Cyclists of all abilities are invited to participate in club rides. We require the use of helmets meeting CPSC requirements. Riders should carry a water bottle, tire pump, spare tube and patch kit.

The difficulty level of each ride is indicated by the following letters: A=Flat, B=Few Hills, C=Hilly, D=Very Hilly. You must be an experienced cyclist to participate in C and D level rides or rides of 50 miles or more. Maps or directions for all routes are available from the ride coordinator at the beginning of each ride. The club requires that all riders start the ride at the scheduled time and place to comply with club insurance regulations and to receive mileage credit. Check the club’s Facebook page or follow the club on Twitter for updates and changes in the ride schedule. For additional information, please contact the ride coordinator.

The High Wheeler symbol is used on certain rides to indicate that a club member will accompany slower cyclists on the entire route. New riders are encouraged to participate on highwheelers until they have become acquainted with the club.

### May Weekend Rides

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Distance</th>
<th>Difficulty</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Fairview - Short</td>
<td>27</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jean Brougher 503-884-7062</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Helmick Park I</td>
<td>43</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Chuck Young 503-779-4010</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Perrydale/Amity</td>
<td>48</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Keith Lippy 503-508-4535</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Sun</td>
<td>1:30 PM</td>
<td>Baumans from EZ Orchards</td>
<td>24</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Norm Johnson 503-569-4255</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Molalla River</td>
<td>42</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>JoAnn Dewey 503-871-3141</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Buena Vista Ferry</td>
<td>45</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mark Lebow 503-390-4627</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Sun</td>
<td>1:30 PM</td>
<td>Silverton from EZ Orchards</td>
<td>22</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jackie Lefevre 503-881-4933</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Wed</td>
<td>6:15 PM</td>
<td>Ride of Silence</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Joanne Heilinger &amp; John Henry Maurice 503-399-9652 or 503-559-7417</td>
<td></td>
</tr>
</tbody>
</table>

The ride starts at the Red Lot.

The Ride of Silence (www.rideofsilence.org) is intended to honor cyclists killed or injured, raise awareness of cyclists on roadways, and ask motorists and cyclists to share the road. Meet at the Red Lot.
### May Weekend Rides - continued

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>18</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Jefferson</td>
<td>42</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Winnie Sangirardi 503-362-9150</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Bauman Farms</td>
<td>38</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jim Ross 503-581-7462</td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Grand Island</td>
<td>44</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Dan Schuh 503-759-7010</td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>Sun</td>
<td>1:00 PM</td>
<td>Iris Festival Family Ride</td>
<td>5</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Hersch and Mary Ann Sansgster 503-390-8024</td>
<td></td>
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<td></td>
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<td></td>
<td>Ride through the West Keizer neighborhood to Wallace Park and back on this flat, low-traffic route. the ride starts and ends at the parking lot at Cummings Elementary School on Cummings Lane in Keizer. The ride is open to all bicyclists who agree to Share the Road with other users by riding safely, lawfully, and courteously. Each participant must wear a helmet that meets CPSC requirements.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>Sun</td>
<td>1:30 PM</td>
<td>Jones Farm Stand/Egan’s Garden</td>
<td>27</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jakey Ross 503-581-7462</td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>Fri</td>
<td>10:00 AM</td>
<td>McKenzie Pass</td>
<td>78</td>
<td>D</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Doug Parrow 503-931-0588</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>Ride from the McKenzie River Ranger Station to Sisters for lunch and then back over McKenzie Pass before the road opens to motor vehicles. The date of the ride is subject to change based on road and weather conditions. RSVP to the ride coordinator if you are interested in participating to ensure that you receive schedule updates.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Stayton via Victor Point</td>
<td>50</td>
<td>C</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jean Brougher 503-884-7062</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Oregon Garden</td>
<td>35</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Chuck Young 503-779-4010</td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>EE Wilson Wildlife Area</td>
<td>60</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Marilyn Monson 503-559-3589</td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>EE Wilson Wildlife Area - Short</td>
<td>31</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Joanne Heilinger 503-399-9652</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>The ride starts at the Roth's Family Market in Independence.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>Sun</td>
<td>1:30 PM</td>
<td>Volcano Loop</td>
<td>25</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Robert Lundblad 503-508-6181</td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>Sun</td>
<td>3:00 PM</td>
<td>Three Parks Family Ride</td>
<td>6</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Hersch and Mary Ann Sansgster 503-390-8024</td>
<td></td>
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<td></td>
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<td></td>
<td>This ride is a family orientated one that starts and ends at Wallace Marine Park West Salem. It is a slow paced ride across the Bike Bridge to Riverfront Park. Then across the Courtney Bridge looping though Minto-Brown Park and then returning to Wallace Marine Park</td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>Mon</td>
<td>9:00 AM</td>
<td>Marion via Parrish Gap</td>
<td>37</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Marilyn Monson 503-559-3589</td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>Mon</td>
<td>9:00 AM</td>
<td>Labish Center via Sunnyview</td>
<td>26</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Robert Lundblad 503-508-6181</td>
<td></td>
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</tr>
</tbody>
</table>

