SBC ANNUAL AWARDS BANQUET

Sixty-one people enjoyed the Salem Bicycle Club Annual Banquet on January 26, which was held at a new venue this year. The Oregon Room at Roth’s West Salem provided attendees an amazing space to mix and mingle prior to enjoying a delicious buffet style dinner and dessert.

Jim Ross welcomed everyone and thanked them for attending and celebrating the successes of the Salem Bicycle Club and the many volunteers and bicycle riders who made 2019 a great year for the club. A slide presentation highlighting many SBC bicycle riders was played to the song “Celebration,” exemplifying the fun, friendship and community that is the Salem Bicycle Club.

Jim reviewed the club’s financial status. The revenues from the Monster Cookie and the Peach allow the club to provide financial support to the community through a number of programs, education, and other community events. The club made a total $2,750 in donations during 2019, and provided additional in-kind support to several community events. Jim also spoke to volunteerism as being at the very heart of what makes SBC a successful and fun club. He praised the contributions of current volunteers and encouraged others to step forward and join in the volunteer effort. Jim announced the Board of Directors for 2020 had one opening to fill. Larry Miles volunteered to fill that open position.

The Battered Saddle-Dan Rice Memorial Award for most club miles was won by Doug Parrow with 6,602 miles in 2019. The P.E.D.A.L. Award (Pedals Every Day And Loves it) for the most club rides was won by Joanne Heilinger with 196 rides. Special surprise awards were given to Mark Lebow for being a “Road Angel” by helping out John Hixson when he crashed his bike and to Larry Goodreau for being a “Road Avenger” for recording the most average miles per ride among the top 25 riders.

The Road Animal Award winners who logged 2,500 or more club miles and participated or volunteered in all SBC event rides included first time Road Animal Award winner Larry Miles and repeat Road

continued on page 3
During the last few years, the state legislature has passed two bills that change bicyclists’ abilities to navigate intersections with stop signs and traffic lights.

The most recent bill was passed by the 2019 legislature and became effective the first of this year is commonly called the Idaho Stop or Stop as Yield Law. Senate Bill 998, now incorporated into state statutes as ORS 814.414 and 814.416, essentially legalizes an approach to stop signs that many bicyclists have used for years – rolling through the intersection without having come to a complete stop after determining that there are no approaching motor vehicles. The law applies at stop signs and their functional equivalents, flashing red lights.

Historically, there have been two critical elements in the stop sign and flashing red light laws: (1) Stop, and (2) Proceed only after yielding to traffic with the right of way and that are so close to constitute an immediate hazard. Under the new law, bicyclists no longer have to stop before proceeding into and through such an intersection if they slow to a safe speed. However, when doing so the cyclists must continue to yield to other traffic with the right-of-way, obey the instructions of a police officer or flagger, exercise due care, and yield to pedestrians.

The concepts of slowing to a safe speed and due care are undoubtedly subjective and situational. For example, when riding south on 82nd Ave and intending to turn right onto Sunnyview Rd, cyclists are able to see any traffic approaching from their left for a considerable distance. Presumably one can continue riding at a fairly rapid pace consistent with the requirement that they slow to a safe speed and exercise due care. A left turn from Quail St onto Hwy 99E offers a contrasting situation. Because of the high-speed traffic and the poor sightlines to the south, due care undoubtedly necessitates approaching the intersection at a very slow speed and may dictate a complete stop.

The change in the law is not a license to blow stop signs. We do not want to be the reason that a motorist who has the right of way at an intersection must slam on the brakes or swerve to avoid hitting us, or worse to be hit in such a situation. The change in the law also did not legalize another common cycling practice – rolling through a solid red light when making a right turn. That practice continues to be a violation of traffic law.

