



July 2009

# NEWSLETTER

## MEDFORD BIKE PATROLMAN STRUCK BY CAR

On June 20 at 9:55 p.m. two Medford Police officers were patrolling downtown Medford on bicycles when one of them was struck by a vehicle. The officer had been traveling east on 8<sup>th</sup> Street crossing Riverside Avenue on a green traffic signal when the officer was struck by a vehicle traveling north on Riverside Avenue. The officer was transported by ambulance to the hospital. His injuries were minor, and he was later released. The Medford Police Department Traffic Team responded and conducted the investigation. The operator of the vehicle was uninjured and was issued a citation for failing to obey a traffic control device. The officer injured in this incident has been identified as Officer Brent Mak. Officer Mak is now back at work to light duty (i.e. not on the bike), and I am glad to know he's up and around.

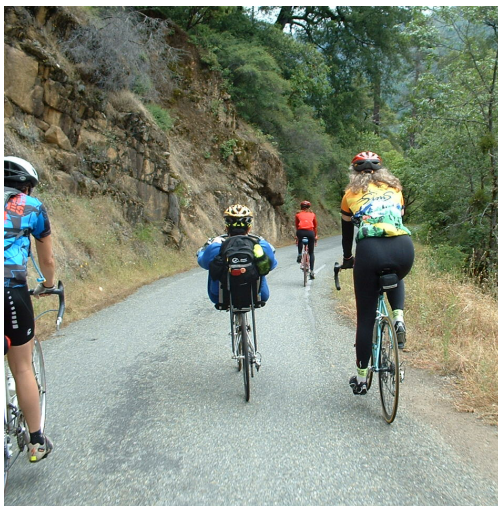
Several things came to mind when I was reading the press release. The first is that a well trained bike patrolman was not able to avoid being hit by a car. The second is that the driver was issued a mild citation. The third is that the policeman was released from the hospital, pronounced OK to work (light duty). A happy ending on this occasion, but it could have been far worse.

Last month's *Paceline* (Rolling Stones) concerned ways of protecting oneself while cycling. Several readers sent in helpful suggestions:

Dave Harvey: The situation: I'm alone, approaching a summit or into a blind curve. A driver is coming up behind me. I can see an oncoming vehicle, and the guy behind me may not be able to. Out goes my left arm, palm back, thumb down. If he seems to be trying to crowd on by, I can always wave my arm up and down, but it's seldom necessary; they seem automatically to know they better wait a bit. It's happened twice in recent weeks: once last weekend near Truckee and once in May where you turn right onto the beginning of Stewart, in SW Medford. In both cases I was rewarded afterward by grateful waves.

Rick Berlet: 1. When descending on remote roads on which deer, fox, turkeys, and dogs can emerge with no warning, hug the center line. It will give you an extra margin of safety that may be crucial. 2. When cars are entering your road from the right, wave at the driver to make sure he/she sees you. Don't take for granted that people looking at you actually see you. If you don't get a wave back, be very cautious.

I might add that if you are involved in a bike/car accident, treat it just like a car/car accident; exchange information with the other driver and report it to your insurance company as a claim. You may well be covered for property and personal injury damages.



*Riding the Salmon River*

All for now-  
Mike Smith  
President, Siskiyou Velo Bike Club

### **Next Club Meeting** **Join us at D&S Motorcycles** **in Phoenix**

**Wednesday, July 8 at 7:00**

We will be having three guest speakers to talk about sports nutrition, sports conditioning and bike fit. Jenny Slawta, Renee Rickert and Jade Wilcoxson will each be speaking about their specialties.

