



February 2008

NEWSLETTER

Volunteer Profile: Phil Gagnon

By Elizabeth Zell

Our February Volunteer of the Month is Phil Gagnon, the leader of the ever so popular Siskiyou Cyclist's Saturday Mellow Rides. Prior to his move to Ashland thirteen years ago, Phil had lived in Palo Alto, Costa Rica, and a coastal village in Maine. During this time, he enjoyed sailing and playing tennis. Eventually, Phil had a yearning for the west coast and made the decision to make the move to Oregon; where he spent the first eight years redesigning his house. When asked about his biking history, it was quickly obvious that his interest came about in an unusual way. Phil explained that he was looking through the newspaper one day and saw a listing for a senior cycling group led by Nancy Carter. Phil, who hadn't ridden a bike since he was a teenager, decided, "I can do that!" He bought himself a recumbent bike and joined Nancy's group. He then decided to join the Siskiyou Velo; and, although he enjoyed the group's members, he found he couldn't keep up with the ride speeds. He determined that there must be others like him and decided to start the Saturday rides. "Velo Mello" was launched and now has weekly rides at a 10-12 miles per hour average pace over 20 plus or minus miles on relatively flat terrain. He has an email list of about 35 members and about 10-12 riders come out weekly. Phil enjoys designing the ride routes that aren't too hilly and always include a coffee or lunch stop along the way. His routes incorporate both neighborhood roads and open space areas. After planning the rides, Phil will contact his email list with information on the start and finish of each ride. He welcomes other ride leaders and ideas for new routes. Thanks so much, Phil, for filling a gap and providing another vital alternative for our club members. If you're interested in being on Phil's list and joining the Mello group, please contact Phil at 488-4289.

President's Pace Line

By Glen Gann

Well, if you haven't started getting ready for the new year of riding I wouldn't wait much longer. '07 seems like it flew by now that I'm sitting hear thinking back on everything that took place.

I would like to take a little time to say thanks to the handful a club members that give of their time and energy in putting together the many events that this club puts on through out the year. Without their efforts, we would all probably be riding around in circles.

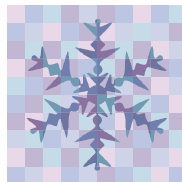
I hope that if you have missed some of the rides that the club has put on over the passed few year that you will make an effort in 2008 to get out and enjoy them.

I was listening to a new song the other day that was based on an interview of man turning 102. When asked what his secret to life was, his answer came back as "Don't blink, life will pass you by".

So get out there and put some air in those tires and start riding before I'm telling you how fast '08 went by.



Phil Gagnon, Amy Lepon and Dave Harvey on one of the Mello Saturday rides.



The days are getting longer Almost time to put away those tights and balaclavas! Well, maybe a few more weeks. Sigh.

NEW MEMBERS

Scott Hopkins
Scott Weldon
Bess Perry

RENEWING MEMBERS

Jodi Weber
Jodi & Wayne Marthaller
Sue Mendelson
Tom & Nancy Flowers
Jerry Nitzberg
Holly Johnson
Matt Varnum
John, Jenny & Sara Slawta
Katy & Duane Mallams
Dan & Leslie Wooton
Tom & Jenny Wooton
Ray Forsyth
Mel & Terry Friend
Andy Mayer
Bob Sorrell
Glen Gann
Sandra Elam & Tom Pelsor
Don & Christine Cheek

TIME TO RENEW

Bruce Taylor
Russ & Renee Rickert
Jim & Pam Britton
Joanne Haddad & Ron Davies
James Williams
John & Tish Harlow
Susan Landfield
Ken Rosborg
Rand & John Milan
Cheryl French & Charles Whitaker
John J. Petersen
Meg Rawlings & Russ Rudometkin
Leon Clay
Alfred Harrison
Eric Brown
Gary Roberts



Club Meetings

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 at Angelo's Pizza in Phoenix. You are welcome to come and listen, eat pizza and add your two cents worth. Find out what's happening with cycling and advocacy in the area, share your expertise and join in!

