



March 2009

NEWSLETTER

President's Paceline Remodeling

This winter I rebuilt my wheelbarrow. It is one of those gray plastic jobs, very large with two wheels. It was working OK, but then one of the handles broke, making it awkward to balance. In addition, the wheels squeaked and the metal pieces were rusty. It wasn't hard to make new oak handles, finish them with oil, and remount them. The bearings just needed new grease, but the on inspection the tires needed replacing as well. A little wire brushing and a good coat of black paint on the rusted metal really boosted the appearance. All in all, a very satisfying project.



Segueing deftly into this month's Paceline topic, I'd like to discuss our proposed changes to the Siskiyou Velo Bicycle Club. Thanks to all of you who attended our February 11 meeting at the Harley Davidson shop in Phoenix. By our sophisticated counting system (James Williams counting on his fingers) we think about forty or fifty showed up. The meeting was open style, meaning everyone was free to move about the large meeting room, talking to others about the topics that interested them. Our discussion leaders took notes, and we came up with some good requests and a few people who were willing to become involved.

Some of the ideas require little action, just a decision to do things differently, such as: Having more fun at meetings by reducing the number of business meetings and including more social and informative meetings, or saving money and paper by sending the newsletter online only. Others ideas require involvement of just a few, such as improvements to the website, making ride and club information more available to members, actively greeting new members, becoming more welcoming, or creating a new officer position in charge of publicity and community involvement. Other ideas would require a greater number of active members than we now have to help with leadership and skill-sharing. These ideas include creating a greater variety of rides in the 10 to 16 mile per hour category with more social interaction, or bicycle skill trainings for new riders. Bicycle maintenance workshops were mentioned several times.

All of these ideas are do-able and all fit within our mission as a club. As leaders, we'll definitely be discussing all of these options and others at the meetings and planning a series of improvements over the near future. Some of the better ideas will require greater membership participation. I am asking those of you with the desire to help and a little extra time to step forward, attend a meeting or two and let your desire to help be known.



Did I forget to mention how pleasant it is to use my new wheelbarrow? Nothing like sprucing up what we already have to create satisfaction. I hope to hear from you.

Best regards,

Mike Smith

855-1531 or michaelmail@earthlink.net

New Members

Joe Horn
Beth & Fred Hay
Sarah Paul
Jeanne Robbins

Renewing Members

John & Tish Harlow
Robin McKenzie
Dan & Leslie Wooton
Linda Kimball
Ray Forsyth
Robert Sorrell
Bruce Taylor
David Walton
Jim Knerl & Rita Orlandini
Dan Thorndike
Randy Mason
Gail Frank

Time to Renew

Deb Groskreut
Lisa Bach
Bess Perry
Scott Hopkins
Alfred Harrison
Sue Mendelson
Jolly Johnson
Daniel Bittick
Don & Chris Cheek
Cheryl French & Charles Whitaker
Andy Mayer
Gary Harden
Gary Roberts
Eric Brown
Mel & Terry Friend
Susan Landfield
Jerry Nitzberg
Meg Rawlings & Russ Rudometkin
Becky Brooks & James Williams
Joanne Haddad & Ron Davies
Jim & Pam Britton
Terry & Jennifer Longshore
Russ & Renee Rickert
John J. Petersen

Members' Ads

FOR SALE: Bicycle Fit from Therapeutic Associates Physical Therapy. Redeem at a store in Ashland, Central Point, Grants Pass, Medford or Sutherlin. Bobbie is unable to use this \$200.00 value due to an injury. Paid \$20.00 at the MLC Silent Auction. Asking price \$20.00. Call Bobbie 488-5003 or boborbobbie@yahoo.com

FOR SALE: Kurt Kinetic "Road Machine" Fluid Trainer, 2004 model, excellent condition (used only about 20 times). The best indoor stationary trainer around. Smooth, quiet, leak-free, and can be used with road or mountain bikes. Front wheel stand and protective floor mat included. Asking \$175. Call or e-mail Dave at 541-324-8694 or daveb@mind.net

Newsletter Newsflash!!

