

OUTSPOKEN

Two Women, Two Bicycles, and the Experience of a Lifetime Club Meeting — Aug. 1st

Newsletter of the
Santiam Spokes Inc.
P.O. Box 739
Lebanon, OR 97355

<http://santiamspokes.org>

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August 2013



Getting Ready - Portland, Oregon

On August 1, 2013, Jess Hoffman a teacher, writer, and travel enthusiast will be speaking about her and her cycling companion, Alexa Humphreys', experiences. They cycled across the United States from Portland, OR, to Portland, Maine, in the summer of 2010 (ridetochoose.com). (Their Blog is amazing...The Editor). Their journey of 3606 miles took them through 17 States, through all kinds of weather, 7 flat tires, and took 71 days to complete. She will reveal how a cross country cycling journey can be an analogy for

life, and how through this experience, they developed the theme "The Road Provides All." **Bring a friend.....you don't want to miss this meeting!**

2012-2013 Officers

President — Ron Kropf
Vice President — Lynn Trimpe
Secretary — Christine Davies
Treasurer — Open
Membership — Wade & Debi Bloecher
Newsletter — Greg Stephens
Ride Captain — Wade Bloecher
Strawberry Century — John Smith
Webmaster — Maurice Banning
Publicity — Ken Orwick
Historian — Bill Pintard



Would you believe - Oregon, Illinois



Yeah - Portland, Maine

Also in this issue.....

- ◆ July Minutes
- ◆ This & That
- ◆ Slo Poke Sez
- ◆ Lebanon to Sweet Home Ride
- ◆ 2013 Strawberry Evaluations
- ◆ Santiam Spinners
- ◆ August Calendar

Minutes of the July 11th Meeting

The meeting was called to order by **President Ron Kropf**.

The **Minutes** of the June 6 meeting were approved as recorded in the newsletter. Motion by Ken Bronson, second by Bill Pintard.

The **Treasurer's Report** was presented by Ron in the absence of the treasurer. The net Strawberry Century income is \$5959.00 The Treasurer suggested a distribution schedule of donations to the hospital, bicycling advocacy organization, plus an amount for yearly club activities. A contingency of \$8,000 was set aside as startup funding for the 2014 Strawberry Century. The Treasurer's report was accepted as presented. Motion by Rod Sell, second by Lynn Trimpe. The Club Executive Board will meet at 6:00 PM before the next regularly scheduled meeting on August 1 to discuss and finalize expenditure of these funds.

Membership Report - Debi Bloecher reported that the Club has one new member. After the last renewal period and several reminders to members, we now have 45 individual memberships and 43 family membership. This is fewer members than in previous years.

Ride Captain Report - Ward Bloecher reported that all of the July rides have leaders. He will be calling people to get leaders for the August rides.

New Business

Strawberry Century Committee Report - John Smith, 2013 Strawberry Century coordinator, distributed a report, prepared by Raylene Sell, that synthesized rider evaluations. (The group agreed to print this report in the newsletter for distribution to members not at this meeting.) Thanks to Raylene for compiling the information.

John suggested that the Club should take advantage of more Facebook advertising. He also suggested that the Club needs to give more exposure to the sponsors.

After doing a great job for many year with the maps and road marking, Rod Sell has asked to be replaced. Al Rimer has agreed to take on this job. Thanks Al and Rod.

There was a lengthy discussion about how much assistance should be provided to the Century riders and how well prepared the Sag Drivers should be to assist with breakdowns. It was suggested that the brochure copy should be modified to encourage riders to arrive with their bikes in good working order. It was also suggested that the Club should re-instate a repair service available at the beginning of the ride.

John asked that a logo design for the 2014 Century should be ready by the end of August to get sponsor letters out earlier. This would be much earlier than in the past. Rod suggested that the sponsor letters could go out with just the Club logo. Ron asked that this issue be put on hold.

John reported a comment that the Brownsville sag stop was too tight (room was too small). Dave Clark, who volunteered at this sag stop, was not aware of any space issues expressed by riders.

John wants to discuss the cotton T-shirts vs wicking ones.

Rod Sell brought up a safety issue that might involve changing the Century route slightly. To avoid crossing a busy street at the top of a hill (47th and Foster) the riders might more safely cross at the previous road (44th), which is west of the current crossing. Or at least there should be a sign on both ends of that turn that warn motorists that bicyclists are crossing the street.

John briefly alluded to an incident during the 2013 Century that occurred at the intersection of Fish Hatchery Drive at Meridian. He suggested that there should be a pointer there to make sure that riders stop at the Stop sign. Another suggestion was that a sign be erected that states that cross traffic does not stop.

Summer Tour Committee Report - Wade reported that there at 16 riders signed up and registration is closed. The committee members have done additional scouting of the route and the entire group will meet in the next couple of weeks.

