



SISKIYOU VELO

August 2010 Newsletter

93,000,000

We all know that the sun is about 93 million miles away from us, and yet it provides us with light and heat (apparently a little too much heat lately). Our sun is very hot, about 5500 degrees Celsius. Light takes about 8 ½ minutes to get here from the sun, so anything happening there is a little time delayed by the time we see it here. Humanity has always been impressed by the sun. That its presence gives us day, and its absence night, has long been recognized. Some cultures deified the sun (Incans, Mayans), and many ancient monuments were created with solar phenomena in mind. Tracking of the solstices was very popular in those olden days; places such as Stonehenge, Nabta Playa, Newgrange, and El Castillo attest to the popularity of the sun.

These days, we like it too. Lots of us go out in the sun, and it can have some real benefits, such as Vitamin D, mood elevation, and acne reduction. But there are drawbacks as well, such as melanoma, an aggressive skin cancer that can kill you. Although we can get melanoma from tanning beds, lots of us still choose to get it from the sun. Luckily for us, we have dermatologists to help us avoid this. The effects of sun exposure has a lot to do with the type of skin we have (one more thing to blame our parents for). Type I skin (Pale, fair, freckles) and Type II skin (Fair) are most easily damaged by the rays of the sun. These two types usually burn, and only occasionally tan.

Sun damage is caused by an invisible part of the light spectrum. Ultraviolet rays, known as UVA and UVB, are the culprits. The shorter wavelength UVB seems to cause surface burning, while the UVA rays penetrate more deeply and cause skin cancer and premature aging of the skin. Manufacturers originally made sunscreens to block UVB and not UVA, so normally pigmented people could tan without burning. Newer research suggests that UVA, since it penetrates more deeply, may cause skin cancer and premature "aging" of the skin. Now sunscreen manufacturers label sunscreens as "broad spectrum," which means they block both UVB and UVA.

Some environmental things to know about sun exposure:

- ⊗ Time of Day: Most ultraviolet rays come between 11 a.m. and 3 p.m. Daylight Savings Time.
- ⊗ Latitude: A person who can tolerate one hour of sun in Florida without burning can tolerate two hours of sun in New Jersey under the same conditions.
- ⊗ Season: The greatest intensity of ultraviolet light occurs at the summer solstice, about June 22. May 1 has as much intensity as August 15.
- ⊗ Altitude: Each 1000-foot increase in altitude adds 4% to the intensity of the sunburning rays.
- ⊗ Weather: A bright day with a thin cloud cover has 60 to 80% of the ultraviolet rays that are present on a clear day. Clouds can cool and give a false impression that there is little risk of sunburn.

Some protective things we cyclists can do to minimize sun damage:

- ⊗ Sunscreen: Choose a sunscreen with at least 15 SPF, a water- and sweat-resistant product that provides protection against both UVA and UVB rays. Look for a sunscreen with at least three different active ingredients to provide broad-spectrum UVA and UVB ray protection. Apply 30 minutes before exposure to the sun. Apply to all exposed areas, especially the ears, scalp, lips, nose, back of the neck, tops of the knees, and backs of the hands (especially if your cycling gloves don't cover the back of your hand).
- ⊗ Clothing: Protect head with a helmet with visor, sunglasses and a skull cap that covers the back of the neck. Protect torso with UPF-rated jersey, and lightweight UPF arm warmers. Protect backs of hands with gloves.

Sun happens. Even at 93 million miles. Go figure.
Ride safe, and come out for our great club rides and social events.

*Regards,
Mike Smith, President,
Siskiyou Velo Bicycle Club*

Organized Rides around the Region

Check out the Siskiyou Velo's and other regional groups' rides!

August

1- Black bRamble Century, Eugene
<http://www.eugenegears.org/bramble>

7- Eight Lakes Bike Ride, Spokane
<http://www.lcsnw.org/events/8Lakes2010.pdf>

7- Siskiyou Velo Ice Cream Social Ride

21- Crater Lake Century Ride
<http://www.craterlakecentury.com>

September

11- Cycle Umpqua 2010 Vineyard Tour
<http://www.cycleumpqua.com>

25- Siskiyou Challenge
<http://www.siskiyouchallenge.org>

25- Siskiyou Velo Vino Velo Ride

October

9- Siskiyou Velo Fall Colors Ride

Jerseys!