VELO STIMULUS PACKAGE — This *may* just be the last paper edition of the Siskiyou Velo newsletter to be published. Most of you get the newsletter online already. Our bulk mailing permit expires in a couple weeks. Looking at costs of printing and mailing the newsletter (roughly \$1700 per year), it is being proposed that the newsletter go entirely electronic. Especially since we will be getting no revenue from the MLC this year, cutting costs is important. If you have comments or questions, contact Mike Smith.

Next Club Meeting

Siskiyou Velo club meetings are open to all members. Meetings are held each month at 7:00 pm on the 2nd Wednesday of the month. The next meeting will be March 11 at Angelo's Pizza in Phoenix. Find out what's happening with cycling and advocacy in the area, share your expertise and join in!

Siskiyou Velo Club Officers 2009

P. O. Box 974 Ashland, OR 97520

Officers

President:	Mike Smith 855-1531	michaelmail@earthlink.net
Advocacy:	Edgar Hee 734-4872	ejhee@juno.com
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Touring/Rides:	Dan Wooton 779-9248	touring@siskiyouvelo.org
Racing:	Glen Gann 779-6986	ggann9@charter.net
Membership:	Anna Arispe 944-3669	aarispe@golfsavingsbank.com
Secretary:	James Williams 857-9037	jbsequoia27@msn.com
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Newsletter:	Jodi Weber 301-6880	newsletter@siskiyouvelo.org

Webmaster Spencer Gray 621-3743 webmaster@siskiyouvelo.org

Visit us on the Internet: <http://www.siskiyouvelo.org>

Newsletter contributions accepted until the 15th of the month. Contact the editor for further information. **Members are welcome submit letters, stories, opinions, cartoons, recipes, tips or other notices of interest to the club.**

1632 Ashland St.
Ashland, OR
541-4888-5813



www.ashlandbicycleworks.com
Open 7 days a week
Mon-Sat 9:30 - 6 pm and Sunday 10-5



Trivia of the Month

"Between 2005 and 2007, Amsterdam residents rode their bicycle 0.87 times a day on average, compared to 0.84 trips by automobile. It was the first time on record that average bike trips surpassed cars . . . 'In town, the car is not the mode of transport. The bicycle is the grease in the traffic system, and in part, the economic system.... It makes everything possible.' "

Ben Block

<http://www.worldwatch.org/node/6022>

Quote of the Month

"I think a lot of people harbor some guilt, even if it's not on the surface, for living unsustainable lifestyles; bikes give people the opportunity to make a part of their life more sustainable."

Charlie Cunningham

The Southern Oregon Time Trial Series

The first rider goes off at 9:00 am with one minute start intervals. Ribbons will be awarded to the top finishers in each class immediately after each race. The final race will have a raffle and all racers present are eligible to receive prizes generously donated by local bicycle shops. The fastest 3 male and female riders for the series will win \$100, \$50 and \$30 respectively.

TT#1 March 15, Antelope Rd., 13.4 Miles

TT#2 March 22, Griffin Creek, 8 Miles

TT#3 March 29, Colver Park, 10.4 Miles

Categories available will be:

Men 1/2/3, Men 4/5, Women 1/2/3, Women 4
Juniors (U18), Masters 40+, Masters 50+, Tandem, Hand cycle (8:30am start)

Entry Fees

Day of race registration only
\$15 each (\$20/tandem) or \$35 for all three (\$50 tandem)
OBRA license required: May be purchased day of race
Full year OBRA Membership (\$20) One-day OBRA license (\$5)

Questions?

Amy Warner, race director
541 601 9663 or amyw@osfashland.org

This is an OBRA event, helmets are mandatory

All corners and turn-arounds will be chalked!