Nominations Committee: Ron, as president of the Club, will be calling upon people to serve on the nominations committee.

Treasurer's Resignation: Ron announced that Dennis Murphy has resigned the treasurer's position. Ron will be contacting former treasurers to find someone who will finish out this year.

Tuning up a bicycle to help someone in need: Ron reported that Barbi and Tom Thompson are making their tandem available to a young man who is blind, so that he and his mother can ride. Barbi requested that the Club pay for a tune-up. The membership voted to pay up to \$75 for a tune-up. Motion by Roger Gaither, second by Debi.

Alternate Bike Rides: Roger distributed a one-page information sheet suggesting an alternate group of rides - the Santiam Spinners - that would be slower, shorter, and generally more moderate. To determine if there are enough people who will take advantage of these rides he has set up a Doodle Poll. A copy of that information sheet and the Doodle Poll URL were mailed to the membership.

National Night Out Bike Rodeo: Bill reported that the Lebanon police are sponsoring a Bike Rodeo on Aug 6, which is National Night Out. The Rodeo is sponsored by Lowes and is occurring at Ralston Park. Bill will get more details. Several Club members expressed an interest in helping out with bike mechanics.

Covered Bridge Century Volunteers: Bill reminded the group that the Club usually sends 4 - 5 people to help out with the MidValley Bicycle Club's Covered Bridge Century which is held this year on Sunday, August 11. The start is at the Linn County Fairgrounds. Roger and Lynn Trimpe volunteered. If you are interested contact Bill.

Drive Less Connect: Bill announced that Drive Less Connect will be at the Farmers Market in Lebanon on Thursday, August 29 and at the Farmers Market in Albany on Saturday, August 31. Bill suggested that the Club should be represented at these events. Roger said that he has a large Santiam Spokes display, used at the hospital in the past, that could be re-designed and used at these events. The group agreed this was a good idea and he agreed to update the display and make it available to whomever attends the event.

Travel Oregon: Bill reported that the Willamette Scenic Bikeway committee is meeting soon and he thinks they will be asking bicycle clubs to sponsor sections of the Bikeway. He's bring more information to the next meeting. Bill also reported that the Linn County website is being improved. The people working on this improvement are asking for photos of some county tourists sites (e.g., old barns, museums, covered bridges, etc.) for inclusion on the web pages. Get more information from Bill.

Hasso Herring Bikeway: Bill reported that Riverside Drive in Albany will be widened out to Hwy 34 and that the current new bike path along the north side of Hwy 34 will be extended east to meet the widened Riverside Drive. (This will be named the Hasso Herring Bikeway.) ODOT has permits and may complete their section this year. The Riverside Drive section will be completed next year.

Ride Sheets: When a ride is over, the ride leaders need to be sure to get their sign-in sheets to Bill. As Club Historian it's his job to collect them.

The meeting was adjourned at 8:30 PM.

Minutes submitted by May Garland, substituting for Club Secretary Christine Davies.

This and That

- The **Nominating Committee** for 2014 Officers consists of **Al Rimer, Tom Youmans, and Adrienne Youmans**. Please give some thought on how you could best use your talents to help serve the club. This could be as an officer or on one of the various committees. Help is always need throughout the year somewhere. Thank you.
- **Covered Bridge Bicycle Tour.** www.coveredbridgetour.org Mid-Valley Bicycle Club needs 4 or 5 volunteers to help at registration on Sunday, August 11. The ride starts from the Linn County Fairgrounds and volunteers should be there by 6:30 AM. We should be done by 9 AM. Anyone volunteering can do the ride at no cost and get a t-shirt, if desired. Please provide your t-shirt size, if you want a shirt. Three of us have volunteered and we need two more. Please contact Bill Pintard at 541-967-3295
- **The Lebanon Police Department** .. <http://www.ci.lebanon.or.us/index.aspx?page=331> ..is having a National Night Out event on Tuesday, August 6 between 5 and 8 PM at Ralston Park in Lebanon. As part of this event, they are going to have a bike rodeo and could use some volunteers to help with bike maintenance, helmet fitting and as course marshals. The rodeo will probably be about an hour or so. Please let Bill Pintard know if you can help. 541-967-3295
- **Drive Less Connect** .. <http://drivelessconnect.com/> will be having a table at the Lebanon Farmers Market on Thursday, August 29. The market is open from 2 to 6 PM and is located at the corner of Grant and Main Sts in Lebanon. They will be promoting car and van pooling and other forms of transportation, including bicycling. They have asked us to participate to promote cycling as a means of transportation. Tarah Campi, the coordinator, could use a few volunteers to distribute brochures and information. We could be providing bike maps and helmet fitting information. It is also an opportunity to tell people about the club and our rides. Please contact Bill Pintard if you want to help. <http://lebanondowntownfarmersmarket.org/>

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 1st member _____ Date

Signature of 1st member _____ Date

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 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.