## New Members

Sara Mackie

## Renewing Members

Dave Oliver & Mary Pritchard  
Gordon & Cheryl White  
Alan Galka  
Kelly Cruser  
George & Debra Stevens  
Rich & Dianne DiVita  
Sidney Copilow  
Don & Roslyn Parker  
Nancy Keeley & Jonathan Williams  
Sam Simpson  
Ursula Robichaud  
Jerry & Sandra Blackmon

## Time to Renew

Jeff Golden  
Bill & Harriet Dorris  
Dave Bennett  
Chris Wagenet  
Paul Markwell  
Bard O'Donnell  
Josh McGinnis  
Anna Arispe  
Sherrie Gasper  
Teresa Hogan  
Paul & Lynn Nylund  
Nicki Simmons Ford  
Dan Zaklan  
Tita Soriano  
John Fricker  
Gary & Carol Klouda  
Scott & Cindy Coash  
Richard & Jan Anderson  
Rick & Barbara Taylor  
Gordon Kniefel  
John Baxter  
Tim Sargent  
Richard Hogan  
Rick Molatore  
Di Sly  
Tim Johnston

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## KITCHEN & BATH DESIGN

by Aryn Duncan, ASID  
778-0441

## Siskiyou Velo Club Officers 2009

P. O. Box 974 Ashland, OR 97520

### Officers

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**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.**



## 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.

## Members' Ads

**FOR SALE:** Park Tools bike stand. Used very little. Fully adjustable. Asking \$40.00 For Sale: Bill 601-5952

**FOR SALE:** Trike *Catrike Speed*, orange, new \$2100. Call 512-2155



A relic from the ancient past—amazing what is found when one moves!

## Zells Geezer Tour Update

Hi all! We are writing from Wichita, KS where we are visiting a friend of Elizabeth. Jane has been a wonderful hostess, and most helpful on our rest day. And, we are very thankful for the rest because yesterday was the second hardest day on our tour. We rode 70 miles against very heavy headwinds in temperatures in the low 100's, and humidity in the low 90's. Neither of us could believe how much fluid we put away. Fortunately, there were plenty of places for us to stop and drink and snack.

When we last reported, we were in Pueblo, CO. Since then, we have ridden 480 miles and climbed 3740 feet. That is quite a change from the numbers we experienced in the mountains. We now have accumulated 2092 miles and 80,815 feet of climbing, and must be close to 65% of the way done. We can see the end now, so this afternoon we will go to the airport to buy our tickets home. Of course, we will be visiting family on the way back.

Coming out of the mountains has created a lot of change in our touring lives. We have been used to constantly varying views, cool mornings and just the occasional brush with a storm (We called it Dancing with the Storms.). Now, everything appears to be the same, the mornings are warm and afternoon thunderstorms are the norm. We have adopted a strategy of getting out of town very early (6:00) to make sure we are in our destination hotel before the afternoon storms develop. We have had rain for five consecutive nights, and have been thankful to have a roof over our heads. When we were in Ordway, CO, the team that is chasing tornados for Weather Channel was 30 miles south of us. In fact, there were tornados sighted around the town. We saw torrential rains, dime-sized hail and wind that was scary.

The change in scenery has been a bit of a shock. In the mountains, things seemed to change with every pedal stroke. Down here, it is all very open, immense in proportions and a bit unvarying. The crops change, but the overall feel is one of incomprehensible vastness. You just cannot see the "end". We are now beginning to see some hardwood and conifer forests as we near MO, but it is still very open. Apparently, when we do enter MO, the hills will return, and there will be more variability to the sights.

We had nice wild flowers in CO, but they pretty much disappeared in KS for an interesting reason - they mow the roadside in KS. However, mowing sure takes away a significant pleasure. KS roads are better than CO roads. The shoulders are better, the roads slightly wider and KS knows how to properly fix the freeze cracks that violently pound you butt if they are done wrong! The drivers in both states are just short of wonderful in the way they are taking care of us. The truckers go completely into the opposing lane to pass, and most cars do the same.