The other bill addressing traffic lights, passed in 2015, was Senate Bill 533, now incorporated into the ORS 811.360. The purpose of that bill was to allow motorcyclists and bicyclists who are unable to activate the sensor at an intersection with a traffic light to proceed. The motorcyclist or bicyclist approaching a solid red light or arrow at an intersection must come to a complete stop. If the light is controlled by a sensor, then the cyclists can proceed after the light completes a full cycle provided they yield to other traffic and exercise caution. Conceptually, the full cycle requirement works where the cyclist is attempting a left turn and is unable to trigger a left turn arrow. However, problems activating sensors at many other intersections are not resolved by the legal change. For example, the camera sensors for the traffic light at Lockhaven Dr and 14th Ave often do not detect the presence of a bicyclist and, as a result, the light does not cycle. Technically, a bicyclist cannot proceed across Lockhaven against a red light. However, the probability of receiving a citation for doing so seems remote if the cyclist has waited a reasonable amount of time and there is not nearby cross-traffic. As with stop signs, the real price of a failure to exercise caution in these situations is paid by the bicyclist.
Animals: Pam Carey, JoAnn Dewey, Laurie Garrett, Joanne Heilinger, Ron Henderson, John Hixon, Aaron Hughes, Paul Kuhns, Mark Lebow, Jackie Lefevre, Paul Lindauer, Paul Logan, Marilyn Monson, Doug Parrow, Jakey Ross, Jim Ross, Winnie Sangirardi, Steve Sawyer, Don Thompson and Chuck Young.

The club’s Top Volunteers who devoted an extraordinary amount of time and energy to making the club successful were recognized. These members are: Hersch Sangster, Doug Parrow, Dori Nelson, Jim Ross, Jackie Lefevre, Jakey Ross, Joanne Heilinger, Laurie Garrett, Marilyn Monson, George Schopfer, Norm Johnson, Rob Lundblad, Paul Lindauer, Winnie Sangirardi, Chuck Young, Don Thompson, Mary Ann Sangster, Keith Lippy, Larry Lohrman, Mark Lebow, Pam Carey, Emily Loberg, Gary Strand, and JoAnn Dewey.

Jim reminded the group that the Monster Cookie Metric Century is scheduled for Sunday, April 26 and the Peach of a Century is scheduled for Sunday, August 30. He said that Hersch Sangster would be coordinating the Cookie again and Larry Miles would coordinate the Peach. He also encouraged club members to sign up to help with these rides.

Thank you to all who attended! The positive energy and the amazing spirit of all who contributed to the fun, volunteerism, and community of SBC in 2019 will shine bright into the new cycling year of 2020. Jim Ross closed the evening by encouraging us to “Keep the Rubber Side Down.” And keep on cycling!

EDITOR’S NOTES

The March issue of Spokes, along with the annual Membership Directory, is mailed to all current SBC members. The April and subsequent issues will only be sent to those who have opted for the “Mailed Spokes.” A pdf version of the newsletter will continue to be available on the SBC website.

This issue of Spokes represents an initial redesign of the SBC newsletter. Send comments and suggestions to spokes@salembicycleclub.org.

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OTHER NORTHWEST RIDES

The Mini-CROC  
a one-day ride in eastern Oregon  
by Connie Macomber

Every year, okay – minus one year, Pendleton on Wheels (POW) has a cycling event. In the past it was a three-day ride. Now, for the second year it’s a one-day ride. We call it the Mini-CROC (a shorter version of the “Century Ride of the Centuries” because the routes included so many century farms and ranches). Our 2020 Mini-CROC will be Saturday, May 23 of Memorial Day weekend. We limit the ride to 125 riders. It includes SAG support and a bike mechanic at the rest stop. The cost for the ride is $60 before May 2. More information can be found at http://www.cyclependleton.com. 95% of the proceeds go toward six $500 grants that are given out to youth-centered organizations in the local area. Some of the profit has to go toward operating costs of our club, which is a 501C.

We have found that participants enjoy starting off their summer cycling with this ride along farmlands, wild flowers and low traffic roads, as they climb into the Blue Mountains via Cabbage Hill, (9+ miles of nonstop climbing). At the top, a well-earned rest will be enjoyed with a Blazing Saddles themed rest stop in a rustic park building at Emigrant State Park. We believe we’ve even secured a horse and rider to be present to welcome riders! An end-of-ride meal is provided at a local restaurant in Pendleton, OMG! Burgers and Brew, as well as a raffle of items from local businesses.