Club Jerseys are available to purchase in both men's and women's sizes. They are \$55.25 each. Please contact Elizabeth at 482-4815 or ecrawfordzell@yahoo.com if you are interested in buying one.

Ice Cream Social and Ride

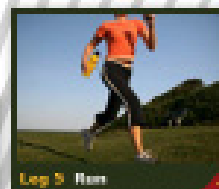
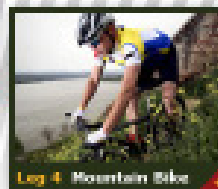
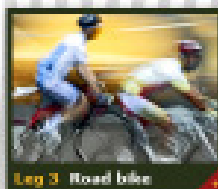
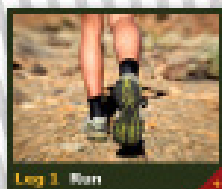
This is one of the events we all look forward to with great anticipation! This year it will be held on Saturday, August 7th at the Harlow's home. There will be two ride options: a mellow flat route and a brisk hillier route. The distances for each will be about 40 miles. The rides will start at 9:00 AM. Following the ride there will be homemade ice cream. We ask that you bring anything that goes well with ice cream; such as cookies, cake, pie, cobbler or toppings.

All Siskiyou Velo members and friends and family are invited to this event.

When: August 7th

Time: 9:00 AM

Where: The Harlows at 2200 Hull Road, Medford



Siskiyou Challenge 2010 on September 25, 2010, is the first annual multi-sport relay event to benefit Rogue Valley Farm to School, RVF2S. Based at ScienceWorks, Challenge athletes will run, kayak, bike, mt. bike, and run again in a 46 mile loop around Ashland and return to local food provided by Standing Stone Brewing company, local music, and general festivities. Teams can be made of one, two, or three to five athletes and registration is open. Volunteers are wanted to help with all aspects of the event. Festivities start with a pre-Challenge barbecue in Lithia Park the night before the race, and runners will take off at 7:30 a.m. A Fun "Speed-Walk" around the block of ScienceWorks and festivities in progress will await their return!

More information: <http://www.siskiyouchallenge.org>

Siskiyou Velo Ride Schedule

Date	Time	Start Location	Route	Pace	Miles	Contact
Every Saturday	10 am	Cycle Sport	Varies	E	Varies >20	Alex Hayes 541-857-0819
Every Saturday	10 am	Varies	Varies	C	20 +/-	Phil Gagnon 541-488-4289
Every Sunday	1 pm	Bike Path behind Bad Ass Coffee	Varies	E	Varies >20	No Ride Leader
Every Monday	9:30 am	Colver Park	Jacksonville coffee ride	Group E2	25	No Ride Leader
Every Wednesday	10 am	The Roasting Company	Varies	Regroup E3	25-40	No Ride Leader
Every Tuesday and Thursday	5:30 pm	2200 Hull Rd., Medford	Varies	D / E	25 +/-	John Harlow 541-245-8598 or 541-821-4167

Group: Riders will stay together. **Regroup:** Riders will spread out & regroup along the route.



Ride Rating

Please note that there are a few changes in the ride pace description, namely that the categories will now be listed from A to F. Also note that "mph" refers to the average pace of the entire ride. This will help accommodate a greater variety of riders.

Letter	Average Speed	Description
A	7-9 MPH	A great opportunity for a family ride. Minors should be accompanied by an adult. Mostly flat, neighborhoods, and country roads and usually up to 15-20 miles distance.
B	9-11 MPH	Easy pace with frequent stops to regroup. No one will be dropped. Mostly flat neighborhoods and country roads and usually up to 20-25 miles distance.
C	11-12 MPH	Easy pace with frequent stops to regroup. No one will be dropped.
D	12-14 MPH	Fewer stops than a C ride, steady pace for experienced riders. Everyone should know how to fix a flat. Might ride at 15-18 mph on the flats. No one will be dropped.
E	15-17 MPH	For stronger riders who want to ride in a fast pace line or in tight packs (18-25mph on the flats). Occasional sprints. Riders must be confident in a group and pace line. Not recommended for D pace riders.
F	17+ MPH	Constant pace lines, brisk climbs, only for experienced, fast riders. Check with ride leader if this is your first F pace ride.