Siskiyou Velo Club Officers 2008

P. O. Box 974 Ashland, OR 97520

President:	Glen Gann 779-6986	ggann9@charter.net
Advocacy:	Edgar Hee 734-4872	ejhee@juno.com
Events:	Ron & Elizabeth Zell 482-4815	mlc@siskiyouvelo.org
Touring/Rides:	Dan Wooton 779-9248	touring@siskiyouvelo.org
Racing:	Steve Maluk 512-1368	steve@malukcoaching.com
Membership:	Don Parker 488-1924	membership@siskiyouvelo.org
Secretary:	James Williams 857-9037	jbsequoia27@msn.com
Treasurer:	Bill Tout 482-7080	treasurer@siskiyouvelo.org
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.

Members' Ads

FOR SALE: DE ROSA KING – 56 CM – FULL CAMPY & ROLF ELAN WHEELS

This is a beautiful bike, with a true European ride, in very good condition. The bike has never been crashed or abused in any way, and has always been maintained professionally. It has a few minor frame blemishes, but is otherwise in excellent condition. The components on the bike include: Rolf Prima Elan (ultra-light clincher) wheelset; Full Campy Record drive train, brakes, shifters, *pedals*, seat post (carbon); FSA K-wing carbon bars (flat top) Ritchie 120 mm stem; Campy Compact Carbon 175 mm crank (50/34); Selle Italia Aspide saddle; Campy Record integrated headset; Campy 13/29 cassette. Bike does not include pump or computer bracket. Weight with pedals is about 17.5 lbs. Price for frame plus components at new retail would be over \$7,000. Call Rick 488-0036

FOR SALE: Women's Clothing

5 pr. S-M tights w/o chamois \$8-\$10; 1 pr S-M tights w/ chamois \$12; 1 pr arm warmers \$5; 6 pr M & L cycling shorts \$8-\$15; 1 pr M Pearl Izumi mtn bike shorts \$15; L longsleeved Polartec jersey \$15; M cycling jacket \$15; S wool & acrylic tights w/o chamois \$15; new Specialized and Lake mtn shoes size 39 \$20. Call John 482-1529

FOR SALE: New Catrike Expedition - Recumbent trike, special metallic red \$2200. Call Jerry 512-2155



Quote of the Month

"Light, strong, cheap. Pick two."

Keith Bontrager

Marty's
Cycle
and **Moore**

720 Crater Lake Av
Medford OR 97501
77C-YCLE

Diamondback Raleigh Redline
BMX

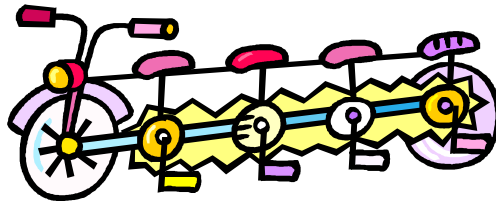
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Carlyle F. Stout III

Secretary:
Remedy Hovermale

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Mobile Home Park Contracts & Leases
HUD/Subsidized Housing Contracts & Leases
Eviction Notices
Evictions/FEDs
Landlord/Tenant Disputes



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

Training for the Tail-Wind Effect

Book Review by Sam Simpson

I decided to forgo a ride in the rain Saturday for a ride in the wind Sunday. It was great going out. I had an 18 mph average speed to Talent Ave. I was still over 16 mph average by the time I got to Adams Road. I haven't seen numbers like that since the end of summer. It occurred to me that I'd like to be able to get back to summer's level of conditioning – I'd like to train well enough that riding would be like having this tail-wind effect.

Fortunately, I found my *Cycling Past 50* book by Joe Friel (1998) last week. A couple of years ago I got tired of riding in the back of the pack and used the principles covered in this book to be able to ride much better, so I know that it works. He says that age is not much of a limiting factor, which we should know from riding with Jerry, Helmut, Don, Bill and quite a few others in the club. It depends mostly upon how we train.