We encourage participants to stay for the weekend to enjoy the many other activities in eastern Oregon and Washington. There are other beautiful rides that riders can enjoy that offer a peaceful, quiet experience along with wonderful scenery. There are two golf courses in Pendleton if that’s your thing. Many wineries, of course! Some enjoy driving the 25 miles to Echo for a round of golf at their course, and then imbibe at the two wineries in town.

For more information, contact me at macomberco@gmail.com.
MINUTES

January 8 Board of Directors’ Meeting


Treasurer’s Report: Rob Lundblad reported the following budgetary figures as of January 1, 2020.

- CD2020-06-19@1.88 $2,040.80
- CD2020-05-19@2.23 5,131.83
- CD2021-11-19@2.47 3,087.73
- 9695-Events 7,088.78
- 9687-Operating 11,062.99
- Trust-USPS 16.79
- Paypal 553.78
- Total/Checking/Savings $28,982.70

Road Animal Awards: Pam moved that the club continue awarding year sticker’s for repeat Road Animal winners and order a new blank plaque for those who have filled their original award plaque. In addition, the club will award a plaque to each new Road Animal winner. Motion approved by unanimous vote.

20/1000 Award: Doug moved to increase donation to Marion Polk County Food Bank from $2 per winner to a $250 donation. Motion approved by unanimous vote.

Bike Only Days: Pam moved to recognize the people who qualified for this award by giving a verbal “atta girl/atta boy” at the annual banquet. There will be no monetary award. Motion approved by unanimous vote.

Volunteer Award: David Philbrick presented and reviewed the final volunteer points. Doug moved that volunteers with 25 or more points receive a “Top Volunteers” gift at the annual banquet. Motion approved by unanimous vote.

Banquet: There are 27 people currently signed up. Paul will send another email blast to encourage people to sign up.

New Business: Finalize bylaws prior to printing, Bicycle Friendly Community Project, New Idaho Stop Law article for Spokes, Letter from a club member regarding Spokes.

HELP WANTED: Board Position. One volunteer is needed to serve on the Salem Bicycle Club Board. No experience necessary. Meetings take place the second Wednesday, every month at 6:30 PM, IKE BOX. Please contact Jim Ross if interested.

February 12 Board of Directors’ Meeting

Present: Jim Ross, Emily Loberg, Gary Strand, Pat Carey, Larry Miles, Laurie Garrett, Rob Lundblad and Paul Lindauer. Absent: Doug Parrow.

Treasurer’s Report: Paul Lindauer reported the following budgetary figures as of January 31, 2020

- CD2020-06-19@1.88 $2,040.80
- CD2020-05-19@2.23 5,131.83
- CD2021-11-19@2.47 3,087.73
- 9695-Events 8,932.93
- 9687-Operating 8,932.93
- Trust-USPS 16.79
- Paypal 327.82
- Total Checking/Savings $27,626.68

New Board Members: The following new board members were welcomed and voted in by unanimous vote: Larry Miles, Pat Carey and Doug Parrow. Jim thanked outgoing board members Winnie Sangirardi, Pam Carey and Keith Lippy for their service on the board.

Banquet Evaluation: The board received positive feedback about location, venue, food, and award presentation. However, some improvement was needed as the beef was tough and there were not enough potatoes.

Committee assignments:
- Banquet/Awards: Larry Miles, Pat Carey and Gary Strand
- Bylaws: Rob Lundblad
- Computer: Paul Lindauer

continued on page 8
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. Rides start at the Red Lot, located between Center and Marion Streets on Capitol Street across from McDonald's, unless otherwise indicated.

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 Highwheeler 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.