Terrain Difficulty:

Number	Terrain Description	Example
1	Flat	South Stage Road, Colver Rd.
2	Some hills	Orchard Loop, Gold Hill
3	Hilly	Dark Hollow, Adams, Old Military Rd.
4	Mountainous	Lakes Loop, Woodrat Loop, Greensprings Rd., Callahan's

Approved helmets required on all club rides. Unless otherwise noted, rain/wet pavement cancels the ride.

When going for a ride, we encourage you to select a ride along your cycling and fitness level. If you do not find a ride that is at your level, this is the perfect opportunity to start a ride of your own!

Our thanks to all our wonderful ride leaders for the month of July.

Phil Gagnon
Jodi Weber/Matt Varnum
James Williams
Aryn Duncan
Rick Berlet
Mike Smith
Bud Flowers
Fred Vontress
Michele O'Leary

Our thanks to all of you for leading rides in July. Our members look forward to the weekend group rides. These rides are a vital part of the club's activities. We hope you enjoyed your ride leading experience. We would also love to hear any "adventures on the road" or to see photographs from your rides. Feel free to send me an update.

As of right now, we still could use ride leaders in August. Don't forget that Sundays are great days to lead rides, as well. If you are unsure or have questions about leading a ride, please contact me at ecrawfordzell@yahoo.com.

Just to let you know, you may remember that you were previously given a new pace rating system. You may have wondered why it hasn't yet appeared on the ride schedule online. Please be patient; as it will eventually change over to the new system.

~Elizabeth Zell

Check out the online ride schedule: <http://www.siskiyouvelo.org/schedule.php>.

If you click on the "Meet At" link, you'll get a map of the ride start location. Clicking the "+" to the right of a ride's date brings up a dialog including the terrain (flat, some hills, etc.) and miscellaneous ride notes (where to park, the need for lights, etc.).

The online schedule is the authoritative source for information on scheduled rides. Be sure to check it out online prior to showing up for a ride you see in the newsletter.

Click link below to join or renew
your membership.

<http://www.siskiyouvelo.org/join.php>

Renewing Members

Renee Rickert
Robert Seibert
Buzz & Julie Skov
David Ingalls
Dean Crandell
James Matzger & Carole Smith

!!! New !!! Online Member Registration

All one has to do is open the web site and find the "Join the Velo" graphic. Punch the graphic, and a page comes up reminding you why you love the Velo, and asks for your email. If you are an existing member, it will recognize your email address, ask you a few questions about your personal preferences, and direct you to Paypal for payment. You can use Paypal or a credit card, or if you really prefer, mail a check.

out to play and sing a song on the piano. We returned home on our bikes the next morning after breakfast. This was a fun, quick, and easy cyclist's get-away at an awesome price - Ask for the \$99 room and dinner special.

A New Century

On Sunday, July 18th, club member Diane Liguori completed her first "unofficial" 100 mile century in 15 years! She and her loyal group of domestiques started from the dog park at 6:00 AM, so as to avoid the heat. The route went out through the orchards, into Jacksonville, over the hill and on to Murphy. The return route offered a few more sidetrips so as to make a bona fide 100 miler. Congratulations to Diane!

Siskiyou Velo Club Officers - 2010 P.O. Box 974, Ashland, OR 97520

<i>Office</i>	<i>Name(s)</i>	<i>Contact Information</i>
President	Mike Smith	855-1531; michaelmail@earthlink.net
Advocacy	Edgar Hee	734-4872; ejhee@juno.com
Events	Jonathan Williams	mlc@siskiyouvelo.org
Touring/Rides	Charles Whitaker, Elizabeth Zell, & Phil Gagnon	touring@siskiyouvelo.org
Racing	Glen Gann	779-6986; ggann9@charter.net
Membership	Debbie Cheevers	membership@siskiyouvelo.org
Secretary	Cheryl French	Cherylannfrench@gmail.com
Treasurer	Dave Oliver	treasurer@siskiyouvelo.org
Newsletter	Bess Perry	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 at newsletter@siskiyouvelo.org for further information. Members are welcome submit letters, stories, opinions, photos, cartoons, recipes, tips, or other notices of interest to the club.