Of course Mr Friel admonishes us to be cautious: "Regardless of your cycling experience, it's best to pause and assess the current status of your health," and he recommends regular visits to your doctor. Assuming that all is well, we can use his basic principles to improve our training. Here's the gist of his ideas excerpted from the first part of the book:

"Much of slowing that occurs after age 50 is not due to age... about half the loss is because of inactivity, and perhaps a fourth results from reduced intensity. So disuse is the greater cause of the commonly accepted performance drop-off that accompanies aging. Advancing years may only account for a quarter of the physiological losses, approximately 2.5 % in a decade.

"Vigorous and frequent riding is what it takes to maintain functional potential... Vigorous riding keeps the heart's stroke volume high and the blood vessels clear and elastic. Pushing yourself on the bike will keep the lungs working efficiently. Frequently using muscles near their maximum capacity on the bike and in the weight room will prevent the loss of muscle tissue.

"Vigor is the key. Riding easily is good for slowing the aging process and necessary at regular times, but it is inadequate to keep the loss of function and health that accompanies old age at a minimum. A sensible program that combines high-intensity training, such as hills and intervals, with strengthening, stretching, a sound diet, and adequate recovery time is required to counteract the downside of aging and increase the quantity and quality of life. If your time is limited or you just want to be efficient with your time and effort, ride wisely. (Don't) waste saddle time"

There are about 240 pages to the book, but these few paragraphs are a good overview of his ideas about training.

Bylaws!!!

Okay, so perhaps some of us are a little dorkey and get excited about peculiar things. The Bylaws Committee, made up of Don Parker, James Williams, Dan Wooton, Ron & Elizabeth Zell and Jodi Weber, is just that 'special' group of people. Our idea of fun was having meetings on a regular basis since about September to try to clean up the Siskiyou Velo bylaws. And why, you may ask, did they need to be cleaned up? Well, I'll tell you. They were a mess. Sort of like an old pair of bike shorts that have seen one accident too many. A little worn in places, big gaping holes in other places, and the patch jobs just weren't that neat. Now this sounds like we should have just thrown the bylaws out and ordered new ones. But we didn't. In spite of the mess, as we looked at the Siskiyou Velo Bylaws and compared them to others (Chico, Santa Rosa, SOMBA, Marin County), we found that we actually had quite a good thing already. Still, some sections repeated and even contradicted each other; other sections just seemed out of date (hey—we do the newsletter online now for half our members!). Other stuff needed to be clarified or added.

So that's what we did. Reworded, revised, updated, clarified, organized, deleted and added. We had Dave Ingalls look at them from the legal vantage point, and he offered more good suggestions.

Now this is where YOU come in. Even though we had a great time doing this (do you know how hard it is to keep this unruly group *on task*???), we really have no authority to make any changes to the bylaws. That responsibility lies with the membership.

To be specific, the bylaws state that "The constitution may be amended in any respect at any regular meeting of the club by an affirmative vote of 2/3 of the club members present in person." OR "The bylaws may be amended by a majority vote of all members of the club present at any meeting of the club." Notice the difference. BOTH of those are in the current bylaws. Hey—that's why we're cleaning this up! But you get the point. Either a majority or 2/3 of the members present at the next meeting (February 13 at 7:00 Angelo's Pizza in Phoenix) is needed to approve this clean-up project.

Yes, there are changes. Most of the changes are fairly minor. Some additions are for protection of the club — requiring *two* signatures if a check over \$1000 is written on the club bank account, for example. If you are interested in seeing the old and the proposed bylaws to see for yourself, check the Siskiyou Velo website. The proposed bylaws will be there, as well as a copy that shows (in Technicolor!) the additions, deletions and changes that we made. Please do look them over. If you have any comments, contact any of this illustrious committee or Glen Gann. Better yet, come to the meeting and share your thoughts in person. If you're feeling left out during this primary season and can't wait until May to make your vote count, come to the February meeting!