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**RIDES CALENDAR**

<table>
<thead>
<tr>
<th>March Weekend Rides</th>
<th>Miles</th>
<th>Diff.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1 Sun 10:00 AM Bakeries, Bison &amp; Beyond</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Marilyn Monson 503-559-3589</td>
<td>46</td>
<td>B</td>
</tr>
<tr>
<td>Meet at Jefferson Middle School on 2nd St to ride to see Helen Keller, the blind bison. Consider bringing an apple for Helen.</td>
<td></td>
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</tr>
<tr>
<td><strong>1 Sun 10:00 AM Polar Bear</strong></td>
<td></td>
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<tr>
<td>Jim Ross 503-581-7462</td>
<td>34</td>
<td>A</td>
</tr>
<tr>
<td><strong>1 Sun 1:30 PM Lake Labish via Waconda</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jakey Ross 503-581-7462</td>
<td>25</td>
<td>A</td>
</tr>
<tr>
<td>The ride starts at the EZ Orchards Farm Market at the corner of Hazelgreen and Cordon Rds.</td>
<td></td>
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</tr>
<tr>
<td><strong>7 Sat 10:00 AM Wells Landing</strong></td>
<td></td>
<td></td>
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<tr>
<td>Winnie Sangirardi 503-362-9150</td>
<td>37</td>
<td>B</td>
</tr>
<tr>
<td><strong>7 Sat 10:00 AM Jones Farm Stand/Egan's Garden</strong></td>
<td></td>
<td></td>
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<tr>
<td>Mike Van 503-931-8180</td>
<td>27</td>
<td>A</td>
</tr>
<tr>
<td><strong>8 Sun 10:00 AM North Santiam</strong></td>
<td></td>
<td></td>
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<tr>
<td>Lisa Morriss 808-987-3051</td>
<td>40</td>
<td>B</td>
</tr>
<tr>
<td><strong>8 Sun 1:30 PM Fruity Fruit Stands</strong></td>
<td></td>
<td></td>
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<tr>
<td>Norm Johnson 503-569-4255</td>
<td>25</td>
<td>A</td>
</tr>
<tr>
<td><strong>14 Sat 10:00 AM Lucky Irish Hills</strong></td>
<td></td>
<td></td>
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<tr>
<td>Paul Logan 503-428-6923</td>
<td>36</td>
<td>D</td>
</tr>
<tr>
<td><strong>14 Sat 10:00 AM Irish Cream</strong></td>
<td></td>
<td></td>
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<tr>
<td>Jim Ross 503-581-7462</td>
<td>34</td>
<td>A</td>
</tr>
<tr>
<td><strong>15 Sun 10:00 AM Amity Daffodils</strong></td>
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<tr>
<td>Pat Lippy 503-508-0291</td>
<td>48</td>
<td>B</td>
</tr>
<tr>
<td><strong>15 Sun 1:30 PM Windsor Island - Shoreline Drive</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jakey Ross 503-581-7462</td>
<td>21</td>
<td>A</td>
</tr>
<tr>
<td><strong>21 Sat 10:00 AM Springhill Spring Equinox</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Marilyn Monson 503-559-3589</td>
<td>50</td>
<td>B</td>
</tr>
<tr>
<td><strong>21 Sat 10:00 AM Brooklake</strong></td>
<td></td>
<td></td>
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<tr>
<td>Mike Van 503-931-8180</td>
<td>28</td>
<td>A</td>
</tr>
<tr>
<td><strong>22 Sun 10:00 AM Jefferson via Liberty Rd II</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jean Brougher 503-884-7062</td>
<td>42</td>
<td>C</td>
</tr>
<tr>
<td><strong>22 Sun 1:30 PM Wandering in the Country</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Norm Johnson 503-569-4255</td>
<td>23</td>
<td>A</td>
</tr>
<tr>
<td><strong>28 Sat 10:00 AM Bauman Farms</strong></td>
<td></td>
<td></td>
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<tr>
<td>Lisa Morriss 808-987-3051</td>
<td>38</td>
<td>A</td>
</tr>
<tr>
<td><strong>28 Sat 10:00 AM Oakey Doakey Dallas</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>John Hixson 503-749-2205</td>
<td>45</td>
<td>C</td>
</tr>
<tr>
<td><strong>29 Sun 10:00 AM St Paul via Broadacres</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>John Hixson 503-749-2205</td>
<td>55</td>
<td>A</td>
</tr>
<tr>
<td><strong>29 Sun 1:30 PM Macleay via Howell Prairie</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Norm Johnson 503-569-4255</td>
<td>25</td>
<td>A</td>
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<table>
<thead>
<tr>
<th>April Weekend Rides (partial list)</th>
<th>Miles</th>
<th>Diff.</th>
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</thead>
<tbody>
<tr>
<td><strong>4 Sat 9:00 AM Silverton John's Way</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Winnie Sangirardi 503-362-9150</td>
<td>36</td>
<td>B</td>
</tr>
<tr>
<td><strong>4 Sat 9:00 AM Marquam via Scotts Mills</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pat Lippy 503-508-0291</td>
<td>54</td>
<td>B</td>
</tr>
</tbody>
</table>

