



April 2009

# NEWSLETTER

## Spring

At precisely 7:22 a.m. ET on March 20<sup>th</sup> (10:22 here on the left coast), SPRING came to the northwest. This is the Vernal Equinox in the Northern Hemisphere, the precise moment at which the center of the sun passes over the equator. Historically, this is a big day- almost as big as Halloween! The ancient Druids felt that it was a holy day of transition. Not to be outdone, the Celts felt that it was the day on which a young sun god celebrates a sacred marriage with the young spring maiden. That's hot! Some feel that this is where the Easter egg tradition came from. No matter. For me, it is a fine day to put two new tires on my bike, clean off a winter worth of junk, and lube my chain. I can see bicycle riding coming, and I want to be ready.

And the club wants to be ready as well. Several things coming up

Dan Wooton plans on teaching a class on leading bike rides in April- stay tuned for time and place. On May 13<sup>th</sup>, we'll have the club meeting at the Harley shop in Phoenix. We'll have a great hands on bicycle maintenance meeting, so we'll all feel comfortable with repairing the little things that go wrong while riding and know what to carry with us just in case. We're going to do some bike riding trainings, centering around safety, bike laws, and good sense skills to keep the rubber side down. More to follow on that.

The economy may be in the toilet, but my bike is paid for and I could use a cheap source of dopamine. Riding more may be a wonderful thing for all of us. Remember to look at our Rides and Events. See you on the road.

Mike Smith  
President, Siskiyou Velo Bike Club

## CYCLING IN BURGUNDY

Close your eyes. Let your mind wander from the New World across the Atlantic to Europe, to France. Imagine riding your bike through vineyards on narrow lanes, winding along hillsides, twisting through picturesque villages and surrounded by acres of verdant grapes vines stretching to the horizon in all directions. Picture yourself strolling through an open air market in the morning, with your senses overwhelmed by a cornucopia of sights, sounds and smells: fresh bread, an endless palate of cheeses, roasted quail, garden vegetables, bouquets of flowers covering every color of the rainbow, dazzling arrays of fresh fruit and a seemingly infinite variety of Dijon mustard sauces. Now open your eyes: you are in Burgundy, one of the most scenic and finest gastronomic areas of France.



Barb Stout riding through Rochepo

Last September my wife, Barbara, and I took a week long self-guided bicycle tour of Burgundy. We booked our trip through Cyclomundo, a French company specializing in cycling tours. Its website is [www.cyclomundo.com](http://www.cyclomundo.com). Our contact was Bruno and he was very helpful, knowledgeable and speaks excellent English. The itinerary was fantastic: it covered varying terrain: flat river valleys, bike paths along canals, rolling hills and summit ridges. Our route took us from cities to towns to rural villages to tiny hamlets. Cyclomundo provided us with maps and very clear written directions and deluxe hybrid touring bikes with comfortable seats and panniers for our camera, foul weather gear and our typical lunch of a baguette, cheese, fruit and

(Continued on page 4)

## Siskiyou Velo Club Officers 2009

P. O. Box 974 Ashland, OR 97520

### Officers

**President:** Mike Smith 855-1531 [michaelmail@earthlink.net](mailto:michaelmail@earthlink.net)  
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**Treasurer:** Dave Oliver [treasurer@siskiyouvelo.org](mailto:treasurer@siskiyouvelo.org)  
**Newsletter:** Jodi Weber 301-6880 [newsletter@siskiyouvelo.org](mailto:newsletter@siskiyouvelo.org)

**Webmaster** Spencer Gray 621-3743 [webmaster@siskiyouvelo.org](mailto: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: Jeff Lyon Tandem, custom built, steel, color—blue. \$450. Call Russ or Renee 482-8704

## 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 April 8 at Angelo's Pizza in Phoenix. Find out what's happening with cycling and advocacy in the area, share your expertise and join in!

