

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 21, No. 6 • March 2013



Bike Touring In The Canadian Maritime Provinces

Club Meeting Program • Mar 7 • 7:00 pm • SLCH • Lebanon
A Presentation By Susan & Matt Christie

Join us for a presentation about bicycle touring in the Canadian Maritime Provinces, i.e. New Brunswick, Nova Scotia, and Prince Edward Island. Susan and Matt Christie are members of the Mid-Valley Bicycle Club and are experienced bicyclists. They will also include information on how they traveled there and back via train with their bikes.



Above: Typical campsite in the Maritime Provinces

Left: Google map showing the Canadian Maritime Provinces

Right: Matt and Susan ready to ride away from their home in Corvallis



Below: Along the Confederation Trail, Prince Edward Island



Two Fun Bike Rides!

May and I were fortunate recently to lead two bike rides for the club, and I wanted to take just a moment to reflect on those rides.

Jefferson To Ankeny Game Refuge

The first of these rides was on Saturday, February 2 and we started at Jefferson Middle School.

On the way over there from Scio, May and I were just a little apprehensive about the weather because the fog was thick as pea soup when we left home and the temperature was a brisk 39°. We wondered if anyone would come.

As we pulled into the middle school parking lot, we were very surprised that there were already about five cars in the lot and folks milling about waiting for us.

We felt a little sheepish that we had thought the conditions might be too harsh to ride. When we saw all the smiling faces anticipating the ride, our spirits were lifted and we were glad to be out on this winter day!

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Two Fun Rides

Nanci, Roger, May and Wade in this pix by Bill Pintard



Fun Rides continued from page 1

Jefferson/Ankeny Refuge

Eventually thirteen people came for the ride and it was time to go. But, oops ~ Adrian had forgotten her helmet. So she and Tom decided to bag it and come again another day. Too bad, instantly we missed them!

We took a circuitous route to the east, north and west up some pretty good hills before crossing over I-5. We continued west over the hilltop reststop/overlook for the Ankeny Wildlife Refuge. The overlook function was ridiculous because we could only see about 300 feet before the fog occluded our view. We could hear that there were lots of birds below, but we couldn't see the first one.

The air was pretty chilly, but there was no breeze and we had warmed up pretty well by then. I shed my coat and continued on

with my vest and three t-shirts doing a good job regulating my temperature. I was thankful that I had on my ski mittens; my hands were toasty. May was staying warm in the stoker seat with hotties in both her gloves and shoes.

We continued down the hill and turned left (south) taking us along the edge of the refuge. Occasionally, we could see fields covered with birds of many species. We rode along this flat route toward the Buena Vista ferry, but turned back toward Talbot just before reaching it. We paused to regroup in Talbot, then we continued back to Jefferson and the Middle School.

The distance was a modest 25 miles, but in the middle of winter, on a chilly, foggy day this was a great ride!

After finishing the ride, most of us met down the street

in Jefferson at the Azteca Real Family Mexican Restaurant for excellent meals from their menu. The conversation was lively and it was fun to recap the ride in warmth over good food. This spirit is what bicycling with the Spokes is about, at least for me!



Chocolate Ride

This was the eighth iteration of a club classic; the weather on February 9 was cool but descent, and 16 riders came. We met at Allann Brothers (i.e. The Beanery) in Albany. Tom and Adrian were there; only this time, Adrian had her helmet. They were riding a neat recumbent tandem that I had never seen before.

After the usual visiting and catching up, we set out on a flat loop to the south and east toward Lebanon.

There was a very slight southern breeze and we maintained a pretty good pace of about 14-15. We stopped several times to regroup and eventually turned north and then west to return to the Beanery for lunch.

The distance was a quick 26 miles. There was a lot of chatter and laughter ~ signs I interpreted as enjoyment at

being out with friends on a nice bike ride.

Everyone ordered from the menu; the food is good at the Beanery. At the end of lunch, out came two luscious chocolate cakes; one was chocolate/peanut butter and the other just double chocolate. Both were excellent and lots of folks enjoyed slices of both kinds. Still, no one complained of being overfed.

Finally it was time to split for home and people disappeared in their cars or on their bikes (the several folk who rode to the start from homes in Albany).

As we drove away, my last memory is seeing Dave Clark speeding back into Albany. It was a good ride indeed.