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The Highwheeler 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.
The ride starts at the EZ Orchards Farm Market at the corner of Hazelgreen and Cordon Rds. Please park in the gravel parking lot south of the store.

Weekday Rides

Mondays 6:30 PM Monday Evening Lights Ride
Doug Parrow 503-931-0588 & Joanne Heilinger 503-399-9652
Meet in the Keizer Station shopping center in front of REI. Legal head lights and tail lights are required. Rides are subject to cancellation. Contact the ride coordinator prior to 5:30 pm if you intend to ride.

Wednesdays 10:00 AM East Salem Morning Ride
George Schopfer 503-364-1025
Meet at McKay Park on Hollywood Dr between Silverton Rd and Sunnyview Rd. If the gate to the east parking lot is closed, use the west parking lot at the end of Carolina Ave accessed from Lancaster Dr or park on the street and ride to the meeting point. Ride may be canceled if weather is questionable. Call the ride coordinator if in doubt.

Wednesdays 10:00 AM No-Drop Morning Ride
Dori Nelson 503-364-1551
Meet at McKay Park on Hollywood Dr between Silverton Rd and Sunnyview Rd. If the gate to the east parking lot is closed, use the west parking lot at the end of Carolina Ave accessed from Lancaster Dr or park on the street and ride to the meeting point. Participants will ride together. Ride will be canceled for inclement weather. New riders should call the ride coordinator to confirm start location and time.

Tuesday and Thursday Weekday Evening Rides start in April. East Salem Evening Rides start from McKay Park at 6:15 pm on Tuesdays. Keizer Family Rides start from Cummings Elementary School at 6:30 pm. Monday Evening Rides start time changes from 6:30 pm to 6:15 pm.
Spokes Transition: Jim reported that both Chuck Crump and Dan Shryock had shown interest in the editor position of the Spokes.

Future Possible Projects: CCTV, making both a safety and mechanical bike video. Bicycle Friendly Community: Safe Routes to School and Willamette Valley Scenic Bike Group. Buying SBC emblem socks to give to speakers.

Monster Cookie: The ride will be on Sunday, April 26. New for this year is a sign committee, Bike Reg and a different style of volunteer shirts. Volunteers are still needed. Contact Hersch Sangster.

Outreach: There will be volunteer opportunities at these events:

- Harritt Elementary Bike Rodeo Friday, June 5, 2020, 5-7:30 pm.

February 11 Education and Outreach Committee

The committee met on to plan for events for 2020.

Speakers scheduled for the 2020 include:
- February 25: Dan Shryock Travels
- March 24: Ray Thomas – Cycling AAL Bike Law
- April 28: Eunice Kim, AICP, LEED GA City of Salem – Community Development
- May 26: Katie McFall, Development Coordinator – Recreational Cycling, Willamette Valley Visitors Association
- June 23: Mike & Barb Smolin – Cycling in the Czech Republic
- July 28: Wayne Frey – Cycle Oregon Experience, 2019
- August – No General Meeting
- September 22: Bike Peddler – Our local Oregon Interscholastic Cycling Team
- October 27: Monmouth Bike Shop – Operations and demo on preparing for Winter/Fall Riding Shop
- November: Elections/Swap Meet/Potluck
- December: No General Meeting

MVCOG has just hired McCrea Carmichael as the Safe Routes to Schools Coordinator for the Salem-Keizer Schools. She will be starting out with only five elementary schools -- three in Salem/Marion County and two in Keizer. Right now, she is meeting partners, teachers, administrators and parents at these schools. She will be trying to work in a visit to the Salem Bicycle Club. Hersch is on the MVCOG Steering Committee for Safe Routes and will keep the SBC update on this program.