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

Slo-Poke Sez



Use a mirror on your bicycle or on your helmet. Use it frequently and regularly to see what is behind you.

Please send Outspoken submissions to: Outspoken Newsletter **twostep2004@comcast.net**. Please send early as possible to help facilitate the Newsletter being out on time. Thanks..The Editor

Lebanon to Sweet Home Ride - Photos by Greg Stephens



A Sunglass day for sure



This bike has a kickstand



Guardian of the Steeds



Why is she pointing?



Enjoying the shade



Full stomachs - Happy, happy

The ride from Lebanon to Sweet Home and return was a beauty. 16 people enjoyed the day and lunch at Subway. A little windy going back which was brought on by someone (who shall remain nameless) wanting a guarantee of a no wind day at the start. Beautiful weather, 45 miles, food, great friends.....hard to beat!!

2013 Strawberry Century Evaluations

2013 Strawberry Century Evaluations

We had riders that have ridden the Strawberry for more than 18 years to many who have ridden one to five years.

This year's Strawberry had riders from as far North as Tumwater, Washington, as far South as Roseburg, from the coast and as far East as Boise, Idaho! Most of those riders spending the night stayed with family/friends.

Most riders found the ride via the web site, friends or other.

FAMILY RIDE

The 11 riders who turned in their evaluation thought the ride was a great ride and improved from last year. Kids loved the ride and one would like to try the 53 mile ride next year! Apparently we didn't have a repair kit at the family ride sag stop. This may be something we need to look at providing next year since most of these family riders are new to riding? One rider felt this ride could have been better advertised. Everyone felt the ride cost was reasonable and loved the Strawberry dessert!

53 MILE RIDE

Most of the 57 riders who responded to the evaluation felt the ride was one of the best and well organized rides they have been on. The route markings were outstanding as was the food and maps. There were a few comments about the gravel section not being marked right before the lunch stop. They loved the volunteers at the intersections/turns and the volunteers at the SAG stops were friendly and inviting. One rider said, "sag vehicles should drive course and have sign there would have been no help on route." Riders had some problem with on line registration on their phones...was not compatible with iPhone? Two riders would like to see recycling/composting...Hmm...maybe they will volunteer? Another rider, "As a previous club member of Santiam Spokes and current SBC I'd like to see club place more emphasis on proper bike riding behavior, especially use of rear view mirrors." All in all the 53 mile riders were very well pleased with ALL aspects of the ride!

72 MILE RIDE

There were 45 evaluations returned from the 72 mile riders. "This was the best organized ride I have done." "Our favorite ride with best support ever!" "The roads were well marked I didn't even need to use the route map." "A more detailed map on line would be nice as in labels for towns, streets, etc." A few riders from Sisters would like gluten free products. However, other riders said there were plenty of gluten free options. Riders gave thumbs up to all the volunteers at the intersections and the SAG stops. One rider commented, "Would be helpful to have signs on HWY 20 to let cars know bikes are turning left ahead." Riders agreed the cost was reasonable and the food and road markings were great! A few riders want a water stop 10 miles from the finish. The evaluations were very positive and commented about this being the best ride ever.

100 MILE RIDE

Thirty-two evaluations were returned for the 100 mile ride. "Would be nice to have some music and people at the finish cheering." A few riders mentioned the online fee is too high but the ride cost was reasonable. "Your registration fee is the best value between Salem and Roseburg!" "Best marked route ever!" The 100 mile riders gave high markings to the pointers and volunteers. "Consider making GPS tracks available." Overall high ratings on the century ride!

OVERALL COMMENTS

I would say that 99% of the riders rated their Strawberry ride as one of the best rides they have been on and it's one of their favorites! From the registration, cost, map, route markings and food, to the Strawberry Dessert, the ride is definitely a favorite and many say they will return next year! As one century rider said about the dessert, "Makes me ride hard!"

Submitted by Raylene Sell



July 29, 2013

Santiam Spinners

A Initial Organization To Reinvigorate The Spinners

From: Roger Gaither
gaither@smt-net.com, 503-394-396.

Response to the proposal to reinvigorate the Spinners was very strong; 29 riders answered positively to the Doodle poll and an additional six members sent me positive e-mails. So the interest is keen and sufficient to organize and launch the spinner rides. Here is what I propose to start.