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So, why am I writing about two somewhat typical rides? As ride leaders there is a great deal of pleasure in planning and preparing for a ride and watching it proceed successfully for everyone's enjoyment.

It's fun to do the ride, of course, but it's more fun to help others have a good time biking. I trust that I am speaking for all those folks in our club who step up to the challenge and a little work to lead rides. That's what this club is about, and I'm very proud of our spirit and sharing.



Minutes

February 7, 2013 • SLCH

Submitted by Christine Davies, Secretary

Welcome: (President, Ron Kropf): 7:00 PM

Guest Speaker: (Introduced by Vice-President, Lynn Trimpe): Tarah Campi with Drive Less. Connect. ~ Getting There by Bike.

Tarah described the program which is designed to link people for ride sharing, primarily to work. Other aspects of the program encourage bicycling by allowing riders to earn points and prizes for riding their bikes instead of driving. Riders join the program (which is free) and record their bicycling trips.

The Drive Less folks are willing to work with the club to create and sponsor bicycling events. They can assist with our Strawberry by listing the event on their website.

Break for Refreshments:

Thank you Roger Gaither and May Garland

Business Session:

Call to Order: (President, Ron Kropf): 7:31 PM

Greetings and Introductions:

(Ron Kropf): No new faces today

Minutes of the January 3 Meeting: (Ron Kropf):

Vote: Motion to approve "as written" by John Smith. Seconded by Lynn Trimpe. Motion passed.

Treasurer's Report: Dennis Murphy reported that the club bank balance is approximately \$10,400 (I missed the exact amount).

Membership Report: Wade & Debi Bloecher reported that the club has 92 total memberships and 147 total riders.

Ride Captain Report: Brian & Christine Hubbard

Need a ride leader for the February 23rd ride (Corvallis to Shedd to Albany).

Mar 2nd – Lebanon to Sweet Home; Ken Orwick will lead.

Mar 9th – Shedd another way, starts in Albany (31 Miles); Bill Pintard will lead.

Mar 16th – Daffodil Ride (33 Miles); need a ride leader, will ask Bev Henderson.

Mar 23rd – Adair to Monmouth (35 Miles); Barbi Thomson nominated husband Tom.

Mar 30th – Jefferson to Mahama (50+mi); John Smith will lead.

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Old Business:

Strawberry Century Storage Unit/Trailer (Barbi Thomson/Brian Hubbard):

Discussion about storage unit vs trailer. Vote: Roger made a motion to discontinue investigation of a storage trailer and to concentrate on securing a storage unit. Motion passed by acclamation.

Discussion about what is and is not in the current storage at Al Rimer's place and who has items that need to be in the storage facility.

Vote: Dennis Murphy made a motion to continue pursuing a storage unit, not a storage trailer. Seconded by Charles Taylor. Motion passed.

Discussed having shelving to stack things better.

John Smith, Dennis Murphy, and Bill Pintard will survey the club items stored at Al Rimer's to determine size needed for storage unit. Barbi Thomson will look at storage units.

Newsletter Editor Position (Ron Kropf):

Roger Gaither will do the March's issue, but he will not be able to continue acting as the temporary newsletter editor. We need someone to step forward and do it.

Discussion about possibly replacing the newsletter through more extensive use of our website or make more use of social media as many other organizations are doing.

Discussion on who uses the website versus people who prefer to (or need to) receive club information via a printed newsletter. Maurice Banning is the club webmaster. Bill Pintard and Dennis Murphy are willing to work with Maurice to post essential club information on the website if a new newsletter editor does not step forward.

New Business:

Summer Tour (Wade Bloecher):

Planning Committee Members ~ Tom and Adrienne Youmans, Barbi Thomson, Dennis Murphy, Mary Ellen Lind, Brian and Christine Hubbard, and Wade and Debi Bloecher.

The Route: Columbia Gorge; 7 days of biking; start in Salem at Adrienne and Tom's house (parking available).

General Description: Detroit Lake State Park, Pine Point Campground (Timothy Lake), Tucker County Park (Hood River), travel Historic Hood River Columbia Gorge Hwy as much as possible, Cascadia Locks, Troutdale, Champoege State Park.

Plan: approximately 25 people (depending on interest); \$25 Deposit by mid-May; date tentatively scheduled for the week of August 18th, 2013.