One thing worth mentioning is Elizabeth's birthday. She really got the shaft! She started her day with a peanut butter and jelly sandwich for breakfast because we were eating before anything opened to beat out the weather. Then, she wanted a BLT sandwich for lunch, and we were able to find it, but it was in a restaurant attached to a bowling alley. We had decided that we would find her a good dinner with a glass of wine to make up for all this stuff. Well, when we arrived in Ness City, we learned that the town is dry on Sunday, and that there were only three places to eat in the town (Pizza Parlor, Frigid Creme (kinda like Dairy Queen?) and the Cactus Club). We later found that the Cactus Club was closed, and Elizabeth just couldn't feature herself at the Frigid Creme (even if it wasn't her birthday), so it was pizza and ice water for her birthday dinner.

Another thing that we have seen that gets the attention is the massive feedlots for beef. It is amazing how many cattle are packed into these things, and the massive equipment they have to process the food that is required. When it rains or the direction of the wind changes, you have no doubt what you are near. We know this is an important part of the food chain, but it is still depressing to witness.

So, we have left the tantalizing, challenging and ever-changing environment of the mountains, and find ourselves in a sameness that tends to numb the senses and spirit. We are trying to learn more about the area and spend time with the people to give some dimension to an otherwise limitless space. We don't dislike it, and are having fun, but it is very different, and requires a different approach. We even find ourselves focusing on the pedal stroke and bike handling, and when "in the pull" you can only focus on how to get the two intrepid Geezers through the wind to the next stop. It is all a wonderful and enjoyable challenge.

Until next time, Elizabeth and Ron





## Postscript from Ron Zell

**Anywhere, Kansas** - I feel we have been in Anywhere, Kansas for days. Like Dorothy, getting stuck in her tornado and whirling around and around, we feel like we have been whirling around and around ourselves, landing in the same town, the same motel, the same cafe...chicken fried steak, fried chicken, and french fries...frogs, snakes, and turtles fried on the hot pavement where we pedal, fighting heat and headwinds through wheat fields, corn, alfalfa, and soy. At night, we turn on the TV, the weather channel or news. Beep, beep from the TV-"There is a tornado alert in your county," "There is a severe thunderstorm alert in your county,"..."golf-sized hail in your county." The rain falls in buckets as we watch from the motel room window. The power goes out and later, on again. The rain subsides and we wander over to the cafe for dinner. Didn't we just do this last night and the night before? Beep, beep from the cell phone alarm at 5:00 AM. We start a new day. Wait a minute! Aren't these the same fields we saw yesterday? Probably not, we're still heading east and we still have headwinds.



Ron & Elizabeth in Wichita; photo compliments of Jane Byrnes

Attorney: Secretary:  
Carlyle F. Stout III Remedy Hovermale

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#### Landlord/Tenant Law

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HUD/Subsidized Housing Contracts & Leases  
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Evictions/FEDs  
Landlord/Tenant Disputes



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



## Letter to the Editor: Fourth of July

You are all invited to a "Pre-Parade Ride", down Ashland's Main Street, between the Library and the Plaza and/or the other way, from 9am and until about 10am. For obvious reasons this cannot be a sanctioned, organized ride. So I'm inviting Club members, members of the Ashland Transportation Commission, all my friends and a few other city officials that I happen to know personally, to just show up on bikes and ride the Parade course a few times, say hello to friends that may be seated along the route, show off their Club colors, their bikes and their style, then find a spot and stay and watch the Parade. Those like myself who are not planning to stay and watch can then regroup and go on a real ride elsewhere. I myself am trying to find a spot high above the city, such as the very top of Morton Street that may give a remote view of the parade and be a biking challenge. So if you think this is a good idea, please forward this email to anyone you think might be interested. This is to be no more than an informal gathering. If the numbers will be as high as I hope, it's going to be a great cyclist gathering. I hope to see you there. Thank you.