Spinner Ride Attributes

- 20 - 40 miles in length (seasonally adjusted)
- Alternate starting points or segments when possible to allow individual riders to shorten the ride or ride other options
- Regular (i.e. routine) routes that start successively in Albany, Lebanon, Corvallis, Scio and occasionally in Jefferson
- An approximate, average pace of 12 to 14 mph
- Routes that are relatively flat with Scrael Hill near Albany and Washburn Heights near Brownsville being the most extreme hills included in the routes
- A lunch break about midway or at the end
- Frequent regrouping and mutual support.
- No one left behind
- Start on Saturday, year-around at 10 AM
- Emphasis on riding safely

Routes

The routes are planned with the above parameters in mind. The emphasis in Spinners is upon routine rides that are familiar and predictable. To begin, there are five routes planned for each of the regular start cities. Jefferson will be the start for the occasional 5th Saturday of the month and will feature two different routes. This "[Q]" indicates that the route has shorter options.



Spinner Ride Schedule

This is a working 2013 schedule. Start places are fixed. I may add a few routes and modify some for 2014. Routes will be numbered as a set.

- Each ride begins at 10 AM
- 1 st Sat/Mo. Albany. LC Fairgrounds
Aug 3 • 36mi [Q] Crabtree-Lebanon-Beanery Lp 2
Sep 7 • 38mi Scio Lp
Oct 5 • 33mi [Q] Millersburg-Bluffs-Beanery Lp
Nov 2 • 34mi [Q] Corvallis Lp
Dec 7 • 25mi Hot Chocolate Lp
- 2 nd Sat/Mo. Lebanon. SLCH Back parking
Aug 10 • 39mi [Q] Scio via Tenn & Richardson Lp
Sep 14 • 36mi [Q] Brownsville Lp
Oct 12 • 35mi [Q] Albany-Tangent Lp
Nov 9 • 35mi [Q] Shedd Lp
Dec 14 • 35mi [Q] Larwood Br -Crabtree Lp
- 3 rd Sat/Mo. Corvallis. Under Harrison Bridge
Aug 17 • 40mi [Q] Peoria Lp via Shedd
Sep 21 • 26mi Albany Lp via Riverside
Oct 19 • 40mi Bellfountain Lp
Nov 16 • 34mi [Q] Tangent-Albany-Beanery Lp
Dec 21 • 20mi Philomath-Willamette Pk Lp
- 4 th Sat/Mo. Scio. Downtown
Aug 24 • 38mi [Q] Lebanon via Richardson Lp
Sep 28 • 31mi [Q] Jefferson-Crabtree Lp
Oct 26 • 25mi Stayton Lp
Nov 23 • 37mi [Q] Four covered bridges Lp
Dec 28 • 24mi [Q] One bridge & bisquits Lp
- 5 th Sat/Mo. Jefferson. Middle School parking
Aug 31 • 36mi [Q] Ankeny-Independence Lp
Nov 30 • 33mi [Q] Stayton Lp

Rides & Leaders

I will try to identify a leader for every ride, but after an initial period any of the regular riders can guide. The routes will be published ahead of the rides and everyone should collect (or download) a set of the maps. Signatures on a liability release will be collected for each ride. Volunteer to help lead rides. This is your bicycling venture, so come regularly to ride with the Spinners:-)! Contact Roger for a set of maps or just come to a ride.

August 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 7:00 Club Meeting	2	3 9:00 McDowell Ck. Ride - Start Lebanon Hospital - Cat II - 33 Miles - Ride Leader - No Host
4 Sunday Hills	5	6	7 10:00 A.M. Wednesday Wanderers	8	9	10 9:00 Jefferson to Lebanon Loop - Start Jefferson Middle School - Cat I - 42 Miles - Ride Leader - No Host
11 Covered Bridge Ride	12	13	14 10:00 A.M. Wednesday Wanderers	15	16	17 9:00 Peoria Loop - Start Harrison Street Bridge, Corvallis - Cat I - 45 Miles - Ride Leader - No Host
18 <i>Club Tour Starts</i>	19	20	21 10:00 A.M. Wednesday Wanderers	22	23	24 <i>Club Tour Ends</i> 9:00 Tour alternate - Start at 33225 Hwy 99E Tangent - Al Rimer Ride Leader 541-979-2764
25	26	27	28 10:00 A.M. Wednesday Wanderers	29	30	31 9:00 Santiam Terrace - Start Lebanon Hospital - Cat III - 48 Miles - Ride Leader - No Host

Regular Saturday, Sunday, & Wednesday Rides—See Santiam Spokes Website for updated Regular Ride information at <http://santiamspokes.org/Rides.htm>

New Santiam Spinner Rides—See Page 6 of this Newsletter

Rides – Key for Route Description

Cat I - Flat to rolling hills, easy pedaling

Cat II - More rolling hills, short steep climbs....a hardy workout

Cat III - Moderate longer hills, with a few steep climbs. Be experienced and in good biking condition

Cat IV - Frequent hills, some long steep climbs. These are tough rides that require endurance