



June 2009

NEWSLETTER

Rolling Stones

In 1967 a relatively unknown band called the Rolling Stones released an album called *Between the Buttons*. The last song on that album, *Something Happened to me Yesterday*, was generally considered to be a description of an acid trip (but never acknowledged as such by Mick Jagger or Keith Richards). The final words of that song remain famous to this day, especially among cyclists. They are “So if you're out tonight, don't forget, if you're on your bike, wear white.” Good advice.

A few weeks ago I was talking with Sarah Paul about the proper manner of stopping at stop signs. This discussion expanded to include Phil Gagnon and others, and became very intellectual and philosophical. Do we come to a complete stop, rolling stop, blow right through, or what? Should we be an example for others, comply with state law, or just be expedient and situational? It was very heady; so much so, my teeth began to hurt.

I got to thinking there is so much more than this discussion of stopping; behind this is the very large discussion of survival on a bicycle. Surely we all have a series of experience from which we have learned to stay alive, while riding totally exposed amongst the many dangers of the road, including traffic, dogs, blow-outs – the list is endless.

Several of my own survival skills came to mind immediately. Be visible- wear bright clothing, wave at motorists to get their attention, use flashing lights. Be aware- see and hear what is going on, process that information into potential dangers, plan avoidance strategies constantly. Be self contained- be able to fix flats, carry a cell phone for emergencies. Do after-action analysis- when something bad happens, spend a moment figuring out what happened, how we reacted, and what could have been done better. Practice the doing better part mentally until it sinks in. Realize that riding in groups has its own dangers- colliding with other cyclists, lapses of attention, thoughtlessly following the herd into danger. Although many other thoughts come cascading into this discussion, I should stop here before running out of print space (and to avoid thoroughly numbing your brain as well).

But it does come to mind that many of us have skill sets that have been hard learned, and could be very valuable to share with others. So consider this: if you have strategies that you would like to pass on to others (or would simply like to be included on the reply list), send them to me by email. I'll gather them up into a return email, and send the entire collection back to you. It may be interesting to read, and useful for bicycle survival as well.

Best regards, and remember to wear white.
Mike Smith, President, Siskiyou Velo Bicycle Club
michaelmail@earthlink.net



Jerry Rhoads helping Anna Arispe with how to change a flat

NEW MEMBERS

None

RENEWING MEMBERS

Dan & Meagan DeNeui
(congratulations you two!)
Wayne & Kay Breithaupt
Amy Lepon
Marlene Fazio
Leslie Bullock
Jim & Pam Britton
Jerry Rhoads
Georgene Richardson
Jack Buster
Edward Bernard
Mark & Nancy Spector
Bud Flowers
Leslie Bullock

TIME TO RENEW

Karen Basin & Wendyn Price
Marsha Fickert & Julie Knorr
Brad Dorken
Azelle Coviare
Paul Halleck
Brent Smith
Richard Fulton
Phil & Ann Dollison
Jeff Golden
George & Debra Stevens
Bill & Harriet Dorris
Alan Galka
Dave Bennett
Josh McGinnis
Barb O'Donnell
Paul Markwell
Chris Wagenet
Anna Arispa
Sherrie Gasper
Teresa Hogan
Paul & Lynn Nylund
Richard & Dianne DiVita
Nicki Simmons Ford
Dan Zaklan
Tita Soriano
Sidney Copilow
John Fricker

Next Club Meeting

Siskiyou Velo club meetings are open to all members. Meetings are held each month at 7:00 pm on the 2nd Wednesday of the month. The next meeting will be June 10 at Angelo's Pizza in Phoenix.

Siskiyou Velo Club Officers 2009

P. O. Box 974 Ashland, OR 97520

Officers

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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.**



Quote of the Month

"I had been familiar with that street for years, and had supposed it was dead level. But it was not, as the bicycle now informed me to my surprise. The bicycle, in the hands of a novice, is as alert and acute as a spirit-level in the detecting and vanishing shades of difference in these matters. It notices a rise where your untrained eye would not observe that one existed."

Mark Twain, *Taming the Bicycle*

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: Cannondale RT2000 Tandem 23 x21 inches \$300; Call Matt 897-0243

FOR SALE: Specialized Langster fixie 56cm \$300; Call Matt 897-0243

FOR SALE: Recumbent *Rotator Pursuit*, low and fast, 48 speeds, size—medium, like new, \$650, call Jerry 512-2155.

Zells Geezer Tour Update

May 15

The serious training for our ride across the country started in January. Since then, we have ridden over 3000 miles, have done the century distance seven times and have climbed 7000 feet fully loaded. Until Thursday, we thought this was enough. However, loaded touring is another reality, and having done a ride similar to Cinco de Mayo with the Siskiyou Summit and 50 extra pounds of winter weight thrown in, it was not enough. Yesterday we did the ride from Fairplay to Carson Pass - 48 miles and 7000 feet. We are now in Carson City, NV after having ridden about 300 miles and climbed over 16000 feet, but would not trade it for anything. We are hyped, jazzed and seeming excited to say that we are having a ball.