Support Our Member Shops

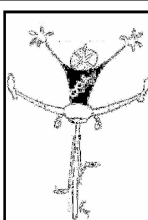
The bike shops with ads in the newsletter are business members of the Siskiyou Velo. Show them your membership card and receive a 10% discount on parts and accessories.

Check out all the links on the Siskiyou Velo website. We definitely have one of the best bike club websites around, thanks to Spencer Gray. There is a ton of information—maps, cool links, advocacy information—all you could ever want!

<http://siskiyouvelo.org>

CYCLE
—analysis

535 N. Fifth St
Jacksonville, OR 97530
899-9190



Cyclists in Winter

Matt Dooley, of Yreka, has come a long way in a short time. The 17-year old high school senior began racing cyclocross just over a year ago, and had instant success on the technical cross courses for which Jana Jansen's Outlaw Cross series is renowned.

In 2007, Matt capped his season by competing at the U.S. National Cyclocross Championships in Kansas City. Held the weekend of December 16, the races were bitterly cold. On a course covered in frozen mud, with temperatures hovering around freezing point, Matt finished 21st in the Junior Men's 17-18 race.

"This was a whole different level of racing," Matt said of the event. And added to the fact that this was a race of the very fastest juniors in the nation was the cold. "The conditions were way different than anything I've seen in our local races," Dooley said. "The cold was really hard on your lungs and legs." After getting warmed up on the trainer, Dooley recalls getting thoroughly cold again while waiting at the starting line.

As the race started, Matt was able to get into a good position. But he said, "I immediately went down hard, and messed up my bike."

The icy mud was an issue for many of the event's competitors, including defending senior men's national champion Ryan Trebon, who was knocked unconscious after being hit by another rider in the frozen conditions.

After tweaking his handlebars back into alignment, Dooley remounted his bike and fought his way back into the race. Matt passed many of the riders who had overtaken him, and his finishing position reflects a gritty fight back.

Twenty-year old Ally Stacher, of Etna, California, is getting accustomed to national championship events. Racing for Lees McCrae College, she has competed for, and won, collegiate national championships on the road and on the mountain bike.

But for this season's cross nationals, Stacher doubled the fun, competing in the U23 Women's race as well as the collegiate race. "The team title was more important than any individual title I could have won," Stacher said, so her focus was on the collegiate race. Still, she finished a strong 6th place in a U23 field peppered with pro racers.

In the collegiate race, Ally finished 8th, with teammate Kacey Manderfield winning the individual title. And as a team, Lees McCrae earned the win that was each individual's primary goal. Stacher was also a part of the team's 2nd place finish at the collegiate mountain bike championships this fall.

The promise being shown by these young riders, Dooley and Stacher, isn't going unnoticed. Stacher has been talking with several pro teams, and plans to race for a Boise, Idaho elite team for portions of the 2008 road season.

Dooley, who currently rides for the Portland-based Fred Meyer team and received sponsorship from the Siskiyou Velo for his trip to nationals, is also thinking about racing at the next level. While he hopes to have the opportunity to race as a pro at some point in the future, Matt says that in the meantime he's focused on college and is hoping to receive a cycling scholarship.



Letter to the Velo

Thank you! Thanks to all who encouraged and helped me financially to go to Kansas City, Kansas for Cyclocross Nationals. What an amazing experience it was! Cold, wet, muddy, and snowy miserable weather made this trip unforgettable. On race day the mud from the previous day had frozen over and was starting to un-thaw during my race. With frozen mud, wet sticky rutty mud, and snow on the course it was very challenging. I started in the 3rd row from the front and had a great start. Only a matter of a minute into the race I crashed from sliding out on the iced over mud. Lucky for me nobody hit me while I was down and I was able to get rolling again. This wasn't the only time I crashed during the race. The end of the race was very hard, going at such a fast race pace was incomparable on the pain chart. This was the fastest race I have ever been in. In spite of starting in the 3rd row, I ended up 21 out of 44 entries. I am very happy about my result. Nationals was a whole different level of racing and competition. No stars and stripes jersey this year but hopefully next year.