On the Road by Elizabeth Zell

July started off with the Northwest Tandem Rally, which was held in Medford this year. Many Siskiyou Velo members volunteered to help with this event, which was organized by Edgar Hee. It was quite a sight to see over 300 tandems (some quads and one quint!) being ridden through many of the Rogue Valley cities and towns. The three day rally was staged out of South Medford High School with organized rides on Saturday and Sunday and a banquet at The Red Lion on Saturday night.

Ice Cream Social

You won't want to miss the Ice Cream Social and the Harlow's and Wooton's delicious homemade ice cream. The ride is on Saturday, August 7th. Two rides will start at 9:00 AM. One will be a brisk, hilly ride and the other a flat, more mellow ride. Both routes will be about 40 miles. The Harlow's live at 2200 Hull Road. Phil Gagnon will also be leading a ride from the Harlow's (see the ride schedule on the Velo web site for more information). Participants are encouraged to bring something that goes with ice cream to share. Questions? Call 541-245-8598 or email John at john_harlow123@msn.com.

A Great Cyclist's Getaway

It was our 5th wedding anniversary and Ron and I had a busy week prior to it. The Monday before, while on Rick Berlet's Keno ride, we stopped at the Pinehurst Inn for some much needed water. The innkeeper, Denise Rowlett, brought out a pitcher of ice cold water, which did the trick in slaking our thirst. It was then that we decided to spend our anniversary at the Pinehurst. Ron and I put a change of clothes in our small backpacks and road the 26 miles up Greensprings to the Inn. After lunch on the patio at the Greensprings Inn, we journeyed on to Pinehurst, where we spent the afternoon in the beautiful, peaceful surroundings next to Jenny Creek. We had a lovely dinner (Ron had steak and I had Chicken Piccata) and fabulous desserts. During dinner, our host, Donnie Rowlett, would occasionally run

Hello Siskiyou Velo Members and MLC Riders!

Please Join Us For



***The 4th Annual RTR Event
Saturday, September 18th, 2010
Palmerton Park, Rogue River, OR***

*New ride routes, great ride support, gourmet feast, live music,
raffle, wonderful atmosphere and lots of fun!*

100 Mile Century	65 Mile Metric Century
25 Mile Quarter Century	4 Mile Historic Nature Hike
Hay Wagon & 3 Mi. River Walk	2 Mile Family Wildflower Ride

Register today at

www.ridetherogue.org

for more information call 541-582-4488

*All proceeds benefit the development of the So. Oregon
Rogue River Recreational Corridor and Greenway Project.
Learn more about it at www.roguerivergreenway.org*

Attorney:
Carlyle F. Stout III

Secretary:
Remedy Hovermale

LAW OFFICES OF
CARLYLE F. STOUT III
Real Estate Law Business Law

- | | |
|----------------------------|-------------------------------------|
| • Contracts of Sale | • Easements |
| • Corporations | • Promissory Notes |
| • Foreclosures | • Partnerships |
| • Boundary Disputes | • Contracts |
| • Trust Deeds | • Sales & Purchases |
| • Earnest Money Agreements | • Limited Liability Companies (LLC) |

Landlord/Tenant Law

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



541-776-2020

E-mail: carlyle.stout@gmail.com

215 Laurel Street, Medford

FAX: 541-776-9841



Next Club Meeting

Join us at 7:00 pm, August 11th, at Angelo's Pizza in Pheonix! 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. Come join us!

LAND SHARK

July Meeting Rcap
by Mike Smith

We had an informational meeting in July with John Slawta, creator of the nationally famous Landshark bike frames, which are made in his shop in Talent. Sixteen Velo's showed up at John's shop up above Wagner Creek in Talent. John talked about carbon fiber, and its construction, strength, and working properties, then demonstrated the design of a bike frame, in terms of frame geometry and sizing, and how he takes orders from fitting information. (Pretty involved stuff!) He mentioned that almost all his bikes are carbon fiber now, with just a few steel bikes per year. John's built over 5000 bikes since starting in the 1980s, and averages a little over 200 bikes per year. They range in price from \$4200 for a single to \$6200 for a tandem, including frame and forks. Wheels and groupo are purchased separately and assembled elsewhere (frequently by Flywheel in Talent). He showed us techniques for cutting the custom carbon fiber tubing and how they are assembled in a precision jig. He showed his techniques for custom-wrapping carbon fiber cloth on critical joints to strengthen them, and how he grinds joints down to a sleek surface for painting. He showed us his painting shop, and how he custom paints each bike to customer's specs. We all had plenty of opportunities to ask questions, and in all, a wonderful meeting.