### June Weekend Rides

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Perrydale/Amity</td>
<td>48</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Marilyn Monson 503-559-3589</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Sat</td>
<td>9:00 AM</td>
<td>Fairview - Short</td>
<td>27</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Paul Lindauer 707-322-7093</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Sun</td>
<td>9:00 AM</td>
<td>Heirloom Old Garden Roses</td>
<td>70</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mark Lebow 503-390-4627</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Sun</td>
<td>1:30 PM</td>
<td>Three Gardens</td>
<td>25</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jakey Ross 503-581-7462</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Date</td>
<td>Time</td>
<td>Ride Description</td>
<td>Miles</td>
<td>Diff.</td>
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<td></td>
</tr>
<tr>
<td>8</td>
<td>Sat</td>
<td>9:00 AM Saturday No-Drop Ride</td>
<td>30-45</td>
<td>A-B</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dori Nelson 503-364-1551</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Participants will ride together on this moderately paced ride. Ride will be canceled for inclement weather. New riders should call the ride coordinator to confirm start location and time.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>8</td>
<td>Sat</td>
<td>9:00 AM Keizer the Long Way</td>
<td>43</td>
<td>A</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jackie Lefevre 503-881-4933</td>
<td></td>
<td></td>
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<tr>
<td>8</td>
<td>Sat</td>
<td>9:00 AM Ballston/Amity</td>
<td>54</td>
<td>C</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Doug Parrow 503-931-0588</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Sun</td>
<td>9:00 AM Dever/Millersburg</td>
<td>62</td>
<td>B</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Marilyn Monson 503-559-3589</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Sun</td>
<td>9:00 AM Dever Bailout</td>
<td>43</td>
<td>B</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pam Carey 503-999-2845</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Sun</td>
<td>1:30 PM Jones Farm Stand from East</td>
<td>28</td>
<td>A</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>coordinator tba</td>
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**Weekday Rides**

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Ride Description</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>6:15 PM</td>
<td>Keizer Evening Ride</td>
<td>20-30</td>
<td>A-B</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Doug Parrow 503-931-0588</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Meet in the Keizer Station shopping center in front of REI. Text Doug if you are a little late and he will wait for you.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesdays</td>
<td>6:15 PM</td>
<td>East Salem Evening Ride</td>
<td>20-30</td>
<td>A-B</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Joanne Heilinger &amp; John Henry Maurice 503-399-9652 or 503-559-7417</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Meet at McKay Park on Hollywood Dr. between Silverton Rd. and Sunnyview Rd. No ride on 4th Tuesdays of the month. This ride was on Wednesday evenings during prior years.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesdays</td>
<td>10:00 AM</td>
<td>East Salem Morning Ride</td>
<td>30-45</td>
<td>A-B</td>
</tr>
<tr>
<td></td>
<td></td>
<td>George Schopfer 503-364-1025</td>
<td></td>
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</tr>
<tr>
<td></td>
<td></td>
<td>Meet at McKay Park on Hollywood Dr between Silverton Rd and Sunnyview Rd. Ride may be canceled if weather is questionable. Call the ride coordinator if in doubt.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesdays</td>
<td>10:00 AM</td>
<td>No-Drop Morning Ride</td>
<td>30-45</td>
<td>A-B</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dori Nelson 503-364-1551</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Meet at McKay Park on Hollywood Dr between Silverton Rd and Sunnyview Rd. Participants will ride together. Ride will be canceled for inclement weather. New riders should call the ride coordinator to confirm start location and time.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursdays</td>
<td>6:30 PM</td>
<td>Keizer Family Ride</td>
<td>12</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hersch Sangster 503-390-8024</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Meet at Cummings Elementary School on Cummings Lane in Keizer.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**BOARD OF DIRECTORS**