Thank you again to everyone for donating and for everyone who helped me get boxes and supplies to get my bike out there and back. Thank you all so much. Keep the rubber side down,

Matt Dooley

Siskiyou Velo Club Meeting for January 9, 2007

Old Minutes were approved with 14 members present.

Committees-

1. Treasurer: Bill Tout reported that the club insurance was paid and that the balance was about \$6500.
2. Membership: Don Parker began by saying that, for the year, club membership was down about thirty members and that the present count is 286.
3. Touring: Dan Wooton talked about Bill Inman's "alternative" New Years Day Ride and said that 28 riders showed for the event. He also said he needed ride leaders for February and that plans for the Cinco de Mayo ride were underway.
4. MLC: Ron Zell reviewed the new valley routes for this year's MLC. He said permits had been filed for the ride and that the T-shirts design was nearly ready for approval.
5. Newsletter: Remember the deadline is the 15th!
6. Advocacy: No one was present to speak about advocacy.
7. Racing: Glen said that winter had abbreviated most everything regarding racing but that the first race will be held February 17 in Corvallis.

Old Business-

1. Bylaws: Jodi reviewed the reasoning for changes in the Velo's Bylaws and noted that 5 meetings had been held by the ad hoc committee to review the changes and language. She said the new Bylaws will be voted on during the February regular club meeting.
2. Brochures: Don Parker showed members the new recruitment brochures that he and Jodi had improved on. He said it cost him approximately \$20 for printing up 100 of them versus \$127 for Printfast to do so. He said economies of scale would reduce future prices from the printer.
3. Speakers: Elizabeth Zell brought up having guest speakers at club meetings. After some discussion, Glen said having speakers combined with regular club meetings didn't work well and should be done on alternative dates. Elizabeth said she would try to line up a speaker for March and, perhaps, combine it with a ride.
4. Scholarship: Jodi read a letter from Matt Dooley regarding the Cyclo-cross Nationals where he placed 21 out of 44 riders. The letter described the treacherous conditions of the ride and weather.

New Business-

5. Jerseys: James Williams said that, after 10 years, he was looking for someone else to fulfill the role of club jersey designer/procurer/sales person. He can be contacted at 857-9037.

Trivia of the Month

Looking for a new bike? See the 1903 Sears, Roebuck catalog, Offering a "10 **DAYS' FREE TRIAL**, and if you do not find it **EASIER RUNNING, HANDSOMER, STRONGER, BETTER FINISHED and EQUIPPED, MORE UP TO DATE and HIGHER GRADE** than any bicycle you can buy elsewhere at \$5.00 to \$15.00 more money, you can return the bicycle at our expense and **YOU WILL NOT BE OUT ONE CENT.**" Asking price? \$10.95!!

Where can you get a deal like this today? (See eBay if you'd like to buy the ad.)



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

NEW THIS YEAR: Hand cycle short course and a long course
recumbent

The fastest 3 male and female riders for the series will win \$100,
\$50 and \$25 respectively.

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

TT#2 March 8, Griffin Creek, 8 Miles

TT#3 March 15, Colver Park, 10.4 Miles

Questions? Call Amy Warner, race director at 601 9663 or
Amyw@osfashland.org



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SISKIYOU VELO RIDE SCHEDULE – February 2008

