

OUTSPOKEN

Newsletter of the
Santiam Spokes, Inc.
P.O. Box 739
Lebanon, OR 97355
<http://santiamspokes.org>

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March 2016

Feb. Minutes

Our meeting consisted of a presentation of the new Ride With GPS program. A social gathering followed so there were no minutes to record. Mary Ellen Lind - Co-Secretary

Joann Markham - Guest Speaker Club Meeting - March 3rd - 7:00 PM

Joanne is a **Health Fitness Specialist** at **SamFit** center in Albany. She will be discussing the benefits of Upper Body, Lower Body, and Core Strength Training. Also she will tell us about **Sport Specific Stretching/Flexibility Exercises**. This sounds like a program you won't want to miss. Bring your friends and prospective bikers.



2016 Summer Club Tour

Several club members who are interested in participating in the Santiam Spokes sponsored summer tour met on Feb. 4th. We decided to repeat the Crater Lake summer tour that was biked in 2004 – organized by Roger Gaither, and again in 2008 – lead by me. The chosen ride dates are Sunday, August 14th through Saturday, August 19th. The ride begins in Canyonville and arrives at Crater Lake's Mazama campground on Day 3, ride the rim then camp a 2nd night at Mazama. There will be camping throughout the trip, sometimes at rather primitive campsites. On previous years the events included an optional splashing raft ride down the Rogue river!

Some of the initial committee have volunteered to give time to the tasks that go into organizing this bike event. They are:

- Barbi Thomson – reservation of overnight sites
- Al Rimer – map the route with GPS
- Debi Bloecher – (considering) sag driver, possibly driving with a U-Haul truck or trailer to carry baggage

We still need volunteers for the following tasks:

- Ride leader
- Contact Adrienne/Tom Youmans regarding use of their van for carrying food plus a person to drive the van
- At least 2 people to plan menus, purchase foods, and organize meal prep for group meals

The costs are borne by the club for the sag drivers expenses so volunteering in our fund-raiser Strawberry Century tour is expected. The camping costs and foods are paid by the bikers. This costs is typically around \$125 - \$150/biker for the week.

This is to inform you of the opportunity to join the tour. If there is enough interest, (10 - 15 bikers), registration forms will be made available in a month or two in the Outsspoken newsletter.

Please let me know of your interest in riding the tour and your willingness to volunteer to help make it happen. Please contact Mary Ellen Lind for more information and to volunteer.....melind@peak.org or 541-231-6973

Novice Rides

Novice rides are being headed up by **Al Rimer** and **Charles Taylor**. They will be instructional rides with speeds less than 10 miles per/hr. They will teach you how to shift and the safety aspects of riding in a group. To ride you would be required to have helmet and multi-speed bike. They will be starting on **Wednesday, March 23rd**. **Al Rimer** will lead rides for Novices and Beginners this month. They will start at the **North Cheadle Lake** parking lot 5:30 PM/ weather permitting. We need to build a list of persons who are interested and their email addresses so as to keep them informed of the ride cancellation because of rain, route changes, etc. They will be pretty short flat rides, so if you haven't ridden for a while, this would be a nice chance to get back into it. Please contact either **Al Rimer** at **AIRmr199@aol.com** or phone **541.979.2764** or **Charles Taylor** at **chas300zx@comcast.net** or **541.258.1850**

Newport Ride

It was decided to have the **2016 Coast Ride** on April 30th and May 1 this year. Mary Ellen has reserved the rental house at Newport for the night of 4/30. Cost will be \$15 per person. It has 3 bedrooms: two with queen, one with bunks plus futon and the floor for sleeping bags. The ride will start in Corvallis at 8 A.M.. It's about 68 miles to Newport (72 to the Rogue Brewery). We get to **Logsdon** about noon and will have pre-ordered sandwiches waiting for us. The **Club will pay for the Sandwiches both going to and returning from Newport**. For those who want to shorten the ride and avoid some of the hills, Mary Ellen is checking out a place where they can safely park a car at Summit that shortens the ride by about 24 miles (start from there about 10 a.m.). Another option is drive to Siletz park (48 miles from Corvallis) then bike back to Logsdon (8 miles) to join the ride around noon to have lunch with everyone. What do you think? Contact Mary Ellen with your suggestions and also to make reservations. **Mary Ellen** is also looking to hand this ride off to someone and will be the advisor this year while you learn the ropes. Please contact **Mary Ellen Lind** at 541.231.6973 or **melind@peak.org**

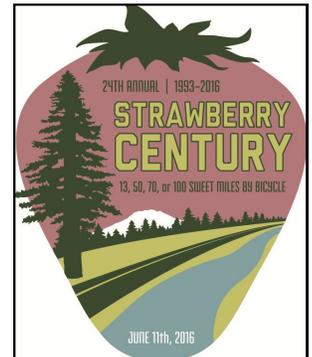
Arturo's Adventures



Kari Kropf

2016 Strawberry

The **2016 Strawberry Century** is on track to be the best ever. **Trevor Spangle** has done a fantastic job getting things lined out and online. We already have 22 entries with 10 signing up for the new "epic" routes. **Mary Ellen Lind** is rapidly filling the volunteers needed at the various positions. If you haven't volunteered yet, please contact either **Trevor** or **Mary Ellen**. Check out the new routes on "**Ride with GPS**". The links are at the bottom of the registration page at **BikeReg.com**.



Register Here

March Rides

March 5 - SLCH to McDowell Creek Park - Start at SLCH - 34 Miles - C2 - 1115 ft. gain - Lunch at Ixtapa's upon return.

<https://ridewithgps.com/routes/11427415>

March 12th - Brownsville to Irish Bend - Start at Brownsville PO - 37.2 miles - C1 - 249 ft. gain lunch at Kirks Ferry upon return

<https://ridewithgps.com/routes/11916633>

March 19th - SLCH to Green Mt. Counter Clockwise - Start at SLCH - 40 miles - C2/C3 1562 ft. gain. - James Gang pizza upon return.

<https://ridewithgps.com/routes/11429627>

March 26th - Sweet Home to Yellowbottom - Start at Andrew Wiley Park on 54th Ave., Foster - 54 miles C3 3199 ft. gain.

<https://ridewithgps.com/routes/12229250>

Slo-Poke Sez



Always ride up on the left side of everyone. Their right side is **suicide!**