- President: Jim Ross 503-581-7462
- Vice-President: Pam Carey 503-999-2845
- Secretary: Laurie Garrett 503-551-7786
- Treasurer: Todd Beal 503-576-9760
- Winnie Sangirardi - Membership 503-362-9150
- Emily Loberg 503-949-7097
- Paul Lindauer 707-322-7093
- Gary Strand 503-370-6364

**SPOKES**

- Editor: Larry Lohrmann 425-269-4962
- Editorial Staff: Doug Parrow, David Philbrick
- Editor's Email: spokes@salembicycleclub.org
- SBC's Web Page: www.salembicycleclub.org

*Spokes* is published 10 times per year. The opinions expressed in Spokes are those of the authors and not necessarily those of the Salem Bicycle Club.
Consider joining the Salem Bike Club in July, when we ride the San Juan Islands in Washington! If you have never been to the islands, this would be a great opportunity. This article is preliminary information to answer a few of your possible questions and also to encourage you, if you think you might go, to make your lodging arrangements now.

If you haven’t been out of the area with the Salem Bike Club, or even if you have, the riding itinerary will be planned out and you will receive club mileage credit for the chosen rides. Each ride will have a ride leader and a sign-in sheet. There is no “registration” fee to join us. Making your lodging arrangements, food, travel expenses, etc. is each person’s responsibility.

After people have had a chance to decide if they will be making the trip, there will be a group meeting to talk about the itinerary, ask questions, etc. The date for that meeting has not been determined but will be late April/early May.

**Additional planning information:** The cost to ride the ferry each day is about $15.70 (Senior Citizen rate is $7.85), these prices include your bike. The fee is for round trip from Anacortes. Evidently they believe you will eventually return to Anacortes. I have information on packs of ferry tickets that will bring the $15.70 price down (a lot) but I’ll describe that at the meeting in April/May. Parking in the Anacortes Ferry Terminal parking lot each morning is $7.00 per car per day.

We will be in the San Juan Islands in high tourist season, meaning higher lodging rates and high occupancy/less availability. The islands will be beautiful in July, but just know there will be lots of tourists. Cars, people etc. It is important, if you are thinking about going, to make your lodging arrangements now. If you change your mind it will be easier to cancel your lodging, than to try to find lodging later.

**When:** The dates we will be riding are July 30, 31, and August 1.

Because of the ferry schedules etc., if you plan to ride on July 30, you will need to be in Anacortes on the night of July 29. (It is about 300 miles from Salem to Anacortes).

The exact riding itinerary has not been determined but in general terms the plan is to ride on three of the San Juan Islands. We will take the ferry each morning from Anacortes, WA to one of the islands. There is a lot to see on the islands so it is tough to get serious mileage in, but that will be personal choices. We will try to stay in groups as much as possible.

I recommend choosing lodging in Anacortes, WA instead of the on one of the islands. Lodging is generally less expensive in Anacortes and that is where we will start from each morning. There are camp grounds in the area but again you will need to reserve early.

**When you begin reviewing lodging choices:**

The online lodging/booking sites will give you good information about amenities etc., but I have found the rates the booking sites give are not always as good as the price you will get talking to the property directly. So I recommend after you see some of the properties online you call the property directly. Also the booking sites will sometimes give information only on the most expensive room choices and the property itself will provide information on standard rooms as well as the more expensive rooms.