## Why Do I Ride?

*I ride so I can hear Dan Bittick scream, "I hate that hill!"*  
Alfred Harrison



Photo by Jack Buster

## NEW MEMBERS

Lilo Hangartner  
James & Sheri Clark  
Michael Marvinny & Suzanne Marshall  
Victoria Brown

## RENEWING MEMBERS

Ken Silverman  
Mel & Terry Friend  
Bess Perry  
Jerry Nitzberg  
Joanne Haddad & Ron Davies  
Bill & Darlene Southworth  
Carolyn Layton  
David Whipp  
Don & Christine Cheek  
Gary Roberts  
James Williams & Becky Brooks

## TIME TO RENEW

Terrance Hawley  
Deb Groskreutz  
Stuart Anderson  
Lisa Bach  
Alfred Harrison  
Sue Mendelson  
Holly Johnson  
Daniel Bittick  
Cheryl French & Charles Whitaker  
Gary Harden  
Hobart & David Marliave  
Eric Brown  
Susan Landfield  
Jerry Rhoads  
John Petersen



## Quote of the Month

"Get a bicycle. You will not regret it if you live."

*Mark Twain, Taming the Bicycle*

## Trivia of the Month

Twittering becomes the new fad as Tom Danielson, Christian VandeVelde, Dave Zabriskie, George Hincapie, Ivan Basso, and Lance Armstrong (among others) communicate to fans, media and even team management in the 2009 Tour of California. *Velo News*, May 2009 (yes, May)

## My Winter Escape

By Bill Inman

I had been thinking of this for some time. I had gone south in 2006, and the thought of icy fog and frozen fingers & toes was fresh in my mind from last winter. So it is time again to go "where the weather suits my clothes".

987 miles south of Medford is the city of Blythe, California, near the Arizona border and where the winters are moderate to say the least. The Jeep was packed with whatever would not fit in the motor home, including my trusty Bacchetta recumbent, and Pugzee and Riley (my 2 pugs) and I prepared to depart. I left at the end of November fearful of winter storms closing the Siskiyou Pass. After 3 days of fairly relaxed driving I arrived at my destination where the day-time temperature was 84 degrees. Now this is what I'm talking about! I checked into the Mayflower RV Park but only stayed a month, as the water was so hard you could walk on it! But that is another story.

The day after Christmas I decided to do a long ride, 50 miles or so. My destination was a deserted mining town called Midland at the convergence of the Big Maria Mountains on the north and the Palen Mountains on the south. Those ranges form a "V" and the winds from the west are funneled into the valley where the average wind speed is about 18 miles per hour, in your face. The road out is somewhat like Old Stage Road but without trees. Oh, and you are going up hill as well, so it is a good workout climbing about 800 feet from the valley where the ride starts. I always like to warm up a little before beginning a ride and the 9 miles from Mayflower past the alfalfa and cotton fields to the beginning of the hills was about right.

The temperature that morning was about 51 degrees and was to warm up later so I wore layered clothing in case it got too warm, but did not feel the need for shoe covers. There were a few high clouds and except for the occasional car passing me the traffic was sparse. The ride out was as to be expected, similar to the amount of effort riding back to Jacksonville from Ruch.

I stopped 2 miles short of Midland as the road surface becomes very rough. There is very little traffic, none of it commercial, so the county does not spend much money to maintain it. There are roughly a half dozen RV'ers camped there in the solitude, nestled up against the mountains as shelter against the wind. I stopped for about 3 minutes to survey the road back, to a sip of Cytomax, and headed back.

Remember the headwind I spoke of? Now it is at my back and down hill, too! Yahoo!! 28 miles per hour and my heart rate at 104. Wanna' race?? So I'm cruising along just really enjoying myself when suddenly I heard a loud noise and the crank stopped turning! What the.....? So I pulled over to survey the problem. When I tried to down shift the rear cassette, nothing happened! Oh no! Here I am miles from anywhere and my bike seemed all jammed up! The cable to the rear derailleur broke and I was looking at the jagged end of the cable. I was unable to move the adjustments far enough to reconnect the cable, and the chain had jumped off the 11-tooth sprocket onto the frame. That's why the crank wouldn't turn. After a minute or so digesting the sinking feeling I took stock of what was still good on the bike. The chain jumped off because the stop limit screw did not limit travel. OK, I got out my trusty multi tool with the Phillips screwdriver and adjusted the stop to prevent the derailleur from shifting too far. Cool! Now at least my 27 speed is a 3 speed and maybe I can get back into town and find a cable.

It's a good thing it was down hill and the wind behind me because starting out in the middle chain ring was a good grunt! However, soon I was cruising along again and thinking everything would be OK, when suddenly, there was that noise again and the crank froze up! Dang. OK, out with the tool and this time I adjusted the stop so the chain was resting on the next gear out from the end rather than the last one. This way if the adjustment slipped I would still be in a gear that could allow me to continue.

