



October 2007

NEWSLETTER

Doing the Brest Stroke

or

How I Swam Across France on a Bicycle

By David Ingalls

“Coach, tell me again why we’re doing this.” Jerry Rhoads and I were grimly slogging through a heavy rain-storm on the 400K brevet put on by the Davis Bike Club last spring. This was the third qualifier for Paris-Brest-Paris, the mother of all endurance events. Whether I first thought on my own to try PBP or Jerry planted the evil seed in my mind is long forgotten but, as a veteran of the 1991 event, he was glad to guide me through the necessary training and preparation. We had easily handled the 200K and 300K brevets in mild weather but this was different. It had begun raining at the start and a hundred miles later we were thoroughly soaked. “Quit your whining and ride,” Jerry said helpfully through clenched teeth. It’s great to have a sympathetic coach. The weather improved, we persevered, and it was on to the 600K. The organizers wisely started the ride at sundown to make sure that we would experience two nights of riding to prepare us for the sleep deprivation that is unavoidable on PBP. My coach was wily enough to decide that his job was done before the 600K so that he could stay home and get blissful sleep while I was out in the dark and cold getting my final lesson.



ing, with front after front blowing in from the Atlantic bringing the worst August conditions that northwestern France had seen in fifty years. Rain, wind, and gray skies convinced me to load up all the bike clothing that I had brought. As it turned out, I was grateful for the multiple layers that I had on board.

The evening start mirrored the 400K in Davis, with rain starting about five minutes before the gun. For most of the ride, it was either raining or threatening to rain and the roads were almost always wet. Nevertheless, one must ride the ride one gets, so off we went into the dark and damp. The poor conditions aside, the riding wasn’t difficult. I swear that there aren’t a hundred flat feet in a row anywhere on the route but 30,000’ of climbing is mostly spread out among countless rollers with only a couple of major hills. The roads were very clean and in excellent repair. I never saw a pot-hole, debris, glass or rocks. If I hadn’t been out all night long, I’d think that there must have been squadrons of Frenchmen with brooms busily sweeping in the wee hours every night.

Following Jerry’s advice, I started out using my time wisely at the controls. Do the official check-in, get something to eat, and hit the road. This routine helped me move quickly over the first 325 miles. At that point, I had been out for 27 hours, all the while hoping that the weather would improve. I arrived at the last control before the turnaround in

PBP is the oldest cycling event in the world. Starting as a race in 1891, it has taken various forms over the years but has been held every four years as a randonneur event since 1951. Although not a race in the usual sense, participants must complete the 1226K (760 mile) course in 90 hours in order to be credited with a finish. Each rider must maintain an adequate pace by meeting time cut-offs at control points every 50 miles or so. Each control offers food and dormitory-style sleeping facilities staffed by wonderful volunteers who can’t do enough to help the riders.

During the few days in Paris before the ride, it became apparent that the wet 400K brevet might turn out to have been valuable training. The weather was foreboding,

(Continued on page 4)

Members' Ads

For Sale: Yokota Mtn Bike - excellent condition -unsuspended, small (14.5 in, 38 cm); frame of double butted cro-mo w/ Shimano mtn LX components, 21 speed—\$250. New cycling shoes, size 39, and a variety of new and slightly used women's small to medium cycling clothing, including Gor-Tex, wool and synthetic pieces. Hiking & water sports technical clothing & equipment also available in small to medium sizes. Call for availability if interested. John 482-1529.

NEW MEMBERS

Richard Melville

RENEWING MEMBERS

Charles Schink
Kathleen Collins
Martha Howard-Bullen
Alan Shorb
Mark Seals
Linda Kimball

PLACE YOUR AD HERE

3.5 x 2" \$15

1/6 page 2.25 x 4.5 \$20

1/2 page horizontal 7 x 4.5 \$40

Siskiyou Velo Forum Reminder

Check out the Siskiyou Velo Forum! It's an online bulletin board. It's your opportunity to post something you want to see or perhaps are looking to buy, find someone to ride with, get rid of the components sitting in the back of your garage or just chat about cycling. It only works if we use it!

Log on to the website: <http://siskiyouvelo.org/>
And look it the upper left corner. Click on Club Forum. You will need to register, but it's open to all to participate in.

