this; it's coming; but will I be ready? Or will I be standing ignominiously on some hill, exhausted and spent with miles to go?

Mmmm...

Continued on page 2

20th Annual Strawberry Century

Saturday, June 9, 2012
Lebanon Union High School



There are four different rides: a 13 mile family ride, a 53 mile ride, a 72 mile ride and a 101 mile ride. The rides traverse rural and scenic portions of the central Willamette Valley. All rides are fully supported with food and water stops. All riders get a fresh strawberry dessert after their ride.

Dessert servings begin at 10:00 AM and end at 5:00PM.

All the rides begin at Lebanon High School.

The 53 mile, 72 mile, and 101 mile courses open at 7:00 AM and close at 5:00 PM.

The 13 mile family ride course opens at 10:00 AM and closes at 1:00 PM. 13 mile riders may use the map to self-guide at any time the course is open. Guided family rides will be available at 10:30 AM and 11:30 AM.

You can register for the 53, 72, and 101 mile rides at the high school the morning of the ride, or pre-register by mail or pre-register on-line. The on-line registration fee is \$25 plus a service charge. The mail-in registration fee for registrations postmarked on or before June 2, 2012, is \$25. The registration fee for registrations postmarked after June 2, 2012, and the day of ride registration fee, is \$35. The registration fee for riders 13 and under (must be accompanied by an adult rider) is \$10.

You can register for the 13 mile family ride starting at 10:00 AM and ending at noon at the high school the morning of the ride. You can expedite the registration process by bringing a completed family ride registration form to registration. The family ride registration fee is \$10 per person up to a maximum of \$20 per family.

Check-in for 53 mile, 72 mile, and 101 mile pre-registrants and day-of-ride registration for long route riders are open from 7:00 AM to 10:00 AM at the high school. 101 mile riders should be on the course by 9:00 AM to assure completion by 5:00 PM.

Continued from page 1

That's my goal this year, and I'm going to do it; I'm going to get in shape, and stay in shape next winter! Yea...

Not just so that I can ride the challenge without embarrassment, but rather so that I will feel good about myself in all the other activities that are scheduled for this summer and fall.

No one can do it for me; I can't wait to get started; now is the time.

Your company will make it fun.



What Could Go Wrong?

by Tim Mangan

It was a beautiful day; I was feeling good; what could go wrong?

So I took off for Sweet Home to visit a friend on North River Road. I headed out in the warm sunshine late in the morning. My route was going to be a mild workout via Berlin Rd to Marks Ridge up, up, and away, with a downhill coast past Pleasant Valley School to River Road. All was going well; only 3 cars passed me since leaving my driveway; I almost had a tail wind; and I still felt good.

Reaching the top of Marks Ridge was a great view of Sweet Home. The down hill trip was well, — a trip!

My rear tire blew out at about 30 mph - going downhill.

Having never experienced a blow out, this one (with the noise of a gunshot) definitely got my adrenalin going.

I believe remembering the basics of a car tire blow out saved me from serious road rash. For your enlightenment: Don't try to steer. Brake very lightly front and rear. If you feel your bike going out from under you, shift your weight in the direction of the slide. Do not panic! and Hopefully your stars will be crossed at that moment.

Fortunately, no cars were coming from either direction while I brought my sturdy old bike to a stop. Without a spare tire, I had a 4-mile walk to my destination. Considering what could have happened, that walk was fun. I used to brag about my great flat proof (well almost flat proof) "Armadillo" tires; now I must also observe they're not blowout proof.

Even on the best of days, something can go wrong.



Go Fast Go Carbon Fiber

Charles Taylor

I have a friend in Baltimore, Maryland who rides 5,000 miles a year that recently purchased a carbon fiber bike. So I thought for my 12 mile ride to Waterloo Park, I sure would like a carbon fiber bike. Connie's son was making frequent business trips to Taiwan. Starting in January 2012 I began reading from bike forums on the Internet about the pro and cons of carbon fiber. I spent many hours researching best possible seller and trying to find their location in Taiwan. On the Internet people talked about a Chinarello, this is a China copy of Italian Pinarello carbon fiber bike. I was able to find out most of the carbon fiber bike frames are produced in Taiwan, or China. They have very advanced technology in this area and cheap labor.