**Three properties we saw when we were in the San Juans in March:** (there are many other choices)

1. Anacortes Inn - downtown
2. Ship Harbor Inn – this property is walking distance to the ferry terminal.
3. Majestic Inn and Spa - downtown

The ferry terminal is about 15 minutes by car from downtown Anacortes.

Another consideration and we will talk about this at the meeting in (April/May) is the parking at the Anacortes Ferry Terminal. In July it will be crazy.

If you have any questions in the meantime feel free to text me or email me.

Deweyjj345@gmail.com
Cell number: 503-871-3141

Also: for my planning purposes and to notify you later of the meeting in April/May, it would be helpful if you would send me an email with your phone and email information if you are planning to go. This does not mean you are committed/obligated to go.

Hope you can join us. - JoAnn Dewey
March 26 General Meeting
Pam Carey welcomed everyone to the 600th general meeting of the Salem Bike Club! Jim and Jakey Ross presented their recent bike trip “Riding the Katy Trail in Missouri.” Other SBC members Marilyn Monson and Carolyn Foland also participated in riding the Katy Trail which was a fully supported trip by Road Scholars. Everyone enjoyed the slide presentation and hearing of the adventures on the Katy Trail.

Rides Committee: All weekend rides, the long and short rides start at 9:00 am beginning Saturday, April 6.

In addition, the Sunday morning rides also start at 9:00 am. The Sunday afternoon high wheeler rides start at 1:30 pm.

Weekday evening rides begin on Monday, April 1:
1. Monday evening Keizer ride at 6:15 starting from REI.
2. Tuesday evening East Salem ride at 6:15 starting at McKay Park.
3. Thursday evening family ride at 6:30 starting at Cummings Elementary School in Keizer.

Please check the SBC rides calendar for routes and more information.

San Juan Islands SBC Ride: Ride days are July 30, 31, and August 1, 2019. Rides will start in Anacortes, Washington and ferry to a different island each day. Accommodations are on your own and need to be reserved well in advance as it will be high season and accommodations may be limited. It is recommended to stay in Anacortes. JoAnn Dewey and Pam Carey are putting together this trip and more information is available in the April Spokes.

April 9 Board of Directors’ Meeting
Present: Jim Ross, Pam Carey, Todd Beal, Winnie Sangirardi, Paul Lindauer, Emily Loberg, Gary Strand and Laurie Garrett.

Treasurer’s Report: Todd Beal provided the club’s financial figures as of March 28, 2019:

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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<tr>
<td>Events-9695</td>
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<td>Operating-9687</td>
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<td>Paypal</td>
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<tr>
<td>Total Checking/Savings</td>
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Annual Banquet: A committee was formed and will make recommendations for the banquet venue and format at the June Board meeting.

Board Opening: There is one open position on the board that needs to filled. Board members will actively seek a volunteer to fill that position.

Website improvement: Paul will build a free website on Club Express and then ask for feedback. He has contacted a few clubs who use Club Express with positive reviews. There will be a discussion and open forum about a new computer software system at the May 28, 2019 General Meeting. Timeline for the new software system the end of August 2019.

Outreach Group: Jim did a presentation at City Hall on April 8 representing the Salem Bike Club and promoting the Monster Cookie ride. Willamette Valley Bicycle Tourism Initiative is having the SBC select three favorite bike routes to be included in their bike Oregon, Willamette Valley section. Routes will be selected next month.

Cycle Share Update: A ride share bike program is coming to Salem. There will be 7 locations to check out a bike around Salem. There are multiple sponsors. There have been barriers that have slowed the project down but progress is being made.

Monster Cookie: The board had several suggestions to further market the Monster Cookie ride. Boost a Facebook post to advertise the Cookie, it costs a small fee. An email blast via MailChimp to remind people to register will be sent.

Salem Bike Club 50 year celebration: A celebration ride is being planned. Winnie will speak with the rides committee to schedule a celebration ride event.