The OPRD has not yet hired a Scenic Bikeway Coordinator.

The Committee does not have many events yet scheduled by schools just yet.

Harriet Elementary West Salem has their Bike Skills event on Friday June 5 from 5 to 7:30 pm

Keizer Iris Festival Iris Family 6-mile, which the SBC has been doing to several years, is scheduled for Sunday May 17 at 1:00 pm starting at Cummings Elementary School.

The Edgewater Neighbors are wanting another Riverfront ride, but this time in June. Further details on date and time by the next meeting.

If any club member is interested in joining, helping at an event or has ideas for speakers or events contact Hersch. The next meeting will be March 24, 2020 at 2:00 pm at Birdie’s Bistro.

SBC ONLINE

The club has a number of online resources available to members. These include:

- The **SBC Website** with the club rides calendar and other information about club activities.
- A **Facebook page** on which updates and reminders of club activities are posted. Find the club's Facebook page at [www.fb.me/SalemBicycleClub](http://www.fb.me/SalemBicycleClub).
- A **Facebook Member Group** in which club members can share information about past rides, photos, and other information. Join the group to participate in the discussions.
- A **Twitter** account through which members can receive information about ride changes and other updates. See the “Club Business” page on the website for information on how to sign up for Twitter updates. Recipients of these updates are not required to have personal Twitter accounts.
- A **Ride With GPS** club account which provides SBC members with enhanced resources. See the "Club Business" page on the website for information on how to join the club's RWGPS account.
# Salem Bicycle Club 2020 Budget

## Inflows

<table>
<thead>
<tr>
<th>Category</th>
<th>2017 Actual</th>
<th>2018 Actual</th>
<th>2019 Actual</th>
<th>2020 Budget</th>
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<td>Advertising</td>
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<td>Dues</td>
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<td>Interest</td>
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<td>Interest from CD's</td>
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<td>Donations Received</td>
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<td>Donations for Memorial</td>
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<td>-</td>
<td>235.00</td>
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<td>Banquet - Paid by Members</td>
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<td>1,521.00</td>
<td>1,433.00</td>
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<td>Misc Sales</td>
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<td>Net Monster Cookie</td>
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<td>Net Peach</td>
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<td><strong>Total Inflows</strong></td>
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<td><strong>13,774.70</strong></td>
<td><strong>25,758.44</strong></td>
<td><strong>19,406.00</strong></td>
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## Outflows

### Administration Expenses

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<thead>
<tr>
<th>Category</th>
<th>2017 Actual</th>
<th>2018 Actual</th>
<th>2019 Actual</th>
<th>2020 Budget</th>
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<tr>
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<td>State Fees</td>
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<td>Insurance</td>
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<td>2,096.23</td>
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<td>1,900.00</td>
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<tr>
<td>Membership &amp; Subscriptions</td>
<td>300.00</td>
<td>300.00</td>
<td>300.00</td>
<td>300.00</td>
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<td>Postage, Printing and Copies</td>
<td>12.53</td>
<td>120.68</td>
<td>34.70</td>
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<td>Refreshments</td>
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<td>Rent</td>
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<td>Services and Supplies</td>
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<tr>
<td>Miscellaneous</td>
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<tr>
<td><strong>Total Admin Expense</strong></td>
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<td><strong>5,331.61</strong></td>
<td><strong>4,838.12</strong></td>
<td><strong>5,960.00</strong></td>
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## Committees