Monthly Club Meeting
Join us the 2nd Wednesday of
each month at Angelo's Pizza in
Phoenix at 7:00 pm.!

SISKIYOU VELO MEMBERS

SHOW YOUR CARD. Receive 10% discount on parts and accessories in the bike shops listed in the newsletter.



What's the latest on advocacy and road hazards? Please check out the website:

<http://siskiyouvelo.org/advocacy.html>

Siskiyou Velo Club Officers 2007

P. O. Box 974 Ashland, OR 97520

President: Glen Gann 779-6986 ggann9@charter.net
Advocacy: Chris Haynes 772-9220 chris.hec@gmail.com
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 jbsquoia27@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.



Is it time to find those long-fingered gloves and booties already? Argh What happened to summer?!

The annual Mountain Lakes Challenge is the Siskiyou Velo's major fundraiser each year. Aside from a fantastic ride with great scenery and lots of uphill, the MLC is an opportunity for the Velo to give back to the community by supporting cycling related projects and education in the Rogue Valley. At times we don't see immediate results. In the last couple months, however, two of the projects supported by the 2006 MLC proceeds have come to fruition.

You Are Here

As you ride the Bear Creek Greenway, you may have noticed nine "You Are Here" signs between Central Point at Pine Street and Ashland's Dog Park. This is a tangible result of the funds raised by the 2006 MLC.

This was a combined effort with the Rogue Valley Council of Governments providing the maps while the Siskiyou Velo and Greenway Foundation supplied funds to fabricate and install the signs. Mike Smith was instrumental in working with the Greenway Foundation to get this project underway. As part of this overall project, before winter, you should also see stenciled mile numbers on the trail.

Our \$2000 contribution started an \$8000 project that will benefit cyclists for years to come.



Talent Bike Racks

The Velo purchased two bike racks for the new Talent City Hall/Community Center. One bike rack is shown in the photo left. There is another rack behind the city hall for employees that commute to work on their bicycles. Betty Wheeler, the City Manager, said they have hired a firm to develop some forms of recognition for all those who donated to the new city hall project. She said our club would also be recognized in the city newsletter. As a club, it is important that the community is aware of the Siskiyou Velo club and our outreach to local communities.

Minutes of the September 12, 2007 Siskiyou Velo Meeting

1. Treasurer's Report: Bill Tout reported the balance at \$12, 370.00 and said that August was a revenue neutral month.
2. There was some discussion as to whether the new bike racks at the Talent Community Center had been marked as donated from the Velo yet. They had not.
3. Rides: Dan reported the Fall Colors Ride had not been scheduled as of the meeting but expected a date soon. Don Parker will secure the date. Dan suggested a ride to send off Chris and Gwen Haynes followed by a farewell potluck.
4. Membership: The count was down from a high of 322 to the current count of 296.
5. Race: Glen announced the Thursday night races at the speedway were now over. He also announced that George Hincapie of the Discovery Channel Team was currently leading the Tour de Georgia.
6. MLC: Ron said there is a need for volunteers to secure donations from the sponsors of the MLC. He said that David Oliver did a great job for the '07 MLC but would not be available to repeat for next year. Ron said he would like to increase participation of sponsors.
7. There was discussion of the Holiday/Elections Party for December. There is no committee formed yet although the site and date is secured. Ideas of having the party catered were discussed but the potluck style of dinner was voted for. \$400 was voted for and passed for spending on beverages and lasagna to supplement the potluck.
8. Road conditions: East Evans Creek Road from Meadows to Wimer was recently chip sealed and reported to be terrible for bikes. There is also a lot of construction on Upton and Kirkland Roads. Members were encouraged to write letters to the newspaper regarding chip sealing on East Evans Creek Road. The bike path through Ashland is to be opened by September 15 according to signs posted.
9. There was general discussion of saving money for future expenditures. It was noted that the MLC Contribution Committee would be addressing that issue at a future meeting. Meeting adjourned at 8:00 PM