SAG: John Smith offered a toy hauler as a SAG if needed. The committee said that they currently have two SAGs tentatively scheduled.

Strawberry Century Logo & Brochure

Roger presented the proposed logo (on white shirt with yellow, red, green and black).

Roger submitted five copies of the proposed brochure. These were distributed around the room for review and comments.

Discussion about one or two mailings. In the past we've done two but the hospital was supporting us with mailing and postage. Vote: John Hebda made a motion that we only do one mailing this year. Seconded by Lynn Trimpe. Motion passed.

The April 4th, 2013 meeting will include addressing brochures and mailing them out.

There was a discussion about follow-up reminders via email, press releases, etc? John suggested that we advertise on Facebook? It was suggested that the Strawberry information should be posted as soon as available on the club website.

Roger observed that currently the club philanthropy policy designates a certain percentage of the Strawberry net proceeds going to the hospital foundation. In view of Samaritan Health's changed policy and withdrawal of support for the club mailings, perhaps the club should reconsider the donation to the foundation specified in the philanthropy policy.

Shirts and shirt prices. There was a discussion about shirts and pricing. Roger will solicit bids from Lebanon vendors. Christine Davies will relay bid information she received from her bid request for another non-profit last month. Roger will summarize the bids and submit them to the Board for a decision on t-shirt prices to be included in the Strawberry brochure.

July Meeting: The first Thursday is July 4th, 2013. Group voted to move meeting a week later, to July 11th, 2013.

Announcements:

John Smith is leading the Strawberry Century with Dennis Murphy's assistance. John received a request from a Portland club to exchange discounts on our ride with their Pioneer Century.

Vote: Charles Taylor made a motion to not grant discounts on our registration. Seconded by Bill Pintard. Motion passed.

Roger printed **extra newsletters** and packaged them in brochure holders; he asked if folks would take the newsletters to bike shops in Lebanon & Corvallis. John Smith volunteered to distribute the newsletters.

Adjournment: 8:46 PM. Thank you for coming!

Bicycles

From *Rotarian Magazine* via Ken Orwick

- From 2000 to 2009, the number of commuters who bike to work in the United States increased by 57%, according to a 2012 report by the Alliance for Biking and Walking. One in every 200 US commuters travels by bicycle.
- The US state with the highest percentage of commuters on bicycles is Oregon (2.1%) and the city with the highest percentage is Portland (5.5%). Bicyclists account for 1.8% of traffic fatalities in the United States.
- About 130 million bicycles were manufactured worldwide in 2007 - more than twice the number of automobiles at 52 million. Since 1970 the world's bicycle production has quadrupled while car production has doubled.
- With more than one-third of its commuters biking to work, Copenhagen, Denmark, is one of the bicycle capitals of the world. At the city's Crowne Plaza Hotel, guests can earn meal vouchers by pedaling bikes long enough to produce 10 watt hours of electricity.
- In 2009, the Senseable City Lab at the Massachusetts Institute of technology unveiled a "smart" bicycle wheel that offers a Bluetooth connection for an iPhone, which can display speed and other real-time data through a app; an electric motor; and a regenerative braking system that collects and stores power, which provides a boost when a sensor detects that the ride is becoming strenuous.

Dubbed the Copenhagen wheel, the innovation was introduced at the Copenhagen Conference on Climate Change.

- A 2001 London School of Economics report commissioned by British Cycling attempted to calculate the GCP (i.e. gross cycling product) of the United Kingdom. It concluded that bicycling generates about 3 billion pounds each year in economic benefits. The study also estimated that a 20% increase in cycling by 2015 would save 207 million pounds by lessening traffic congestion, 71 million pounds by reducing pollution, and 52 million pounds by lowering healthcare costs.
- In 1896 Susan B. Anthony said that bicycling "has done more to emancipate women than any one thing in the world. I rejoice every time I see a woman ride by on a bike. It gives her a feeling of self-reliance and independence." That year the New York Evening Post reported: "as a social revolutionizer, the bicycle has never had an equal... It is the great leveler, for not till all Americans got on bicycles was the great American principle that *every man is just as good as any other man* been fully realized."
- Orval and Wilbur Wright opened a bicycle shop in 1892 and worked in the bike manufacturing and repair business until 1907.
- This year Smart, the company that makes the eponymous two-door city car, is introducing an electric bike which it will sell at its auto dealerships in Europe and North America for about \$3,800 US.