Photo by Mark Hesse

May 17: We are still in Fallon, NV on a rest day. Ron has had trouble recovering, even after a couple of very moderate rides. Since we are headed into territory where we will have to carry lots of water to make it from service point to service point, we have decided to convert to a credit card tour, and are in the process of sending all the camping equipment home. Our priority is finishing this tour having really enjoyed each day, and it is our feeling that we were jeopardizing that priority. Besides, we really spoiled ourselves with motels the first few nights out.

We camped last night at the fairgrounds, and there is a rodeo there this weekend. We spent part of our morning watching calf roping. We really didn't understand the scoring, but had a lot of fun watching the action. It seemed appropriate that we do something like this since we are in the "old west". We look forward to continuing our journey tomorrow, and will be tweeting from Middlegate, NV.

May 20: We are currently in Eureka, NV. This is our third day in a row close to 70 miles, and we are both feeling very good. Our decision to change strategy was a good one, and will result in more fun for both of us. Elizabeth really misses the camping, but feels we have done the right thing. We are really excited.

Today was cycling perfection. All our climbing occurred at the beginning of the ride, and the rest was downhill with a great tailwind. We flew! It was sunny, and the temperature was such that we only broke a sweat on the climbs. A young couple stopped us out on the road to take our picture and get some information about what we are up to. They were amazed, and really made our day. What fun. We were "whooped" by a NV State Trooper as he passed in the other lane waving his hand off. That was a real trip as well. We saw some more neat wild flowers, great scenery and experienced a great number of very sensitive motorists. As we did our first descent, a big rig hung back to whole way down so as not to crowd us - he gave us a big wave as he passed at the bottom.

We have now ridden over 500 miles and have climbed about 25,000 feet. It is amazing how it adds up when you go for it each day. We have gone through two segments now where there are absolutely no services available for over 60 miles. We are carrying a lot of water and food to keep us going. Peanut butter and jelly sandwiches are a delight out here.

Yesterday, we had a couple of interesting experiences. We saw four rattle snakes - three dead, and one who tried very hard in my wheel. I didn't see him, but Elizabeth, who was right behind me, got really worried. The other incident happened when we topped out our first climb. Right under the summit sign was a dead steer. He was partially decomposed, and we have no idea how he died, except this is open range, and he could have been hit by a car. Well, it is time for dinner.

We are having a ball,
Ron and Elizabeth



Photo by Mark Hesse

Attorney: Secretary:
Carlyle F. Stout III Remedy Hovermale

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Exercise the Mind

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? See next month.

May's Q&A — A bicycle geek is building a set of custom wheels and he (or perhaps she) has come to choosing the nipples: six black brass nipples and four colored anodized ones cost 88 cents. But six colored anodized and four black brass cost 92 cents. How much are ten of each?

Answer: \$1.80



Why Do I Ride?

"So I can eat. And evidently I haven't been riding enough lately."

Matt Varnum

Rogue Recyclers

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

Why Do I Ride?

"It's something I can do at 67 years old and feel really good about myself. Good healthy sport. Also my wife loves to ride and it's something we can do together."

Fred Hay

CYCLE
—analysis

535 N. Fifth St
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899-9190

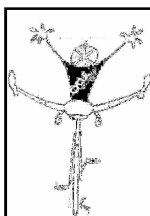


Photo compliments of email mass mailings of dubious origin. Thanks, Toni!

Siskiyou Velo Meeting Minutes

May 13, 2009

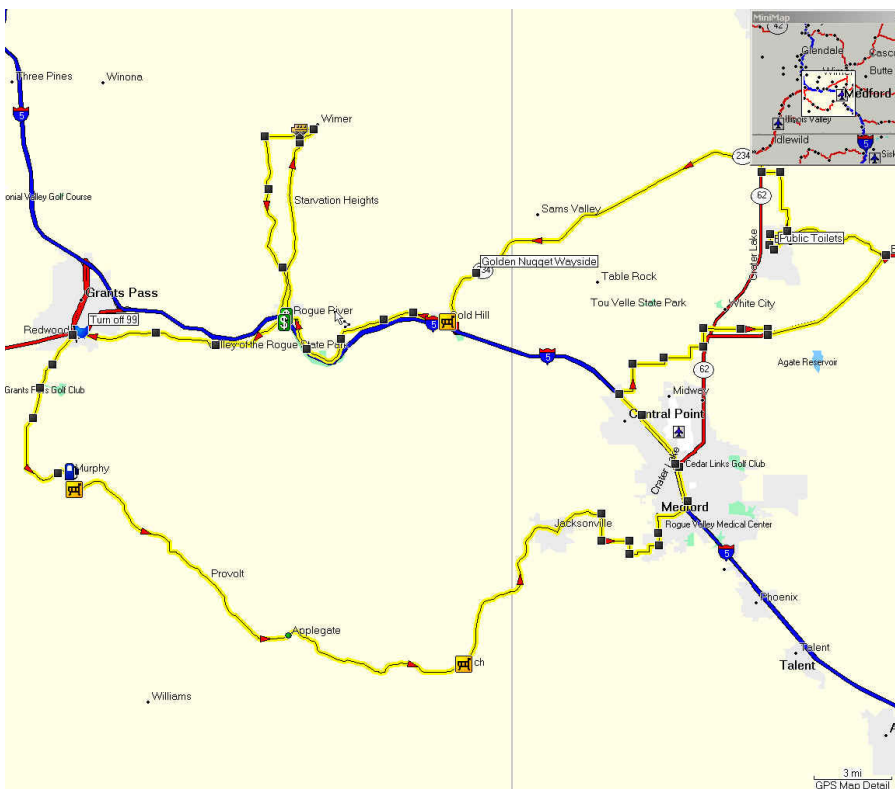
30 members attending.