(Continued from page 1)

the middle of the night, as soaked as I had been all along, and feeling as if I ought to rethink my approach. It had become apparent that the ride was going to be a tough slog, so I adjusted my expectations and strategy to make it more tolerable. You really do need to reevaluate when you find worms wrapped around your spokes and a soggy slug in your Bento Box. I decided to take lots of time for eating and sleeping to make sure that the added difficulty imposed by the weather didn't take me out. The result was that I set what might be a PBP record for time spent off the bike. Total wheel-turning time was 56:50 and total elapsed time was 87:12, so I goofed off for over 30 hours! I could afford this luxury because of the nice cushion I had built up on the outbound leg. This meant far more sleep than many riders were able to take and turned out to be a good tactic for self-preservation, considering that about 30% of 5300 starters didn't finish, as opposed to the usual DNF rate of about 12% in more "normal" years. It was both sad and alarming to see exhausted riders weaving slowly down the road and sacked out just anywhere along the shoulder.

A relaxed schedule on the return also allowed plenty of time to work on my French by visiting with the locals at the controls and along the road. Hoards turned out in wet weather and at all hours of the day and night to cheer on the riders. Anyone who thinks that the French are standoffish to Americans ought to have this experience. In fact, everyone I met was gracious and several expressed gratitude that so many had come from so far away to do their ride.

In spite of the challenges, PBP is a wonderful cycling experience and well worth the effort. Anyone want to join me in 2011?

Trivia of the Month

Ignaz Schwinn and partner Adolph Arnold incorporated Arnold, Schwinn & Company on October 22, 1895. Ignaz Schwinn was born in Germany in 1860, and he gravitated early to working on the two-wheeled ancestors of the modern bicycle which appeared late 19th century Europe. Frustrated with the unwillingness of local manufacturers for whom he worked to accept his design suggestions, Schwinn emigrated to the United States in 1891, where he found similar difficulties with American bicycle makers. In 1895, with the financial backing of fellow German American Adolph Arnold (a successful meat packer), he started the Arnold, Schwinn Bicycle Company.

http://en.wikipedia.org/wiki/Ignaz_Schwinn

Letter to the Velo Sincere Thanks

Glen, I want to thank you, Steve Maluk and the Siskiyou Velo group for your support for this years RTR event. Steve's article helped to capture the scope of this enormous project of building the RRG and all the arteries that feed it. It's a challenging project to sum up and he did a wonderful job.

Registrations to date (August 26) are at 230 which is twice the amount we had this time last year so we are on the right track and hope to meet and or exceed last years number of 675. We have riders coming from Utah, Montana, Washington, N & S California, and I believe Idaho, and of course Oregon.

In reading your news letter I saw the concern about Hwy 238. I want to share with you that Hwy 238 is on the map for our regional plan with State Parks and ODOT as one of the main concerns and has been a topic of long term planning goals. In the long term our goal is to build a regional network of feeder areas that connect to the main arteries of the RRG & BCG with special attention on those that pose the highest risk to pedestrians and cyclist. The idea is to be thoughtful about how we go after funding so we don't pitch one project against another which throws us back into the silo mentality rather than a regional vision and ends up costing everyone and achieving very little over all. There are some strategies and timing that we should collaborate on to accomplish some of these goals if your interested. When we all work together we have a lot more power than separately in my opinion. Anyway, your support is appreciated and we hope you will consider us when making your decisions on which projects to support financially. We have a lot of projects going on and try to parlay every penny into 4 to go as far as possible.

I hope you will join us for the RTR ride and again thank you.

*Shayne Maxwell, Chair
Rogue River Greenway Foundation*

Quote of the Month

"Variable gears are only for people over forty-five. Isn't it better to triumph by the strength of your muscles rather than by the artifice of a derailleur? We are getting soft. Give me a fixed gear."

Henri Desgrange,
1903





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Letter to the Velo

ROGUE RIVER GREENWAY – A Question of Priority

The September issue of this Newsletter seemed to have many of its pages filled with the topic of the Rogue River Greenway and its cornerstone funding event, the Ride-the-Rogue Century ride. It was interesting to read between the lines of these articles and to hear the very prevalent, almost strident, plea for support of this event, and this “cause”, despite its facile appeal to our group. After all, this is, ostensibly, a cycling event in our own back yard. Shouldn't its support be a “no-brainer”? Why should there be any debate about the legitimacy of the Club's support of such an event? Is there really any question that support is in the best interests of cyclists throughout the Valley?