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 each month the first Thursday at 7:00 PM at Samaritan Lebanon Community Hospital. See Outspoken for specifics. The public is invited to the rides & meetings. 2012/2013 Club officers are: Membership > Wade & Debi Bloecher, 541-926-1639; President > Ron Kropf, 541-401-7178; Vice President > Lynn Trimpe, 503-580-2879; Ride Captains > Brian and Christine Hubbard, 541-619-3006; Secretary > Christine Davies, (503) 949-4401; Treasurer > Dennis Murphy, 541-738-8600; Historian > Bill Pintard, (541) 967-3295; Newsletter > OPEN; Publicity > Ken Orwick, (541) 451-2945; WebMaster > Maurice Banning, 541-928-6311; Strawberry Century > John Smith, (541) 405-5397.

Santiam Spokes Sponsored
Columbia Gorge Tour
Gorge Adventure !

Sunday, August 18th through Saturday, August 24th, 2013



Eligible Riders

Final maximum of 24 ~ assuming a willingness to share accommodations if needed, at any motels. We'll also build a waiting list. Here are the registration criteria.

- **First come, first serve**
- **Active club member a minimum of six months by the time of the tour**
- **Assist with the 2013 Strawberry Century**
- **Sign a Release and Waiver of Liability**
- **Pay a \$25 deposit with registration**

Preparations and Launch

We'll launch from the Youman home, 5576 Radell Drive SE, Salem OR. Bring your gear to Chuck's house in Albany on Saturday, if possible. Plan to arrive by 8

am to load the SAG, we will leave by 10 am sharp, check in at Detroit Lake State Park is 3 pm.

Tentative Route:

- **Day 1. Start at the Youman home in Salem to Detroit Lake State Park**
- **Day 2. To Pine Point campground near Timothy Lake**
- **Day 3. To Tucker County Park in Hood River**
- **Day 4. To park near Cascade Locks**
- **Day 5. To Troutdale, possible stay at McMenamins Edgefield**
- **Day 6. To Champoege State Park near Newberg**
- **Day 7. Return to Salem**

Safety and Preparedness

The route has Terrain Categories I – IV. Category IV means high and frequent hills

that will require strength and endurance. When you sign up for this ride you are stating that, to the degree possible, you will be in good condition to ride the route each day.

The distances each day will be from 30 – 60 miles, averaging 50 miles; this includes low-traffic and some busy highways (including a short time on Hwy I-84).

All bikers are expected to wear a helmet that is properly fitted and follow Oregon Bicycle Laws for bikers who will share the road with pedestrians and vehicles.

All bikers will be asked to sign the club's Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement at the beginning of the ride.

Minors must also have signature of Parent and/or legal guardian.

Financial information

Funds from the club will pay for the SAG driver and vehicle expenses. Most of these funds are raised by the annual Strawberry Century Event. Due to this relationship, we ask that those who want to ride the tour will participate in the work of this event either before, during or after the day of the ride on June 8.

The fixed biker expense is the shared cost of group camping. You may have cost of motel/lodge at an additional expense once.

Also you have choice of joining the group meals/drinks and the cost will be split between participants that

commit to this ahead of the ride. Or, you may choose to provide your own meals/drinks and shop at grocery stores along the way. Several meals need to be purchased; this will be outlined later.

The SAG driver will have limited space for personal coolers, so we will have a specific cooler to carry combined beverages and snacks for day of ride.

The SAG driver will carry a stove that can be used for shared meals and morning coffee/hot water.

If we have 15 bikers, we estimate the total cost of group meals and overnight camping will be around \$125 per person (excludes meals that you individually purchase along the way).

The final payment will be assessed after the ride when all expenses are known.

Miscellaneous

The ride will begin at the home of Adrienne and Tom Youman in Salem.

You will be expected to deliver the bags that need to be sagged to Chuck Young's home in Albany no later than the afternoon before the start date. Please arrange to car pool to and from the start site.

Suggested list of items to bring will be provided to those who have registered.