New Business: A memorial fund was discussed. Ongoing discussion at future board meetings.
HOLDING DANGEROUS DRIVERS ACCOUNTABLE FOR INJURING BICYCLE RIDERS

From an article on Tcnf.legal (Thomas, Coon, Newton & Frost) by Ray Thomas - for the complete article see:
https://www.tcnf.legal/holding-dangerous-drivers-accountable-injuring-bicycle-riders/

It is a big shock when you get hit and hurt on your bike by a driver. AND it is a big disappointment to find out when you call 911 that even when the driver has clearly violated the traffic law that unless you go to the hospital in an ambulance the only thing the police will do (unless the driver is DUI) is facilitate the exchange of information for an accident report.

This is because Portland Police Directive 0640.50 “Traffic Crash Investigations” provides that unless a vulnerable road user is transported by ambulance from the scene there will be no traffic crash investigation. BUT wait, it gets worse. Even where the crash and your injury are clearly the fault of the car driver there is little personal accountability for your injury for the driver.

What You Can Do To Hold Drivers Accountable

1. Make sure you know your legal rights. Learn about how you have the right to demand identification and insurance information at the scene of a collision, so you know what to do if it happens to you.

2. If the police can’t or won’t prosecute the driver who hit and hurt you consider doing it yourself through a Citizen Initiated Violation Prosecution.

3. Learn about your rights to fair treatment by the insurance company for the negligent driver.

4. Learn about how it is that our roads are made more dangerous for Vulnerable Users because the U.S. does not make dangerous drivers pay for the true costs of the damage they create for others.

Insurance is Little Help- Most drivers are insured by insurance companies who warn their customers “Do Not Admit Fault”. Once you get hit and hurt instead of having the driver’s help in getting help for you and your damaged bike an adversarial process is triggered that is designed to protect the driver from any contact with you and the mess the driver has made. Drivers are routinely advised by insurance companies not to reach out to apologize, offer help or even send you a get-well card or letter of apology. Instead if the driver is insured you will likely receive a call from a claim adjuster who will record your account what happened so that it can be used against you later. After reading many transcripts of these “interviews” over the last three decades I have never seen the adjuster offer any advice on how you can get your bike fixed, pay for your medical bills or obtain damages. Instead the adjuster thanks you for the information, and rings off the line, leaving you to figure out where to go next.

Your Car or Bike Insurance- If you have auto or bike insurance, you can make a Personal Injury Protection (PIP) claim on your own policy for wage loss if you miss 14 days of work and for medical bills. But you need to know that you can make this claim. Since PIP is “no fault” it does not matter that you may be partially, or wholly at fault for the wreck, so long as it involves a motor vehicle. While it is somewhat counter intuitive that your insurance provides coverage for a bike wreck that is a car driver’s fault, the premium dollars you have been paying for insurance have been going partly toward this coverage for you.

Editors note: there is much more to this article and it is well worth reading the whole article online at the following link:
https://www.tcnf.legal/holding-dangerous-drivers-accountable-injuring-bicycle-riders/

If you are reading the Spokes PDF just click the link above. Thanks to Ray Thomas of Thomas, Coon, Newton & Frost for allowing us to reprint part of this article in the Spokes Newsletter.
EDUCATION AND OUTREACH COMMITTEE

The Education and Outreach Committee next meeting is on May 13 at 2 pm at Birdie’s Bistro downtown Salem.

A bike skills community event is scheduled for May 29 at Adam Stephens Middle School, a West Salem Community Family Bike Ride on May 26, bike skills event June 7 at Harritt Elementary in West Salem, and the Governor’s Camp-out on June 22 at Willamette Mission Park. We need volunteers for these events.

If you are interested in helping the Committee at any of our events or have ideas of events we should get involved in or speakers for our meeting let any of the members know.

The purpose of the committee is to promote the Salem Bicycle Club, cycling, and cycling safety in our community. The committee will be helping to reduce the workload on the board officers. The committee will be in charge of getting speakers and activities at the General Meetings.