There was no business meeting held this evening but a bicycle safety presentation/question and answer session was held by Dan Wooton and Bob Korfhage. Following this, various members worked stations demonstrating flat repair, bicycle lubrication, shifter and brake adjustments and bicycle cleaning. Another table addressed any further questions regarding rider safety and skills.

Thank you to all who participated.

Summer Solstice Ride

A Summer Solstice 200k will be held June 13 led jointly by Ed Bernard and Jack Buster. The route is fairly flat starting at Hawthorne Park, then doing the Brownsboro Loop which has one significant hill. From there out Reese Creek Road to Hiway 62, left turn on 234 to Gold Hill and stopping for lunch at Rogue River. Three options appear here:

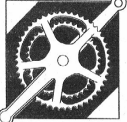


(1) A 78 mile ride by crossing the river and taking 99 to Lampman road, then Old Stage, Scenic, Grant, Beall, Table Rock and bike path to the starting point.

(2) A 106 mile ride by waiting for the main body to return from Wimer and rejoining.

(3) The full 124 miles (200k) by crossing the river and proceeding via 99 to Grants Pass. The route skirts the big hill on 238 by taking New Hope Road to Murphy where it joins 238 through Applegate, Ruch and Jacksonville. There is a significant climb of about 4 miles from Ruch to Jacksonville Summit, but it rises in steps and even tired legs should be able to pull it through. From Jacksonville the return to Hawthorne Park takes the flattest path possible.

Join Jack and Ed on this great ride!



Rogue Valley Cycle Sport, Inc.

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

In May the League of American Bicyclists announced the bicycle friendly state rankings for 2009. The LOAB says that “a Bicycle Friendly State promotes cycling through legislation, policies, programs, and by creating new places to ride, educating motorists and cyclists, and encouraging people to bike for transportation and recreation.”

Washington stayed in first place and Wisconsin in second place, with Oregon ranked in fourth place behind Maine. The top ten states continue: Minnesota, Iowa, Arizona, New Hampshire, Delaware and New Jersey. The bottom rankings go to New Mexico, Alaska, Oklahoma, Montana and finally Alabama in last place.

<http://www.bikeleague.org/programs/bicyclefriendlyamerica/bicyclefriendlystate/>

SISKIYOU VELO RIDE SCHEDULE – June 2009

🚲 Approved helmets required on all club

🚲 Unless otherwise noted, rain/wet pavement cancels ride

Date	Time	Start Location	Route	Pace	Miles	Contact
Sat. June 6	7:00 AM	The Roasting Company in Ashland	Keno Loop	Moderate	100+	Helmut
Sat. June 13	10AM	See page 6	Solstice 200K	Moderate	200K	Jack Buster 664-2870
Sun. June 14	8:30AM	Hawthorne Park in Medford	Brownsboro Loop	Moderate	45	Dan Wooton 779-9248
Sat. June 20	10AM	The Roasting Company in Ashland	MLC Unsupported	Moderate	100	No Leader
Every Saturday	10am	Cycle Sport	TBD	Race Pace	Varies >20	Alex Hayes 857-0819
Every Saturday	10am	Varies	TBD	Mellow	20+/-	Phil Gagnon 488-4289
Every Sunday	9am	Bike Path behind Bad Ass Coffee	TBD	Race Pace	Varies >20	Glen Gann 779-6986
Every Monday	9:30am	Colver Park	Jacksonville coffee ride	Group B4	25	No Ride Leader
Every Wednesday	10am	The Roasting Company	Show N Go	Regroup C4	25-40	No Ride Leader
Every Tuesday	10:30am	Public Library	Show N Go	Moderate	25	Jack Buster 664-2870
Every Tuesday	5:30pm	2200 Hull Rd	Show N Go	TBD	TBD	John & Tish 245-8598
Every Thursday	5:30pm	2200 Hull Rd	Show N Go	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.

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The Anderson River Park Ride—one of the best organized rides around—try it next May! Here is Jodi, Jonathan, Matt and Nancy— photo by James Williams