🚲 **Approved helmets required on all club**

🚲 **Unless other wise noted, rain/wet pavement cancels ride**

Date	Time	Start Location	Route	Pace	Miles	Ride Leader
Feb. 2 Saturday	10:00 AM	Colver Park	Gold Hill & Return	TBD	45	Mike Smith 855-1531
Feb. 3 Sunday	11:00 AM	Colver Park	TBD	Mellow	TBD	Ron Zell 482-4815
Feb. 9 Saturday	10:00 AM	Colver Park	Meadows-Antioch	Brisk	70	Jerry Rhoads 512-2155
Feb. 10 Sunday	12:00 Noon	Bi Mart, W. Main Medford	Show & Go	TBD	TBD	Dan Wooton 779-9248
Feb. 16 Saturday	10:30 AM	Hawthorne Park	Tandems Only	TBD	TBD	Dan Wooton 779-9248
Feb. 16 Sat	10:00 AM	Colver Park	Show & Go	TBD	TBD	No Ride Leader
Feb. 17 Sun	10:30 AM	Hawthorne Park	Show & Go	TBD	TBD	No Ride Leader
Feb. 23 Saturday	10:30 AM	Downtown Coffee Talent	Show & Go	TBD	TBD	Jodi Weber 301-6880
Feb. 24 Sunday	12:00 Noon	Bi Mart, W. Main St Medford	TBD	TBD	TBD	Dan Wooton 779-9248
Every Sat	10:00 AM	Varies	TBD	Mellow	20+/-	Phil Gagnon 488-4289
Every Sat	9:00 AM	Medford Cycle Sport	TBD	Race Pace	Varied <20	Alex Hayes 857-0253
Every Sunday	9:00 AM	Bike Path behind Bad Ass Coffee Co	TBD	Race Pace	Varied <20	Glen Gann 779-6986
Every Mon	11:00 AM	Colver Park	JVile Coffee Ride	Group B4	25	No Ride Leader
Tues, Thurs., Friday	Call	Colver Park	Show & Go	Group B4	Varied	Rick Berlet 488-0036
Every Wednesday	10:00 AM	Roasting Company Ashland	Show & 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

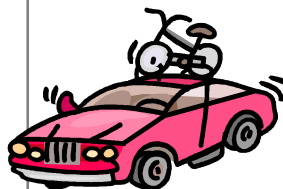
Group - Riders will stay together.

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

Other Ride Opportunities – NOT SPONSORED BY SISKIYOU VELO

Wednesdays—6PM Mountain Bike rides. Meet @ Cycle Analysis –Jacksonville

Lights and helmets required. Jana will have pasta after ride.

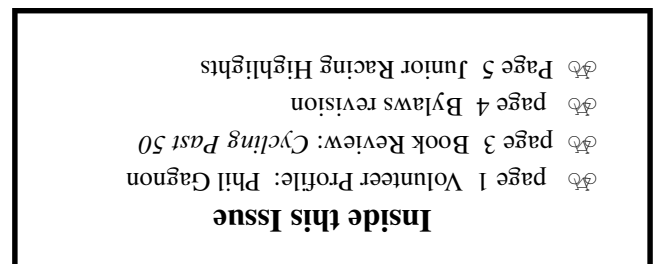


Siskiyou Velo Membership Application

Name			Age [] 18-35 [] 36-45 [] 46-55 [] 56-65 [] 66+	Type of Membership (check one box in each cell below)	
Street Address				[] Individual – \$15/year	[] New
City			State	Zip	[] Family – \$20/year
					[] Business – \$25/year
E-Mail Address			Phone		Any new information included? (e.g., street address, e-mail address, phone, NL distribution) [] Yes [] No
Information Blocking Options (items checked will <u>not</u> be available on the secure pages of the web site)* [] Phone Number [] E-mail Address [] Residence Address [] All * Access to roster on web will require member ID and password			Newsletter Distribution Election [] Snail mail (cost borne by Club) [] Electronic (via web site – notification by e-mail)		
Make Checks Payable to: Siskiyou Velo P.O. Box 974 Ashland, OR 97520			Volunteering [] Committees (MLC, etc.) [] Newsletter [] Ride Leader [] Officer position [] 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 _____					

Rev. 11/08/200

RETURN SERVICE REQUESTED



Siskiyou Velo
P.O. Box 974
Ashland OR 97520
February 2008 Newsletter