The Italian 2012 Pinarello Dogma2,60.1, that is made in Taiwan, and then sent on to Italy, must have more than 50% of cost from Italy, to be labeled made in Italy, and of course Italian bottom bracket. The real 2012 Pinarello Dogma 2, is made from Torayco 60 HM1K carbon fiber with nano particles, has internal cabling, aero designed seat post. List price for frame and fork, 5,750.00 dollars, does not include seat post (price 200.00) or handle bars (price 500.00).

After all my research and Connie's sons connection to Taiwan, did not work out. I ordered via the internet a China copy, 56 cm, white frame, with black and red trim, 2012 Pinarello Dogma2, 60.1, that included seat post, and most integrated stem/handle bars, and two carbon fiber water bottle cages. It all arrived in three weeks, except the water bottle cages. Communications with China is slow and there are language problems. I emailed the vendor that I had not received my water bottle cages, and they responded they would send them. On Saturday after returning home from the bike shop to have China Pinarello frame assembled, doorbell rang and delivery lady had a box for me. It was another complete frame, fork, and integrated handle bars, but no water bottle cages.

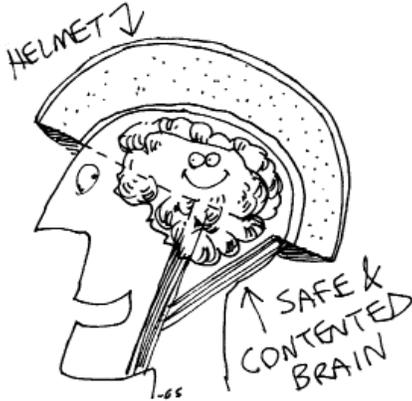
So far in riding my new carbon fiber bike, with carbon fiber wheels, I have been able to reduce my time to ride to Waterloo Park by 6-8 minutes. The bike is very quiet and accelerates quickly. Anyone interested in buying a 56cm China copy of a Pinarello Dogma2, with integrated handle bars for 1000.00? I will be glad to let you ride my bike to see if you enjoy the ride as much as I do. Charles Taylor 541-258-1850, Chas300zx@comcast.net



June Club Meeting

7:00 pm Thursday June 7, 2012

Our June club meeting will be dedicated to settling the last details of our 20th Annual Strawberry Century on June 9th. We'll also have a brief business meeting, and I promise that we'll be out by 9:00. May & Roger are scheduled to bring the refreshments so I guess I should remind them to bring something good.



WORD

S R A B E L D N A H I K E R S
 R T C L I M B P O T S A O C E
 A N R U T D N I W A T E R H A
 E E C A R T F I H S K A E A T
 G M S T E K C O R P S N D I E
 D E U W R I M K O H P I I N D
 E L N O W E T C R D R X R I E
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 E T F B N X S C D R H M H O E
 U E F A E E T K Y L A D E P V
 R N O C F L L I H N W O D S U

SEARCH

CABLES
 CHAIN
 CLIMB
 COAST
 CRASH
 DERAILEUR
 DIRT
 DOWNHILL
 EXERCISE
 FAST
 FENDERS
 FOOD

FORK
 GEARS
 HANDLEBARS
 HELMET
 HIKERS
 LALLEMENT (PIERRE)
 LISTEN
 LOCK
 MICHAUX (PIERRE)
 MIRROR
 MUDDY
 OFFROAD

PEDAL
 RACE
 RAIN
 RALLY
 REFLECTOR
 RIDER
 RIM
 SAFETY
 SEAT
 SHIFT
 SHOCK
 SLOW

SPOKES
 SPROCKETS
 STOP
 SUN
 TRAIL
 TURN
 UPHILL
 VELOCIPEDE
 WATER
 WET
 WIND
 YIELD



King's Valley Ride

The weather was sunny and at times breezy, but overall a great day. Due to there being a big road race along the Corvallis bike path, we rode in a counter-clockwise direction. Of course our fearless leaders Dennis and Mary Ellen had this all figured out with changed cue sheets and directions.