Hersch

UPCOMING GENERAL MEETING PROGRAMS

May 28, 2019
National Bicycle Month – Joanne Heilinger will present the rides committee and how it works. Paul Lindauer will hold an open forum about what is wanted and needed in a new computer software program for the club website.

June 25, 2019
Misha O’Reily Cherriots Trip Choice, will do presentation how the program works to promote alternative mode usage in our area.

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For most of the past 40 years, dieters have been told to limit dietary fat, believing it leads to obesity and heart disease. Today, dieters hear messages to indulge in a very high-fat (ketogenic) diet and limit the carbohydrate-based foods that fueled their low-fat diet. Confusing, eh? The bottom line is: calories count. You can lose weight by limiting carbs and/or fat. Let’s look at the weight management picture, as we understand it to date. (Nutrition is an evolving science!)

**Are carbs fattening?**

Foods such as white bread, pasta, rice and potato (“carbs”) have been demonized as being fattening because they have a high glycemic index. That is, they digest quickly and can spike blood glucose when eaten solo in 50-gram carbohydrate (200-calorie) doses. That happens when the average (unfit) American devours a basket of warm dinner rolls. Blood glucose rises quickly; the pancreas secretes insulin to carry glucose out of the blood and into the muscles. Insulin can stimulate hunger, the desire to eat, and the potential to gain weight.

But how often would you eat rolls without butter? A plate of pasta without sauce and Parmesan cheese? A large potato all by itself – with no butter or protein? Most likely, rarely. Eating “carbs” as part of a meal elicits a lower glycemic response than eating them solo. Protein and fat slow their conversion into blood glucose, thus blunting the glycemic response.

The advice given to the general public to limit high-glycemic foods often results in eating fewer calories (and losing weight). The advice can appropriately help stabilize blood glucose in women with polycystic ovary syndrome (PCOS), and unfit people with obesity, pre-diabetes, and Type II diabetes. But the advice may not pertain to YOU, an athlete. The bodies of athletes eagerly take up blood glucose to fuel exercise and replenish depleted muscle glycogen stores. Too little carb (grain, fruit, vegetable) results in needless muscular fatigue if you train hard day after day.

That said, some very athletic people live in large bodies. They tend to be frustrated they don’t shed fat despite religiously abiding a low calorie diet plus rigorous exercise. As one triathlete complained “I should be pencil thin by now, for the exercise I do...” What’s going on? The answer might relate to that athlete’s personal insulin response to carbohydrate. Research suggests genetics causes some people to be high insulin secretors. Just as not all couch potatoes secrete excess insulin, not all lean athletes escape Type II diabetes.

What does this mean for you, a weight-conscious athlete? If you struggle to lose weight, you might be a high insulin secretor. Take a look at your family genetics: Do your relatives gain weight easily? Do they have diabetes? If yes, you want to talk with your doctor. You might be better off choosing a low glycemic diet, trading processed carbs for whole grains and combining them with lean protein and healthy fats such as nuts, nut butter, and avocado. And plan to keep exercising, religiously.

**Keto or veto?**

You have undoubtedly heard people rave about the keto diet. This very rigid high fat, low carb food plan with more than 70% of the calories from fat and less than 5% of the calories from grains, fruits and veggies is touted to reduce weight and risk for heart disease, diabetes, cancer, and Alzheimer’s. Here’s some food for thought on the current keto rage. You can figure out if you want to jump in or think twice.

- Nutritional ketosis (NK) (as opposed to diabetic ketoacidosis, a life-threatening condition) curbs hunger due to the appetite suppressing effect of ketones. To induce NK, a person needs to restrict carbohydrate to about 20 to 50 grams a day. That means eating only a few berries, some leafy greens, mushrooms, no milk, yogurt or grains. You’d eat lots of avocado, olive oil, nuts, nut butter, and some cheese, bacon, and fatty meats.
- When carbohydrate is not available for fuel, the body adapts (painfully over several weeks of feeling lousy, hence the term “keto flu”) to burn-
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Salem, OR 97301
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www.bikeleague.org
Email: membership@bikeleague.org
We Encourage our members to join the LAB

CLASSIFIED ADS
No Ads This Month
For SBC members only: free, noncommercial ads for bicycle paraphernalia. 25-word maximum.
Send ads to: spokes@salembicycleclub.org.