1632 Ashland St.
Ashland, OR
541-488-5813
Open 7 days a week
Mon-Sat 9:30-6 and Sun 10-5
www.ashlandbicycleworks.com





SPIN CYCLES
Inc.

**BICYCLES
PARTS
ACCESSORIES
APPAREL**

We Service all Brands of Bicycles

Craig Ransom
Recumbent Specialist

122 N.E. F St., Grants Pass, Or 97526
Phone: (541) 955-8807 Fax: (541) 955-8812



PHOTOS WANTED!

Have you been on a great ride recently? Or a particularly gnarly one?! How about a Club ride you'd like to see get more exposure? Share your photos with the Velo! We're always looking for pics of our members in action, so send 'em on in! Please email images to newsletter@siskiyouvelo.org, along with a brief description of the action, and we'll feature them in an upcoming newsletter! Of course, articles accompanying photos are always welcome too!



**Marty's
Cycle
and Moore**

720 Crater Lake Ave
Medford OR 97501
77C-YCLE

Ron and Elizabeth Zell at Pinehurst Inn, celebrating their fifth anniversary.



Professional Copywriting

Simple. Clear. Effective.

* Web Sites * Newsletters * Direct Mail *
* Brochures * Ads * Press Releases *

Cheryl French
www.CherylFrenchWrites.com
541-482-8475

Northwest Tandem Rally! Riders and a sag gang at the start of the ride. Photos by Jodi Weber.

RIDING WITH A DAYTIME TAIL LIGHT

BY PHIL GAGNON AND ART COOLIDGE

On a VeloMello club ride, I was awed by Art Coolidge's two flashing tail lights. Each has the intensity in bright daylight of a police car's flashing lights--almost. "What are those?" I asked.

Art told me about them and was nice enough to send me an email with further details. As Art points out, to the motorist who is prone to claim, "I never saw the bike," these lights will surely stagger any motorist to eyebrow-lift, instant awareness.

With motorists engaged with all the gadgets--GPS, CD's, radio, text messaging, etc, we cyclists need to "UP" our safety level out there. These DAYLIGHT lights are surely a terrific way to do just that.

Read what Art has to say and you may think differently about DAYTIME tail lights...

Art: Well, my experience riding alone on two-lane roads, coexisting with motor vehicle traffic has been quite enjoyable and safety-enhanced with DAYTIME lighting on my bicycle. Why do you think motorcycles are required by law to have their lights on in daylight hours? "I never saw the bike."

On a recent ride along a two-lane road with no shoulder, I had both blinky tail lights (details later) blazing away with their attention-getting patterned sequence, along with my SON20R generator-powered Schmidt Supernova E3 front light at full brilliance to alert oncoming traffic to not attempt passing maneuvers and also to beam attention to vehicles stopped at cross streets, that I'm coming through.

When on a group ride, my bright, blinking tail lights can annoy following cyclists--a point to consider. However, I WANT the approaching driver, half a mile behind me to suddenly get "hit" with the thought: "What the...? What's that?" and to begin to make allowance as distance diminishes.

Incidentally, if the tail lights were not blinking but set in a solid "on" mode, the effect is diminished as you become obscured among the complex visual field. Also, being constantly in the solid "on" mode chews up batteries a lot faster.

On a bright day, I was on Antelope Road in the residential section of White City, when a Ford pickup pulled abreast of me and powered down the passenger-side window. "Un-oh," I thought. "Trouble here, now." Instead, slowing his speed to match mine, the driver hollered across the cab through the open window, "Those are great lights you've got. I could see them half a mile back."

About these lights...One is the Radbot 1000; the other, the ViewPoint Flashpoint Ultra Tail Light.