<table>
<thead>
<tr>
<th>Category</th>
<th>2017 Actual</th>
<th>2018 Actual</th>
<th>2019 Actual</th>
<th>2020 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advocacy</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Awards &amp; Banquet</td>
<td>4,407.29</td>
<td>6,607.50</td>
<td>7,152.11</td>
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<tr>
<td>Awards</td>
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<td>2,200.00</td>
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<td>Membership</td>
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<td>Newsletter</td>
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<td>Weekly Rides</td>
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<td><strong>10,109.97</strong></td>
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## Donations

<table>
<thead>
<tr>
<th>Category</th>
<th>2017 Actual</th>
<th>2018 Actual</th>
<th>2019 Actual</th>
<th>2020 Budget</th>
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</thead>
<tbody>
<tr>
<td>Monster Cookie</td>
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<td>MCR Rest Stop Help</td>
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<td>Peach</td>
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<td>700.00</td>
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<tr>
<td>Donation of CD Interest</td>
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<td>200.00</td>
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<tr>
<td>Donation of Memorial Fund</td>
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<td>235.00</td>
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<td>Other Voted</td>
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<td><strong>Total Donations</strong></td>
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<td><strong>3,210.00</strong></td>
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## Total Outflows

<table>
<thead>
<tr>
<th>Category</th>
<th>2017 Actual</th>
<th>2018 Actual</th>
<th>2019 Actual</th>
<th>2020 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Inflows</strong></td>
<td><strong>18,562.14</strong></td>
<td><strong>13,774.70</strong></td>
<td><strong>25,758.44</strong></td>
<td><strong>19,406.00</strong></td>
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<tr>
<td><strong>Total Outflows</strong></td>
<td><strong>16,472.60</strong></td>
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<td><strong>17,698.09</strong></td>
<td><strong>16,870.00</strong></td>
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## Net Inflows/Outflows

<table>
<thead>
<tr>
<th>Category</th>
<th>2017 Actual</th>
<th>2018 Actual</th>
<th>2019 Actual</th>
<th>2020 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Net Inflows/Outflows</strong></td>
<td><strong>2,089.54</strong></td>
<td><strong>(6,145.75)</strong></td>
<td><strong>8,060.35</strong></td>
<td><strong>2,536.00</strong></td>
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</tbody>
</table>

Approved by SBC Board on 12/10/2019
Your bike runs on fat and saves you money while your car runs on money and makes you fat.

The bicycle is the most efficient form of transportation on the planet. You can move five times faster than walking and go three times as far on the same amount of caloric energy.

A car uses 50 to 80 times more energy than a bicycle to travel the same distance.

The world bicycle started being used several years after first bicycles appeared for sale. Those first models were called velocipedes.

Inventors who first conceived modern bicycles were either blacksmiths or cartwrights.

More than 100 million bicycles are manufactured each year.
2019 Volunteers

Board of Directors
Jim Ross, President
Pam Carey, Vice President
Laurie Garrett, Secretary
Paul Lindauer, Treasurer
Winnie Sangirardi
Emily Loberg
Gary Strand
Keith Lippy
Rob Lundblad

Monster Cookie Coordinators
Hersch Sangster
Don Thompson

Peach Coordinators
Don Thompson
Hersch Sangster

Newsletter Editors
Larry Lohrman
Doug Parrow

Webmasters
Doug Parrow
Kyle Everson

Accountant
Jackie Lefevre

Event Rides

Rides List Distribution
David Philbrick

Rides Committee
Joanne Heilinger, Chair
Jean Brougher
Loretta Davis
JoAnn Dewey
Kyle Everson
John Hixson
Aaron Hughes
Mark Lebow
Jackie Lefevre
Keith Lippy
Pat Lippy
Paul Logan
Rob Lundblad
John Henry Maurice
Marilyn Monson
Lisa Morris
Doug Parrow
Jakey Ross
Winnie Sangirardi
Chuck Young

Ride Coordinators
(30 or more points)
Dori Nelson
Doug Parrow
George Schopfer
Joanne Heilinger
Jackie Lefevre
Hersch Sangster
Norm Johnson

Ride Coordinators
(11 to 30 points)
Jakey Ross
Marilyn Monson
Mark Lebow
Jim Ross
Rob Lundblad