Marshall Anderson



Top Left: Barbi, Dave and Dian

Top Right: Roger and May

Middle Left: Dave and Wade rolling downhill

Lower Right: Dennis, Mary Ellen, Ace, Roger and May

Photos courtesy of Marshall Anderson

Santiam Spokes Business Meeting

May 3rd, 2012

Submitted by Christine Davies

Welcome:

- Greetings (702pm)
- Apology to board members (Board meeting was cancelled without notice)
- Label Envelopes

Call To Order:

- Call to Order at 8:03pm

Agenda:

- Brochures: Are there any shops out of brochures? We have a handful left.
- 10 minute program: Safe Riding Practices (see handout). Key points: Know yourself; know your bicycle; always wear a helmet; use a mirror; anticipate; recognize conditions; overtake and pass only on the left; signal your intentions; back off; follow all the traffic laws; ride predictably; always make the safest decision.
 - Discussion of Key notes: put foot down at stop signs; we must follow vehicle laws (it's the law).
- Refreshments: Thank you Ace and Jo for tonight's refreshments.
- Minutes of the March 2012 meeting: Approval motion by Ken, seconded by Steve. All in favor.
- Introduction of members
- Treasurers Report: (per John's email). Approval motion by Wade, seconded by Chuck. All in favor.
 - Savings \$5
 - Checking \$206.76
 - Money Market \$9244.74
 - Total Assets \$9456.44
- 1 Outstanding check to Linn County Parks of \$100
- Membership Report: Jessica emailed the board the list of members which Roger will send out to all members. Jessica has resigned as Membership Director as of 5/31/12. Wade and Debbie will be the new Membership Directors.
 - Many thanks to Jessica Ruef for her many years of dedicated service as the Membership Director for our club
- Webmaster: Maurice has reported we are moving to a new server with a modern website. He has worked on web programming for the Strawberry Century. Memberships can be converted to a database and onto our website (we can talk about this more). We don't know when the change over is. We can automate the preregistered members, can do something with walk ins for the Strawberry.
- Rides: Discussed the rides of May and June (see list of rides)
- Strawberry Century: We are on track, same as last year. We need to prepare for approximately 700 riders. Comparable to what we've had in the past.
 - Volunteer list to Maurice by May 16th for the shirt orders.
 - Rod is looking for volunteers for pointing. Betty Kohn has been asked for hospital volunteers. Chuck will be at the dam again. Rod needs someone on the south end of town at the end of route. Roger will talk with Rod Tuesday or Wednesday. Bev says they have a pointer at Kirk Ave. (Julie) who will also be at the Brownsville stop. Lynn and Nancy will be at Pleasant Valley stop. Ken will be at West-Linn Rd and 7 mile lane.
 - Family Rides: Jo will help coordinate the leaders. Will need 4 people (a ride leader and ride follower for 2 scheduled rides). Raylene will have refreshments at Waterloo for the family ride. The advertisement starts the family ride at 10:30 am and 11:30 am (with registration starting at 9:30 am). Roger will pass info onto Dennis.
 - Food: (Raylene) we are right on track with our food prep.

Old Business:

- Bicycle Class Report: We have had 2 meetings with 19 registered participants. Great support from club members. Wade, Chuck, Doug, Donna, Ron, Ace and Jo. Said they are having fun! Good class, people are

excited about what they are learning. Next meeting is Wednesday 5/9/12 "Riding on Top Form"; talking about riding techniques and how to ride with obstacles, what to eat, how to start, and how to stop. They rode 8 miles last night. Next week maybe 10-12 miles. Most found out about the class through the newspaper. We had nice coverage in the Democrat Herald, Lebanon Express, and Gazette Times. Roger will remind to send materials out in time for Ron to help volunteer in a class. The Following weeks are maintenance, legal rights, and the last week is touring long distance riding or riding to cover a distance.