When I set the lights up, aiming them at the garage door with the bike on level pavement, I felt the lights were equally brilliant with slightly different patterns. The Radbok 1000 has a bit more off-beam peripheral light distribution while the ViewPoint has slightly more intensity in the center of the beam. The combination is dynamite.

While these tail lights are superb, they do fall short of the "gold standard" DiNotte lights; however, the DiNotte prices start at \$128 while the Radbok and ViewPoint sell for less than \$30. (DiNotte are 3 watts. Radbok 1 watt. ViewPoint half a watt.)

Both the Radbok and ViewPoint take two alkaline AAA rechargeable batteries. Battery life expectancy for the Radbok is 50 hours; for ViewPoint, 100 hours. For details, check their web sites.

I'm convinced that good DAYTIME lighting is just as important for safety and enjoyment as is night lighting and the response and behavior of motorized road users seems to confirm that good lighting helps peaceful coexistence on a narrow strip of shared bitumen.

With rechargeable batteries, running cost is virtually nil. My best experience has been with the Sanyo Eneloop batteries because of their very low self-discharge. That translates into charging a battery and having it retain its charge for weeks

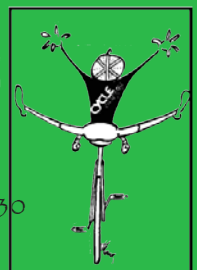
or months (as compared to many rechargeables which lose their charge over a few weeks even when not used at all.

SISKIYOU VELO IS "PROUD!"

- P = Prepared for everything
- R = Routinely safe
- O = Out to have fun
- U = Undauntingly a defensive rider, respectful of all road users
- D = Dedicated to positively representing cyclists

CYCLE
—analysis

535 N. Fifth St
Jacksonville, OR 97530
541-899-9190



A beautiful Monday morning ride. Veloers heading down the road and Renee and Elizabeth zooming towards the camera. Photos by Jodi Weber.



Flywheel
Bicycle Solutions

 IAN BAGSHAW
OWNER

TEL. 541.512.8891

100 TALENT AVENUE . SUITE 1 . PO BOX 6 . TALENT . OREGON 97540
WWW.FLYWHEELBICYCLES.COM
IAN@FLYWHEELBICYCLES.COM

Dennis Cramer lead a ride to and around

Crater Lake on 07/07/2010. It was a beautiful day and a great ride. The photos are of Jerry Rhodes, Rick Berlet, and Steve Levesque; magnificent Crater Lake; and Dennis Cramer at the Lodge area.



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.

Ride with **Chris Horner** on **September 26th**

At the Echelon Gran Fondo in Hood River, Oregon

- **RIDE IT** – Chip-timed 30, 60, 100 Mile Courses – just for fun for those that care about seconds.
- **RACE IT** – Special 21 mile optional timed hill climb – (OBRA sanctioned)
- **REWARD YOURSELF** – Special Fundraising Awards. Call-outs for top fundraising teams.
- **EXPERIENCE IT** – Post ride party and festival, european style, family oriented.

Register today: **www.granfondo.org**

A RIDE BENEFITING:



Looking for official MLC photos? Ken Royce took hundreds along the course and of the riders. These are now online for viewing and purchase. In Ken's words: "It was another fun day - the cool overcast made for rich color. Already looking forward to next year!"
<http://www.kenroyce.com/mlc.html>

At the Mountain Lakes Challenge, we asked "What is the toughest climb you've attempted?"

Riders weighed in with:

- * The Wall Humboldt County
- * Dead Indian Memorial Rd
- * Monument Drive out of Rio Dell, Humboldt County
- * Forest Service #1 (xxx? Hill Rd) from 299 to Hwy 36 Humboldt County
- * I have not met a hill that wasn't hard!!
- * The Wall
- * Morton St.
- * Mt Ashland Mt Bike trail
- * Mt Ventoux, Franch
- * That ride [the MLC] was Legit!



1729 Siskiyou Blvd
Ashland, OR 97520
(541) 482-1997

www.siskiyoucyclery.com
info@siskiyoucyclery.com

If you'd like to voice your opinion, or have a biking question to pose to your fellow Veloers in an upcoming edition, email it to:
newsletter@siskiyouvelo.org