Ride Coordinators
(10 or fewer points)
Chuck Young
Paul Logan
Jean Brougher
JoAnn Dewey

Community Partners
Scott’s Cycles
Monmouth Bicycle Shop
The Bike Peddler
Northwest Hub
EZ Orchards

Top Volunteers
Hersch Sangster
Doug Parrow
Dori Nelson
Jim Ross
Jackie Lefevre
Jakey Ross
Joanne Heilinger
Laurie Garrett
Marilyn Monson
George Schopfer
Norm Johnson
Rob Lundblad
Paul Lindauer
Winnie Sangirardi
Chuck Young
Don Thompson
Mary Ann Sangster
Keith Lippy
Larry Lohrman
Mark Lebow
Pam Carey
Emily Loberg
Gary Strand
JoAnn Dewey

Banquet Preparations
Jim Ross
Pam Carey
Laurie Garrett
Paul Lindauer
Winnie Sangirardi
Larry Miles
JoAnn Dewey

Membership Coordinator
Winnie Sangirardi
We begin this next year with gratitude for those who served on the Board and made a strong contribution to our efforts. Thank you, Pam Carey, Winnie Sangirardi, and Keith Lippy. Our incoming members are all major supporters of the club. Larry Miles, Doug Parrow, and Rob Lundblad have been involved with the club for years in various capacities.

During the Annual Banquet we realized and recognized the achievements of lots of volunteers, riders, and leaders who improved our activities. They are all recognized elsewhere in the Spokes. Let it be said that the banquet was a success as told by the sixty members who attended.

With the guidance of the Outreach Committee, we see a busy year ahead. Several ride events are planned for Open Streets in May. The general meeting speakers have been selected for the balance of this year. Also, we are already planning and making arrangements for the Monster Cookie on April 26, 2020. Groundwork is being started for the Cookie. In a large part we are thankful for the labors of Hersch Sangster for this planning.

Each of us will have all kinds of opportunities to step up, jump in, and pedal for a better cycling community in Salem, OR. Thank you to everyone who makes this organization so strong.

Keep the rubber side down,

Jim Ross

---

**Dabbling in Africa**

by Laura Wanker

We love seeing the world slowly and on two wheels. We can see everything, feel the air, understand the terrain. We have multitudes of reasons to interact. We ask directions when we are pretty sure where we are going. We order food from roadside stands, talking with the proprietors and often to the cooks. We find local lodges or guest houses and have conversations there. We aren’t attached to any particular route or strict daily timeline. This is not to say I haven’t planned. I have spreadsheets of possible routes with distance & elevations. The planning is (almost) as fun as the trip. But now we are off. Adventure awaits.

Thirty plus years ago I spent a summer in a Spanish immersion class at a local college. My study partner was a guy from Ghana. I wish I could remember his name. He told me about his homeland in beginners Spanish in class and in English on breaks. “You must go,” he urged me. I made a vague promise in one language or the other. Since then Ghana has always been on my long list of travel destination possibilities.

Twenty years ago I rode up a long hill with a woman who rode on the “Odyssey 2000” round the world two year bike tour. That was indeed an odyssey, but that one is her story to tell. My story starts when I asked her, “Where do you want to go back to?” Without hesitation she replied “South Africa,” and proceeded to tell me why.

This year (or was it last year?), I asked a colleague how he had spent his summer. “I just got back from Rwanda,” he told me. That was a surprise. All I knew about Rwanda was hearing about genocide. Turns out that since that time Rwanda has been reinventing itself as a banking and commerce capital, creating a growing middle class. It also turns out that on the least expensive flight from Ghana to South Africa one must stop in Kigali, Rwanda. It’s a one hour layover with a plane change. I don’t trust that working with our bikes, but fortunately I have that just-learned gem that Rwanda is interesting and safe. I looked at making that a 25 hour stop. Then I learned about trekking to see mountain gorillas, which is less expensive in next-door Uganda, so extended that to a week in that region and our basic itinerary is set.

Follow Laura’s and Rod’s adventure at: https://tinyurl.com/yx5reguh.