Questions

If you have questions, please contact Wade Bloecher, SS Summer tour chairperson, at Phone: 541-979-3401 or email: WDBloecher@aol.com

Columbia Gorge Tour Registration
Sunday, August 18th through Saturday, August 24th, 2013

Date: _____

Name: _____ Home Phone: _____

Address: _____ Cell Phone: _____

City: _____ ST: _____ ZIP: _____

Emergency Contact: _____ Home Phone: _____

Relationship: _____ Cell Phone: _____

Address: _____

City: _____ ST: _____ ZIP: _____

Do you want to participate in the purchase and preparation of group meals and drinks _____ yes _____ no

Do you want to write an article on one day or event of the tour for the club newsletter _____ yes _____ no

Deposit Fee: \$25.00/person. (Refundable through July 31st).

Registration is requested ASAP or by May 15th. Send this form with deposit to Wade Bloecher (2760 NW 19th Avenue, Albany OR 97321).

March Rides

Lebanon to Sweethome

Sat. Mar 2 • 10:00 am • 44 miles, Cat II

Start: SLCH, Lebanon

This is a beautiful ride that travels rural roads along the South Santiam River to Sweet Home. It crosses the Foster Reservoir Dam before entering Sweet Home. The group can decide on a lunch location in town. Heading back the route will pass through Sodaville and Crowfoot before returning to the hospital. Ride leader: Ken Orwick. 541-979-6740

Shedd Another Way

Sat. Mar 9 • 10:00 am • 30 miles, Cat I

Start at the South Albany Community Pool, Albany.

This ride is the reverse of the usual ride to Shedd. Mostly flat with lunch in Shedd. Ride leader: Bill Pintard. 541-967-3295

Daffodil Festival Ride

Sat. Mar 16 • 10:00 am • 33 miles, Cat I

Start: Harrisburg Park, Harrisburg

This ride travels to Junction City and East over country roads that are lined with daffodils. The festival will have fiddling, singing, good snacks, craft market, quilt display and a huge array of daffodils to see. This is an annual favorite club ride celebrating the daffodils in bloom. Call Brian or Christine to lead this ride. 541-619-3006.

Adair/Monmouth Loop

Sat. Mar 23 • 10:00 am • 36 miles, Cat II

Start: Adair County Park Park

In the area of EE Wilson Wildlife Refuge off Camp Adair Road

This refuge is an interesting place so plan to take time before or after the ride to view the various wild pheasants, turkeys, grouse and other birds. The route will travel on Hwy 99W a short time then on side roads to Monmouth. In Monmouth we will bike through the University campus and north towards Rickreall. We will ride a bike path beside Hwy 99W to Independence for lunch, and then over rolling hills south to Adair. Call Brian or Christine to lead this ride. 541-619-3006.

Jefferson to Mehama

Sat. Mar 30 • 10:00 am • 53 miles, Cat III

Start: Jefferson Middle School, Jefferson

This is a beautiful but hilly ride to the small town of Mehama. Lunch is at the Swiss Village on Hwy 22 in Mehama. Ride leader: John Smith. 541-405-5397.



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.

Signature of 1st member _____ date _____

Signature of 2nd member (if family app) _____ date _____

Signature of 3rd member (if family app) _____ date _____

Signature of 4th member (if family app) _____ date _____

Complete both sections of this form & mail with your check to:

Santiam Spokes, Inc.

**c/o Samaritan Lebanon Community Hospital
P.O.Box 739, Lebanon, OR 97355**

You're now a member. We'll send you membership materials, and you will begin to receive a copy of Outspoken, our club newsletter, via email. Printed copy available upon request. Come to the next meeting and take part in the rides. Get involved in all club activities. The Club is what we make it.

◆ Please Print Clearly ◆

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

March 2013 Cycling • Santiam Spokes

Sun

Mon

Tue

Wed

Thr

(Fri)

Sat

Outspoken Editor Needed

If you want to see Outspoken in April and after, volunteer to be the editor. Kari and Roger are no longer available this year and the newsletter needs an editor. Get in touch with Ron Kropf: kropfrk@comcast.net or Lynn Trimpe: trimpel@comcast.net. Please step forward for this important club responsibility.

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Wed. Wanderers

For info or to start a ride call: Call Bill Pintard at @541-967-3295 for more information

Club Meeting

7 PM • SLCH.
Lebanon
Bicycling in the Canadian Maritime Provinces - New Brunswick, Nova Scotia, and Prince Edward Island
Plus important club business.

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