Sundays @ 9 a.m. March 15, 22, 29

Siskiyou Velo Meeting Minutes

February 11, 2009

This meeting was held at the D&S Harley Davidson Hall, behind the dealership. In lieu of a business meeting, our February meeting was for informational purposes. Those who had suggestions for the club set up tables to facilitate more discussion and approximately 45 members took part. At the end, Mike Smith asked for a recap and the information will be collected for future planning.

Rogue Recyclers

Founded 20 years ago by Nancy Carter, the Rogue Recyclers are a loosely knit group of folk, mostly over 60, who like to cycle and cross country ski. Spring, summer and fall we go out Monday and Thursday, weather permitting, for rides of between 20 and 40 miles, some flat and easy, some with considerable hills. We do try and provide interesting rides, ranging from the beautiful Scott River ride to 25 miles around Sams Valley. We are a social and friendly group who welcome cyclists of all abilities. In the winter the group goes cross country skiing in our beautiful mountains with an organized outing on Monday and casual spur of the moment skis on other days. Some people only ski, some only bike, some do both. The new bike coordinators, Fran Eastman, 261-4145 bo.wink@yahoo.com, Sarah Paul, 482-9558 sarahm@jeffnet.org, and Nancy Menken, ski coordinator, 482-6102 nmenken@gmail.com, would like to invite any interested person to join us on our outings. Please call or email for more information.

Sarah Paul



**Rogue Valley
Cycle Sport, Inc.**

Ashland CYCLE SPORT 191 Oak St. Ashland OR 97520 (541) 488-0581	Medford CYCLE SPORT 1390 Biddle Rd. #107 Medford OR 97504 (541) 857-0819
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Fax: (541) 488-3802 E-mail: info@roguecycle.com

Support Our Member Shops

The bike shops with ads in the newsletter are business members of the Siskiyou Velo. Show them your membership card and receive a 10% discount on parts and accessories.



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541-776-2020 .

E-mail: carlyle.stout@gmail.com

215 Laurel Street, Medford FAX: 541-776-9841

Why Do I Ride?
"Keep my heart pumping"
Wil Thomson

Exercise the Mind

How many words does it take to get from FORD to BIKE?
Change one letter to create a new word with each step.

Example: C A T to D O G (3 words)

C A T
C O T
C O G
D O G

Answer? See next month!

Februarys question Rearrange the same seven letters to find the words to complete the sentence.

The novice rider _____ to climb Poorman Creek for the first time,
but she felt _____ on the final steep section.

Answer: *aspired, despair*

SISKIYOU VELO RIDE SCHEDULE – March 2009

🚲 Approved helmets required on all club

🚲 Unless otherwise noted, rain/wet pavement cancels ride

Date	Time	Start Location	Route	Pace	Miles	Contact
Sun. March 1	NOON	W.Main Bi-Mart in Medford	Tandems+	Moderate	20-30	Dan Wooton 779-9248
Sat. March 7	10AM	Hawthorne Park in Medford	Brownsboro Loop	TBD	40	No Leader
Sun. March 8	NOON	W.Main Bi-Mart in Medford	Tandems+	Moderate	20-30	Dan Wooton 779-9248
Sat. March 14	10AM	Colver Park in Phoenix	Meadows-Antioch Loop	Brisk	70	Jerry Rhoads 512-2155
Sun. March 15	10AM	Hawthorne Park in Medford	Show n Go	TBD	TBD	No Leader
Sat. March 21	10AM	Hawthorne Park in Medford	Sams Valley Loop	Moderate	40	Dan Wooton 779-9248
Sun. March 22	10AM	Colver Park in Phoenix	Show n Go	TBD	TBD	No Leader
Sat. March 28	10AM	Dog Park in Ashland	J'Ville via Dark Hollow	Moderate	40	No Leader
Sun. March 29	10AM	Hawthorne Park in Medford	Show n Go	TBD	TBD	No Leader
Every Saturday	10am	Cycle Sport	TBD	Race Pace	Varies >20	Alex Hayes 857-0819
Every Saturday	10am	Varies	TBD	Mellow	20+/-	Phil Gagnon 488-4289
Every Sunday	9am	Bike Path behind Bad Ass Coffee	TBD	Race Pace	Varies >20	Glen Gann 779-6986
Every Monday	10:30am	Colver Park	Jacksonville coffee ride	Group B4	25	No Ride Leader
Every Wednesday	10am	The Roasting Company	Show N Go	Regroup C4	25-40	No Ride Leader

Ride Rating:

A- Basically flat with no steep hills.