Well, I made it back into Blythe and look, there's a Starbucks! Cool, time for a break. Afterwards I rode through town looking for the bike shop I vaguely remembered seeing on one of my outings. But where is it? I must have traveled up and down the east end of town several times before I saw what might be the shop. It was in with jet skis and watercraft, and a big sign on the door saying he was closed for the holidays and would open again January 2<sup>nd</sup>. The bikes on display were of the 26 inch balloon tire variety with a few mountain style, but no skinny tire road bikes.

Well, I finally installed my new cable and have done that ride many times since, as well as going out Hwy 95 to the diversion dam where water from the Colorado is siphoned off to flood irrigate the many fields here. It seems the primary crop is alfalfa, with cotton being one of the crops in rotation. There are also citrus orchards here and all are producing year around. I have met and done rides with a few folks, mostly people like me who are escaping the winters back home. One fellow I have ridden with did the Paris-Brest-Paris ride in 1999, the same ride Jerry Rhoads did in '91 and David Ingles rode in 2007. It seems the locals do not ride bicycles, perhaps because the summer temps can reach as high as 120. Too hot for me! It appears they are more into water sports. The winters are very moderate with the occasional day of rain, and winds which can reach 40 miles per hour! On those days you find a good book. I do believe I will be coming back again next year. The desert southwest is a nice change of pace, but I do miss the Rogue Valley.



(Continued from page 1)

chocolate that we purchased along the way. Our luggage was ferried to our hotel in the next town and we averaged about 50 kilometers a day giving us enough time to explore and sightsee as much as we desired.

We started in Beaune, the wine capital of Burgundy, which is world renown for its chardonnay and pinot noir vintages. We arrived a day early to relax from our long flight, explore this small city of 25,000 and immerse ourselves in its history, architecture and cuisine. The Saturday open air market here is one of the best in France and offers almost everything to visitors and locals alike: clothing, vegetables, fruit, cheeses, olives, wine, flowers, linens, meat, fish, bread, mussels, mushrooms, spices and of course, mustards. The cultural gem is the Hotel Dieu, a medieval hospital that is now a museum preserved exactly as it was in the mid-15<sup>th</sup> century.

From Beaune we rode through vineyards to Rully, stopping halfway at Meursault, a postcard perfect small town, to buy a lunch of fresh bread, goat cheese, fruit, chocolate and juice, which we enjoyed in a vineyard later that day. We speak halting French, but our efforts to speak their native language endeared us to the locals everywhere, brought smiles to their faces and opened cultural doors for us.

Day three took us along the foothills through picturesque villages with manicured vineyards to Buxy. The roads were rural and lightly traveled and we were blessed with blue skies and moderate temperatures typical of September. It was chilly in the mornings requiring leggings and jackets, but after lunch we were riding in jerseys and bike shorts. We learned that the best wines, the famous grand cru of the Cote d'Or, are grown on the highest slopes and some of the vineyards have been in cultivation since the Roman Empire, when viticulture was introduced to the area.

On our fourth day we had our longest ride, 75 kilometers to Cluny and back, but it was worth the effort. In the morning we rode along rolling foothills, often shrouded in mist that would suddenly clear and reveal fairy tale villages set against the hillsides. It seemed that every other building was a winery and the villages were like extended families as everyone participated in making wines. There would usually be several domains (wine estates) in each village.

We descended into Cluny about 1 pm and were famished, so we employed our foolproof method of selecting a good place to eat: we asked the locals. I saw a businessman leaving his office and asked in passable, if imperfect French, if he could recommend a good restaurant for lunch, and to our delight and surprise, he escorted us to his favorite haunt and it was superb. We were the only foreigners there and the food was delicious right down to the decadent crème brulee for dessert. After this excellent repast we toured the famous Abbey of Cluny, which today is a remnant of its glorious past when in the 12th century it was the headquarters for over 10,000 monks and controlled thousands of monasteries, making the Abbot of Cluny one of the most powerful men in Europe. However, enough remains to awe the visitor from the columned hallways to the original vaulted Gothic nave. We rode back along a Voire Vert, a bike path similar to the Bear Creek Greenway, that is built along an abandoned railway line, hence it is straight and flat, a welcome ride after a long day.