Egon  
egon@mind.net  
482.2347

## Quote of the Month

*"When I'm on my bike I forget about things like age. I just have fun."*

*Kathy Sessler*

*US downhill mountain bike champion*

### Exercise the Mind

Below are four Tour de France winners. The vowels have been removed and the consonants scrambled for each of them. The missing number of vowels is listed (in parentheses). Who are they?

Five-time tour winner: DGLMNNR (7)

Three-time tour winner: BBLNST (6)

Two-time tour winner: CFPPST (5)

One-time tour winner: CHJLLNR (3)

Answer? See next month.

June Question: A cyclist can go 30 mph downhill, but climbing his speed goes to 10 mph. If his ride is 30 miles of uphill and 30 miles of downhill, what is his average speed?

Answer: 3 hour to go up, and 1 hour to go down, for a total time of 4 hours. Total distance is 60 miles. So 60 miles divided by 4 hours comes to an average of 15mph. Thank you, Don!

### Letter to the Editor: The ways of biking...

Reading about the dire state of our planet, i.e. global warming, the simple act of bicycling tends to be one of the most effective ways of contributing to the general health of Planet Earth.

I have been thinking about the many rides I have attended in the past. For example, driving 80 or more miles to a meeting point of a ride that might not go nearly as far as that, and wondering afterwards why I'm actually doing such an irrational thing. Technically it's possible to bike to the gathering point and back home again afterwards, although that could take the fun out of biking.

So, I decided that from now on I would do only those rides I could comfortably ride to and from. Yes, admittedly, I could be missing out on some great rides. On the other hand though, I would feel to be a more responsible bike rider, and I could even be contributing towards the general well-being of my planet.

True, not driving to the place of departure of a ride wouldn't do all that much to improve the health, or stop the demise of my planet, but I wouldn't hurt it any more than necessary either.

J.F. Kennedy's words come to mind: "Ask not what my country can do for me, ask what I can do for my country" replacing country with planet.

And with that in mind, I'm looking forward to every ride I'll be taking in the future!

Happy pedaling!

Helmut

### Letter to the Editor: Cabin Available to Cyclists

I've just discovered a wonderful, totally private cabin nestled in the woods just shy of the 20 mile marker on Dead Indian Memorial Road. It has an open bedroom in the loft and 2 sofas that make into beds. It's off the grid, so the electricity comes from solar and there is no phone, cable, or internet. It's like really being in the woods, but with first class accommodations. The owners want to make it available to cyclists at a reduced rate of \$125 per night, and they've offered to discuss stocking the refrigerator to make it easier for cyclists to pedal up. The website is [www.singingbirdscabin.com](http://www.singingbirdscabin.com) if you'd like to check it out.

Aryn Duncan



### Why Do I Ride?

*"So I can get to work without burning anything  
but calories!*

*... and the beer thing, too."*

Jenna Stanke

## Siskiyou Velo Meeting Minutes

June 10, 2009

13 present

Minutes of the previous meeting were approved

Treasurer - Balance is \$7693. There was a short discussion of reimbursing Dan Wooton for the difference between the \$150 contributions and the actual cost of the Cinco de Mayo.

Membership - membership for June was 283.

Racing- Glen Gann reported the Thursday Night Races were ongoing.

Newsletter – Jodi said there was slight mess up with the June paper version of the newsletter.

The Vice Presidents of Touring and Advocacy were not present.

Progress reports – Mike Smith discussed the attendance at the last meeting held at D&S Harley Davidson with 25 present. Mike would like to see more attending. Jon Williams suggested all present at this meeting contact 3 other members for future social and informative meetings while Mike said he would write a message for a mass emailing .

There was a long discussion regarding “other” rides we denote in the newsletter and on the web site and whether our insurance covers these rides. It was decided to bring in a copy of the policy to see how the club is covered. Dave Oliver will check with former presidents, Rick Berlet and Bob Korfhage, to see what their recollection of the policy coverage is. There was also a discussion to increase ride leaders. One suggestion was to form teams of four and have each one pick a week of the month to formulate a ride. Another suggestion was to not call those volunteering “ride leader” but to have a phrase for rides such as “My favorite ride”. Jodi will list two rides in addition to those scheduled for variety and have mixed starting points.