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Carbs continued from page 8

ing fat and makes a by product called ketones. In-
fants burn ketones; the adult body needs to relearn
how to use them.

• Due to lack of carbohydrate, keto dieters
secrete very little insulin, which contributes to
reduced appetite which, when combined with
limited food options and consumption of fewer
calories, leads to fat loss—and the health benefits
associated with weight loss, including reduced
risk of diabetes, heart disease, etc.

The questions arise:

• Would following a ketogenic diet suit your
lifestyle? No bananas, beer, or birthday cake.
What would you eat on Meatless Monday? Plant
proteins like beans come with too many carbs. No
hummus, burritos, chili.

• Would a high intake of saturated fat (bacon,
sausage, spare ribs) create cardiovascular issues?

• Does the low fiber intake have a negative
impact on your gut (constipation)?

• If you happen to love crunchy apples, fruit
smoothies, and roasted veggies (to say nothing of
a social life) how long could you sustain the keto
lifestyle?

• What would happen when you get out of
“Keto Jail”? Would you end up binge-eating
carbs? Would that leave you with rebound weight
gain, feeling depressed and being worse-off than
your pre-keto status?

• Would changing the nutrient-poor food
choices in your current lifestyle be the wiser
weight management solution? Meeting with a reg-
istered dietitian (RD) could help you make those
changes more easily than you may think.

You have to figure out your answer to the keto
or veto question. For serious athletes who do
intense exercise, take note: It is a lot of work with
no proven performance benefits to date.

© Nancy Clark, MS RD CSSD, April 2019. Nancy
Clark, MS, RD CSSD (@nclarkrd) counsels both casual and
competitive athletes at her office in Newton, MA (617-795-
1875). Her best selling Sports Nutrition Guidebook offers
additional fueling information, as does her blog at NancyC-
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**SBC CALENDAR**

**Rides Committee Meeting**
Friday, May 10, 7:00 p.m.
7883 Jani Ct NE
Keizer, OR 97303
Contact: Joanne Heilinger

**Board Meeting**
Tuesday, May 14, 6:30 p.m.
Boys and Girls Club, 1395 Summer St NE
Contact: Jim Ross

**General Meeting**
Tuesday, May 28, 6:30 p.m.
Carrier Room at First United Methodist Church on the corner of State and Church Streets.
National Bicycle Month – **Joanne Heilinger** SBC Rides Committee Chair will do a presentation on the Rides Committee work and how rides get scheduled.

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**OFF THE BACK**

**PRESIDENT’S LINK**

Several things went into making April yet another active month for the Salem Bicycle Club. First, the weather for the first half of the month was downright discouraging for most of the riders. Yet, a hardcore group seemed to be able to meet the challenge. They were able to prevail with additional weather proof clothing, better lighting, and a can-do attitude.

Then there were the repeated preparations of the Monster Cookie Team. Hersch Sangster led the group to check and recheck all the items for consideration: permits, food purchases, sag drivers, rest stops, advertising, and registration handlings all added up to be a full load to keep track of. Jakey made sure that the numerous volunteers were lined up, all things considered over 45 people are involved, some were over more than just the day of ride help. Doug Parrow, Todd Beal, Paul Lindauer, and Rob Lundblad all made multi day contributions. Thanks to all who continued our club’s spirit of volunteerism.

The general meeting proved to be time well spent for all who attended.

The board had an energizing session. It formed a sub-committee to start the process for the annual banquet. They have already met, and ideas will be forth coming. The outreach committee continues its efforts to interact with the community at large. It was engaging with a program in Independence, a Willamette Valley Bicycle Initiative group, and plans for general meeting speakers. In addition, the board considered ways to encourage newer bicyclists which included the things that got most of us started.

**Jim Ross**