Day 5 brought some challenges as we rode to Nolay, a 45 km ride with a “nice 350 meter climb the first 12 kilometers” according to our guide. It was a grind climbing out of the valley up over a pass that afforded breathtaking views of the valley and vineyards along the slopes. At one point I could tell Barb was redlining, so I hopped off my bike, ran back down to where she was riding and ran along beside her cheering ala the fans in the Tour de France. She burst out laughing and crested the summit with a smile on her face, where we celebrated by devouring a chocolate bar.

Our lodgings were at Logis Hotels, which are 2 or 3 star accommodations located all over France, all of which are independently owned by families, as required by its guild membership. These are fantastic places to stay because the guild requires all its members to also have their own restaurant and to serve regional cuisine. We had our most memorable and delicious dinners at these family run hotels including Burgundian specialties such as coq au vin, boeuf bourguignon and of course the sublime pinot noirs. I mean these were meals to die for and the atmosphere was like a country inn with the hosts doing their utmost to please the guests.

Our last day took us back to Beaune, past a chateau, up a steep climb and down an exhilarating 7 kilometers into the valley and through the vineyards of the legendary Romanee Conti, a grand cru pinot noir grown since the 2<sup>nd</sup> century that fetches \$25,000 a case and is pre-sold every year to European royalty. Our tastes were less expensive and we sampled different vintages at one of many tasting venues in Beaune as we joined the locals at an outdoor table while people watching as the sun set on the town square.



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## Ashland Community Bike Swap

Ashland Parks & Recreation Department and Rogue Valley Transportation District (RVTD) present the 19th Annual Bike Swap. If you are interested in selling your bicycle, and it is in working condition, bring it to the Grove on Friday, May 8, between 5pm and 7pm, or Saturday May 9, between 7am and 10am.

If you are interested in buying a bicycle, the swap is open to the public from noon to 2pm on Saturday, May 9. The Ashland Community Bike Swap will have hundreds of bicycles available.

Admission price is \$1 per person or \$3 per family and includes one raffle ticket per person. Volunteers are needed to help make this event a success! If you would like a "first look" at the bikes for sale and can donate two to four hours of time, please contact the Ashland Parks and Recreation Office at 541-488-5340. Call the Ashland Parks & Recreation Department at 541-488-5340 for more information or visit .

## Scott River Ride, April 19, 2009

Starting at Quigley's in Klamath River, Ca  
9:00 AM

Distance: 90 miles

This will also be a good practice ride for those riders going to Chico the following week. We can accommodate both Mellow and Brisk riders. We will ask the faster riders to wait up at some designated points along the route. If interested, please RSVP to Don Parker at: [membership@siskiyouvelo.org](mailto:membership@siskiyouvelo.org) or call 488-1924. I will send out more information to those who sign up for the ride.



Photo by Derek Severson

### Letter to the Editor:

*Though many of our cross-trained skiing members have already discovered the hospitality of the "new" Greensprings Inn, only the most intrepid and weather-beaten cyclists have discovered this well kept secret. After the hostile management of 2006-07, and the most recent well-meaning, but overwhelmed group, the original folks are back. Their greeting is warm, the food is great, and they are most accommodating. We should give them all the support we can. The good news is that we now have two viable choices for refreshment on the Lakes Loop ride – Greensprings and Campers Cove. What a treat for this summer!*

**Rick Berlet**

Attorney:  
Carlyle F. Stout III

Secretary:  
Remedy Hovermale

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



## Plan for these great rides in August up the road in Eugene!

August 1, Blackberry Jamboree: 20 mile family ride with entertainment.

August 2, Blackberry bRamble: 100, 62 & 43 mile rides.

<http://www.eugenegears.org/>

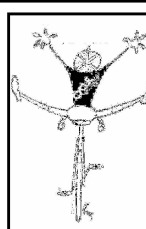


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## Siskiyou Velo Meeting Minutes

March 11, 2009

15 Members present

**Financial:** Dave Oliver reported a balance of \$8159.

**Membership:** Don Parker said membership was at 301 members, up from 286 reported in January.

**Advocacy:** Edgar Hee said the various bike committees would work together for a May Ride to Work project and that RVTD would like to set up a rider mentoring program. After a discussion on the good and bad points of proposed bike registration legislation, Edgar said he would accept input from members for formulating an opinion of the club.