B- Gently rolling terrain with one or two short steep hills

C- Moderate terrain, with rolling short, steep hills or moderate sustained climbs.

D- Difficult terrain with longer, steeper hills.

E- Extreme terrain with steep sustained climbs.

Ride Pace: (average range on level ground)

1- Slow < 10 mph

2-Leisurely 10—12 mph

3-Mellow 12- 15 mph

4-Brisk 15 -17 mph

5-Hammer 18+ MPH

Group - Riders will stay together.

Regroup - Riders will spread out and regroup along the route.



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IAN@FLYWHEELBICYCLES.COM

Why Do I Ride?

"For the pure animal pleasure of exercise"

Charles Whitaker

Siskiyou Velo Membership Application

Name			Age <input type="checkbox"/> 18-35 <input type="checkbox"/> 36-45 <input type="checkbox"/> 46-55 <input type="checkbox"/> 56-65 <input type="checkbox"/> 66+	Type of Membership (check one box in each cell below)	
Street Address			<input type="checkbox"/> Individual – \$15/year <input type="checkbox"/> Family – \$20/year <input type="checkbox"/> Business – \$25/year	<input type="checkbox"/> New <input type="checkbox"/> Renewal	
City	State	Zip			
E-Mail Address			Phone	Any new Information included? (e.g., street address, e-mail address, phone, NL distribution) <input type="checkbox"/> Yes <input type="checkbox"/> No	
Information Blocking Options (items checked will <u>not</u> be available on the secure pages of the web site)* <input type="checkbox"/> Phone Number <input type="checkbox"/> E-mail Address <input type="checkbox"/> Residence Address <input type="checkbox"/> All <small>* Access to roster on web will require member ID and password</small>			Newsletter Distribution Election <input type="checkbox"/> Snail mail (cost borne by Club) <input type="checkbox"/> Electronic (via web site – notification by e-mail)		
Make Checks Payable to: Siskiyou Velo P.O. Box 974 Ashland, OR 97520			Volunteering <input type="checkbox"/> Committees (MLC, etc.) <input type="checkbox"/> Newsletter <input type="checkbox"/> Ride Leader <input type="checkbox"/> Officer position <input type="checkbox"/> Other _____		
Waiver In consideration of my participation in Siskiyou Velo, I hereby waive, release, and discharge any and all claims for damages, death, personal injury, or property damage which I may have, or which hereafter accrue to me, as a result of my participation in said organization or their activities such as club organized rides and events. This release is intended to discharge in advance, the Siskiyou Velo organization or officers, and any involved municipalities or other public agencies, from and against any and all liabilities arising out of, or connected in any way with, my participation in said organization. I further understand that serious accidents occasionally occur during bicycle riding, and that participants occasionally sustain mortal or serious personal injuries and or property damage as a consequence thereof. Knowing the risks of bicycle riding, nevertheless, I hereby assume those risks and do hold harmless all persons or entities related to the Siskiyou Velo Bicycle Club who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages. It is further understood and agreed that this waiver, release and assumption of risk, is to be binding on my heirs and assigns. I acknowledge that an ANSI certified helmet is required to be worn by me at all times while riding a bicycle in any Siskiyou Velo event. By signing this release, I hereby agree to the terms of this release.					
Signature(s) Applicant _____ Date _____ Parent or Guardian of Minor _____ Date _____					

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Address Service Requested

Inside this Issue

🔗 1 Pacerline—Remodeling the Velo

🔗 3 Southern Oregon Time Trials

🔗 4 Rogue Recyclers

Siskiyou Velo
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