The arguments in favor are self-evident: the event brings cyclists into the valley; the money goes to the general betterment of the cycling environment in the Valley; the Rogue River Greenway project attracts public and legislative attention to the needs of cyclists in a way that other organizations (such as Siskiyou Velo) cannot, the facility will encourage more participation in our chosen sport, etc., etc. All of these are cogent and legitimate arguments, and they are easy to “sell” to a preconditioned audience, such as ourselves.

On the other hand, if one looks more critically at the nature and history of such projects, around the country, the picture is not quite so self-evident. Almost all of these projects are under-funded for their long-term maintenance, even if their original planning anticipated and allocated for this pre-acknowledged need. A large majority of these projects fulfill their destiny as *multi-use* facilities, and non-cyclist users predominate. The predominance of non-cyclist users has caused the inevitable conflicts, and, particularly in urban settings, a legacy of superficial-to-serious accidents, to say nothing of political conflicts.

Meanwhile, the fact remains, in our own club, and around the country, that serious recreational cyclists prefer to ride on the road with cars, rather than on multi-use paths with a host of unpredictable, inattentive, dog-toting amblers, octogenarians, and derriere-flashing skate-boarders. Before we swallow, hook-line-and-sinker, this plea for support of a project (the funding for which we can never be more than a drop in the bucket), I would suggest we do what is done for any DOT project – study the traffic on the existing facility, and find out whether it is worth it. My guess is that we will learn a great deal about who uses the facility, why they use it, and whether it is a good investment for a *bicycle club*. Just maybe we could get more of a bang for our buck partnering with ODOT for a sign project advertising cyclists' right to a full lane, or an advertising campaign in the newspapers opposing the North Applegate Rd. mining project (just to name a couple).

I would propose that the Club set up a committee to conduct this study – establish its objectives, the questions it wants to answer, and the survey methods to be employed. I suspect, even the Rogue Greenway Project would be interested in the results of such a study (and might even partially fund its conduct), and the Club could probably get considerable positive press for its sponsorship and publication of the results. The study should not only include user interviews and counts, but also accident reports and a survey of hazardous conditions – a complete assessment of the current state of the Bear Creek Greenway. If the Club wants to identify itself with these types of recreational facilities and provide financial support, it would seem that an information base of this character would be the minimum that members deserve for their support.

Rick Berlet



The Fourth Annual Velo Vino Tour was a success with about 38 riders participating in the ride. A delicious lunch catered by Eve's Café was enjoyed in the beautiful gardens of the Schmidt Family Vineyards. As always, riding was perfect on a most gorgeous day in the Applegate Valley.



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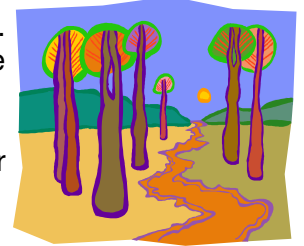
The Klamath Fall Colors Ride

The Fall Colors Ride is Saturday, October 13, 2007 starting from John and Linda Monfore's house in Fort Klamath. We will ride to Rocky Point and back ~42 miles total. We'll meet at Monfore's house starting at 9 AM, AND COFFEE DAVE WILL BE THERE!! The ride will begin promptly at 10:30. As in previous years, there will be a BBQ following the ride (not starting till 1:30 PM, so take your time and enjoy the ride!!)

Please have everyone bring a lawn chair and any alcoholic beverages if desired. There will be water, lemonade, and some soft drinks provided. We will have some vegetarian choices available along with the BBQ.

To help with the food logistics, please RSVP to membership@siskiyouvelo.org or call 488-1924 by October 9.

See you soon, and hope for good weather!



What's happening with Saturday's Velo Mello rides?

Our Saturday rides have a healthy group of wonderful riders who show up weekly for the slow-paced rides. Our list is up to 34 riders with a common complement of 10 to 12 for many rides. We now have a cadre of riders who take turns as ride leaders.

Many of our routes deviate from familiar ones. Our bent is to hug flat lands going from shaded neighborhoods to outlying, rural areas with a coffee stop along the way.

Variety by way of surprise stops becomes common to our rides. One Saturday, we stopped to visit a "library" that allows taking books that don't have to be returned. Another was a ride to Jacksonville to view their city-wide yard sales. Another in the works is a stop at a peach orchard for some drippy treats.