**Rides:** Dan Wooton sought volunteers for April rides and discussed a special ride leader training event for April with a club ride following the event. He said that new members would be attracted to the rides if we had more numerous and well trained leaders.

**Racing:** Glen Gann said the Southern Oregon Time Trials would begin March 15 with a 13.4 mile race on Antelope Road in White City.

**Newsletter:** Jodi Weber spoke of the costs of publishing the newsletter, reported at about \$1700 per year, and the options discussed at a meeting held recently. A motion was made followed by discussion to not renew the bulk mail permit; the motion was passed. After a motion and discussion, it was decided to send a notice telling those still receiving hard copies that this would be their final one unless they specifically requested one; the motion passed.

**Old Business:** After a motion and vote, there will be no Mountain Lakes Challenge this year.

**New Business:** Mike Smith talked about a suggestion made to form a Public Relations Officer position. After some discussion, Edgar Hee and Phil Gagnon said they would talk to Bob Korfhage about the proposal. The topic of holding quarterly meetings, separate from the business portion was brought up and discussed at length. It was felt that participation would increase if popular and fun bicycling related activities were held at the D&S Harley Davidson building. A motion was put forth and passed to do so.

Don Parker asked about the need to continue making individual membership cards. After a lengthy discussion, a motion was made and passed to stop printing and sending them to members.

Meeting adjourned at 8:45 PM.

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### New or Old to our Club 🚲 New or Ongoing Riders 🚲 Slow or Fast Pace Riders EVERYONE WELCOME

On Saturday, April 18th Siskiyou Velo will have a "New Riders" club ride. Everyone is welcome on this very social ride that will start in Hawthorne Park and go to Jacksonville and return to Hawthorn Park. There will be optional routes for faster riders and a stop at the Pony Espresso in Jacksonville for coffee.

There will be a short ride leader orientation and safety discussion starting at 9:00am and the ride will start at 9:30 am.

Please come and make friends with people who have the same interest as you!

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#### Exercise the Mind

The top of the line cycling gloves were on sale. You could buy 6 pair of road gloves and 2 pair of mountain gloves for \$152, or you could buy 2 pair of road gloves and 6 pairs of mountain gloves for \$200. How much were the road and mountain gloves?

*Answer? See next month!*

March's question: How many words does it take to get from FORD to BIKE? Change one letter to create a new word with each step.

*Answer for March: FORD, FORE, FIRE, DIRE, DIKE, BIKE*



Photo by Jack Buster



## SISKIYOU VELO RIDE SCHEDULE – April 2009

🚲 Approved helmets required on all club

🚲 Unless otherwise noted, rain/wet pavement cancels ride

Date	Time	Start Location	Route	Pace	Miles	Contact
Sat. April 4	10AM	Hawthorne Park in Medford	Brownsboro Loop	Moderate	40	Dan Wooton 779-9248
Sun. April 5	NOON	W.Main Bi-Mart in Medford	Tandems+ A3	Moderate	20-30	Dan Wooton 779-9248
Sat. April 11	10AM	Colver Park in Phoenix	Applegate Lake	Brisk	65	Jerry Rhoads 512-2155
Sun. April 12	10AM	Dog Park in Ashland	Show n Go	TBD	TBD	No Leader
Sat. April 18	9:30AM	Hawthorne Park in Medford	NEW RIDERS RIDE	Leisurely	10-30	Dan Wooton 779-9248
Sun. April 19	9:00AM	Quigleys	Scott River Ride	Mellow	92 Call for details	Don Parker 488-1924
Sat. April 25	10AM	Colver Park in Phoenix	Woodrat Loop	TBD	45	No Leader
Sun. April 26	NOON	W.Main Bi-Mart in Medford	Tandems+ A3	Moderate	20-30	Dan Wooton 779-9248
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



### Why Do I Ride?

*To stay in shape for racing. Below 25 mph hurts my butt.  
Glen Gann*

#### 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.

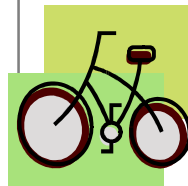


Photo by Jodi Weber

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## Siskiyou Velo Membership Application

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

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Address Service Requested

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**Siskiyou Velo**  
**P.O. Box 974**  
**Ashland OR 97520**  
**April 2009 Newsletter**

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