Mike Smith noted that the club member interest seemed about the same despite increased efforts but others felt that with consistency of meetings and rides, participation will increase. Another suggestion was to have members write an essay on a memorable ride and post them at various locations such as athletic clubs and bike shops. This might pique the interest of those too shy to volunteer.

Mike asked for topics for the next meeting at D&S Harley on July 8. Suggestions were to have lectures on nutrition, exercise training, street riding and bike fit.

Phil Gagnon brought up the topic of stopping at stop signs and there was general discussion of safety and good public relations.

It was noted that the MLC ride scheduled for June 20 had no leader and that the start time was too late for a ride during this season. It was decided to let the ride just “float” as it is.

Finally, Egon Dubois spoke about the “It Clip”, a handy and inexpensive device for recycling old inner tubes into bungee cords of various lengths. He said the clips would cost under \$3.00 if purchased in quantity.

The meeting adjourned around 8:30 PM.

*James Williams*

## Trivia of the Month

In the month of the Tour de France, here are some numbers.

- 🚲 The smallest time difference between the winner and second place since 1947: 8 seconds between Greg Lemond and Laurent Fignon in 1989.
- 🚲 The greatest time difference between the winner and second place since 1947: 28 minutes, 17 seconds between Fausto Coppi and Stan Ockers in 1952.
- 🚲 The most days in yellow: Eddy Merckx for 111 days, followed by Lance Armstrong for 83 days.
- 🚲 Top four overall number of Tour wins by country: France – 36; Belgium – 18; the US – 10; Italy – 9.

*Velo News: 2009 Official Guide Tour de France.*



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## SISKIYOU VELO RIDE SCHEDULE – July 2009

🚲 Approved helmets required on all club

🚲 Unless otherwise noted, rain/wet pavement cancels ride

Date	Time	Start Location	Route	Pace	Miles	Contact
Fri July 3	9:30	Roasting Co, Ashland	Ashland Watershed Loop (mtn bikes)	Leisurely E	30	Matt 897-0243
Sat July 4	8:30	Hawthorne Park	TBD	brisk		No Ride Leader
Sun July 5	8:00	Ashland Dog Park	TBD	moderate	30	Jonathan Williams 488-0330
Sat July 11	8:30	Hawthorne Park	Gold Hill, pancakes at Patti's	moderate	35	James Williams 857-9037
Sun July 12	9:00	Colver Park	TBD	brisk		No Ride Leader
Sat July 18	8:30	Colver Park	Shady Cove	moderate	60	Jodi 897-0243
Sun July 19	9:00	Hawthorne Park	TBD	brisk		No Ride Leader
Sat July 25	8:30	Hawthorne Park	TBD	brisk		No Ride Leader
Sun July 26	9:00	Colver Park	TBD	moderate		No Ride 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	9:30am	Colver Rd 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
Every Tuesday	5:30pm	2200 Hull Rd	TBD	TBD	TBD	John & Tish 245-8598
Every Thursday	5:30pm	2200 Hull Rd	TBD	TBD	TBD	John & Tish 245-8598

### 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)

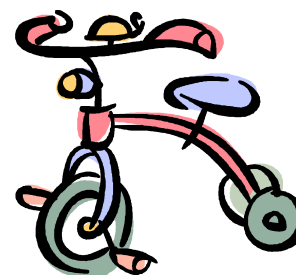
- 1- Slow < 10 mph
- 2-Leisurely 10—12 mph
- 3-Moderate 12- 15 mph
- 4-Brisk 15 -17 mph
- 5-Hammer 18+ MPH

**Group** - Riders will stay together.

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

Why Do I Ride?  
"So I can feel like a kid again."

Mary Prichard



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