Our pace hovers between 10 to 12 mph except down hills. We stay together and always help with flat tire repairs. The congeniality of the riders is really what makes these rides fun.

While our rides vary in length, they usually border 20 miles. Our starting places occasionally change as do starting times. It behooves one to get on the email list for these details. Email Phil: quiet@mind.net

Holiday Party

So just think, fellow velo members, now is your very last chance to step up and volunteer for a club event this year. The annual holiday party—Saturday, December 8—is in need of an organizing committee. Seriously, this will be fun and painless, and if we divide the work, it won't be that big of a deal. Remember, "Many hands make light work". This is also another great opportunity to get to know other club members. So, if you are interested in helping out to make this party the best ever, please contact Elizabeth at 482-4815 or ecrawfordzell@yahoo.com.

Attorney:
Carlyle F. Stout III

Secretary:
Remedy Hovermale

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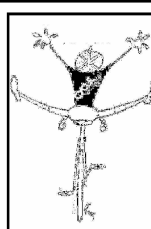
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—analysis

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SISKIYOU VELO RIDE SCHEDULE – October 2007

🚲 **Approved helmets required on all club rides.**

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

Date	Time	Start Location	Route	Pace/ Rating	Miles	Ride Leader/ Contact
Oct. 6 Saturday	9:00 AM	Colver Park	Applegate Dam	Brisk	65	Jerry Rhodes 512-2155
Oct. 7 Sunday	12:00 Noon	Bi Mart, W. Main Medford	Show & Go	Tandems+	TBD	Dan Wooton 779-9248
Oct. 13 Saturday	Call for Details	Fall Colors Ride See Web Site	Fort Klamath	TBD	TBD	RSVP to Don Parker membership@siskiyouvelo.org
Oct. 14 Sunday	12:00 Noon	Bi Mart, W. Main Medford	Show & Go	Tandems+	TBD	Dan Wooton 779-9248
Oct. 20 Saturday	9:30AM	Chris&Gwen's FAIRWELL RIDE/ POTLUCK	Gold Hill- Sams Vly	TBD	50	John & Tish Harlow/2200 Hulll Rd,Mdfd 245-8698 Start/End
Oct. 21 Sunday	12:00 Noon	Bi Mart, W Main Medford	TBD	Tandems+	TBD	Dan Wooton 779-9248
Oct. 27 Saturday	9:30 AM	Bi Mart, W. Main Medford	Rogue River	Brisk	50	Dan Biddock 326-7627
Oct. 28 Sunday	9:30AM	Hawthorne Park	Shady Cove	15-17	50	Jodi Weber 301-6880
Every Saturday	10:00 AM	Varies	TBD	Mellow	20+/-	Phil Gagnon 488-4289
Every Saturday	8:30 AM	Bike Path behind Bad Ass Coffee Co	TBD	Race Pace	Varied <20	Glen Gann 779-6986
Every Sunday	8:30AM	Bike Path behind Bad Ass Coffee Co	TBD	Race Pace	<20	Alex Hayes 857-0819
Every Monday	9:30AM	Colver Park	JVill Co- fee Ride	Group B4	25	No Ride Leader
Tues,Thur Friday	Call	Colver Park	Show & Go	Group B4	Varied	Rick Berlet 488-0036
Every Wed.	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, 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.

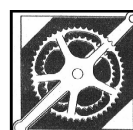
Regroup - Riders will spread out, regroup at specific points along the route.

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.

Saturdays - 9 AM Race Training, Medford Cycle Sport, 1390 Biddle Rd #107 (Alex 857-0819)



**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

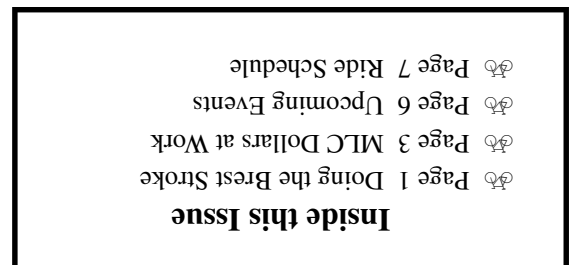
Fax: (541) 488-3802 E-mail: info@roguecycle.com

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			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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