- Comments about the class: It was suggested we show bikes like the ones they have; people are very impressed with the class; Ace was asked about when he started riding.
- Ochoco Challenge Route: The hills are still out there (haha). Roads are fine but many are chip sealed. There are 28 signed up, we are going to squeeze in all 28 registered. Some will need to camp out on the lawn. Tom will volunteer a big white van and Dennis's niece will drive another sag vehicle. Everyone needs to be judicious in what they pack. May, Mary-Ellen, and Raylene will have food together. There will be a meeting to discuss the ride. Need to have a meeting prior to the next club meeting. Scheduled meeting for 6pm, Thursday, June 2nd, 2012 (right before next club meeting).
- Club T-Shirts: Our next deadline for shirts is May 15th. We need to come up with 24 to justify a unit price.
- Request and suggestions: Roger would like the club to purchase 1 each of the shirts in all sizes so we can have them for people to try them on. (Could just be a shirt, not screen printed). It was suggested we sell our club shirts for publicity. We also suggested putting the screen print on hoodies/sweatshirts. We can order sweatshirts/hoodies at the same time and that would count to our minimum. There is a slight difference in the price per weight of shirt/sweatshirt/hoodie. May suggests Roger sends out the order form to the members.
- Helmets: Lebanon Police Department can provide helmets for the East Linn Health center in Lebanon.

New Business:

- Storage: All has let us know he'd like us to find new storage for the strawberry equipment.
- Oregon Scenic Bikeways: Rod is pushing for routes on the Oregon Scenic Bikeways. We have lots of beautiful routes in Linn County. Jerry (Cycle Oregon) was the pusher and got the first route...now there are nine routes. Applications will be available in a few months. Rod is on a scenic bike ride committee. He gets proposals, rides the route, and qualifies if they are scenic. Rod was hoping to get someone from Scio or Lebanon Chamber of Commerce or City of Lebanon who would be the lead in bringing tourism into the community. "Sharing with others our beautiful countryside."
- We will consider at our next meeting if we want to form a committee for this program.
- Rod believes it should be one of the cities who does it, and has a bike club support them. Anyone can submit the proposal.
- Active Transportation Center: ODOT has been very involved. It was said 'We have changed our focus that ODOT will be integrated transportation system, rail, road, bikes, pedestrians, and transit.' They are the first Department of Transportation to do something like this. They specified ways that it's a cultural change. They've established a group within ODOT since October 2011. Engineers are looking at bike ways and bike facilities (6 hours of training).
- Safe Routes for Schools: There is a conference in Bend (June 21-23) and taking registration now. They want registrations by May 31st and their website is www.oregonsaferoutes.org.
- Philanthropy Request: Barbi has requested the spokes put money towards a hard copy (to leave at the Library and Chamber of Commerce) for a simple survey of Lebanon residents about bike riding. Roger was asked about how it worked when he was on that committee. He said part of the plan was adopted. State and federal are combining to decide which funding will match the best based on the project.

Adjournment:

- 9:30 pm Adjournment...Thank you for coming!

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 > 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;

JUNE 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, June 2, 2012 • 9:00 am

Pre-Strawberry Ride

This is the 72 mile route from the Strawberry

Start: Samaritan Lebanon Community Hospital in Lebanon

72 mi • Cat III

Description: We'll follow the Strawberry Century route to Sweet Home, through Brownsville and back to Lebanon.

Leaders: Not yet confirmed

Saturday, June 2, 2012 • 9:00 am

Graduation Ride for Discovering Bicycling

A Shorter Stage Ride Starting With The Club and Returning From Waterloo Via River Rd.

25 mi • Cat I plus

Start: Samaritan Lebanon Community Hospital in Lebanon

Description: The Discovering Bicycling class will ride with the club to Waterloo and return to SLCH for a free picnic on the hospital grounds.

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

Saturday June 9, 2012 • All Day Event

Strawberry Century

20th Annual Tour

Saturday, June 16, 2012 • 9:00 am

Scale the Gap

A pleasant ride east and north of Lebanon

42 mi • Cat II

Start: SLCH in Lebanon

Description: This is a familiar, but good route including Brewster, Mt Hope, Baptist Church, Richardson Gap, Larwood, Meridian, Lacombe, Belling ScaleWaterloo, and River Rd. Lunch back in Lebanon upon our return.

Leader: Bill Pintard (541-967-3295)

Saturday, June 23, 2012 • 9:00 am

Jefferson to Haven Hill Lavender Farm

A ride to one of the locations of the Lavender Festival

49 mi • Cat II

Start: Jefferson Middle School

Description: This is a ride to one of the farms in the valley observing the Lavender Festival. We'll bike to Haven Hill Lavender farm north and east of Stayton/Sublimity. There are considerable hills along the way, but the countryside and views are outstanding. The festival is fun.

Leader: Not yet confirmed

Saturday, June 30, 2012 • 9:00 am

Independence Day Ride

(Independence Day coming next week)

Jefferson - Independence. Return via Ferry

37 mi • Cat II

Start: Jefferson Middle School

Description: This is a club favorite ride across the plains of the Ankeny Wildlife Refuge crossing the Willamette via the bridge into Independence where we'll find lunch at Subway west of the city. We'll return via the Buena Vista ferry.

Leader: Ace (541-327-2813)



Lamb & Wool Ride

Al, Adrienne, Barbi and other riders on the way to Scio.

Photos courtesy of Kari Kropf

June 2012 Cycle

Santiam Spokes

SUN	MON	TUE	WED	THU	FRI	SAT
SUMMER START TIME: 9:00 AM Unless otherwise noted.					Saturday, June 2, 2012 9:00 am Pre-Strawberry Ride Start: SLCH 72 miles • Cat III Leader: Not yet confirmed Graduation Ride Start: SLCH 25 miles • Cat I+ Leader: Roger & May (503-394-3696)	2
Outspoken Submissions Please submit material for Outspoken to Kari Kropf: bluekat78@comcast.net PO Box 1183, Lebanon OR 97355						
To be announced by eMail 3 9:00 am A longer, more difficult ride 30 - 60 mi • Cat II or III To augment our other rides and for some training in prep for the summer. These rides will be organized and announced via our ride e-mail process.	4	5	6 Wed. Wanderers Start at Linn County Expo parking lot at 10 AM. Call Jo & Ace Johnson at 541-327-2813 for more information.	7 Club Meeting 7:00 pm Samaritan Lebanon Community Hospital 525 N. Santiam Hwy Lebanon	Saturday, June 9, 2012 All Day Strawberry Century Start: Lebanon Union High School	9
To be announced by eMail 10 9:00 am A longer, more difficult ride 30 - 60 mi • Cat II or III To augment our other rides and for some training in prep for the summer. These rides will be organized and announced via our ride e-mail process.	11	12	13 Wed. Wanderers Start at Linn County Expo parking lot at 10 AM. Call Jo & Ace Johnson at 541-327-2813 for more information.	14	Saturday, June 16, 2012 9:00 am Scale the Gap Start: Start 42 miles • Cat II Leader: Bill Pintard (541-967-3295)	16
To be announced by eMail 17 9:00 am A longer, more difficult ride 30 - 60 mi • Cat II or III To augment our other rides and for some training in prep for the summer. These rides will be organized and announced via our ride e-mail process.	18 Outspoken Submissions Due Please submit material for Outspoken by today	19	20 Wed. Wanderers Start at Linn County Expo parking lot at 10 AM. Call Jo & Ace Johnson at 541-327-2813 for more information.	21	Saturday, June 00, 2012 9:00 am Jefferson to Haven Hill Farm Start: Jefferson Middle School 49 miles • Cat II Leader: Not yet confirmed	23
To be announced by eMail 24 9:00 am A longer, more difficult ride 30 - 60 mi • Cat II or III To augment our other rides and for some training in prep for the summer. These rides will be organized and announced via our ride e-mail process.	25	26	27 Wed. Wanderers Start at Linn County Expo parking lot at 10 AM. Call Jo & Ace Johnson at 541-327-2813 for more information.	28	Saturday, June 00, 2012 9:00 am Independence Day Ride Start: Jefferson Middle School 37 miles • Cat II Leader: Ace (541-327-2813)	30

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