



# SISKIYOU VELO NEWSLETTER



July 2008

## Am I Going To Like Solo Touring?

By Phil Gagnon



**Prologue** If you read about bicycle tours on "crazyguyonabike.com" it's likely you'll succumb to wanting to take one. That's what happened to me over the winter. Don Parker and George Stevens both suggested a short tour with campouts in the Ruch area and Valley of the Rogue State Park. This short tour was a shake-down cruise in preparation for a longer one May 25. I'll go from Eugene to Corvallis and then west to the coast—Newport. I'll ride down the coast to Reedsport and back to Eugene. This again will be a solo, self-supported tour. I'm not sure if I favor riding alone but I'm giving it a shot.

### **Monday May 26, 2008, 57 miles (92 km)**

My day's route was designed to avoid major highways in favor of secondary roads. This plan became unnecessary when I realized that traffic was

practically non-existent everywhere. The long route was quite flat, hence the urge to speed. Drizzle persisted. I found that one of the roads on my map was dirt. Maps do lie. I found a bike path that goes from Corvallis to Philomath. That was great. Once in Philomath, I searched for a campsite and found one that was perfect. My first "stealth campsite." Quiet and no mosquitoes.

A deli sandwich bought earlier served as supper. Pitched tent and unrolled everything. Crept into my new sleeping bag with a 30 degree rating and read.

### **Tuesday May 27, 2008, 58 miles (93 km)**

When I mapped this ride from Philomath to the ocean, two prominent routes stood out: Rts. 20 & 34. Not knowing which to take, I emailed a Corvallis bicycling club for help. "Don't take either one. Too dangerous!" they wrote back. The recommendation was to start on Rt.20 and deviate at Blodgett.

The nine mile distance was practically all up hill. Not too steep, but still, all up. The ride from Blodgett to Summit was--guess. We're talking narrow, two-lane roads. Aside from occasional lumber trucks, traffic was ok. On one downhill, I was shocked to come head on to a big rig climbing out of a turn on my side of the road. As we spotted each other, we both squeezed away. I barely got by. He was executing a rather sharp turn and needed my side of the road.

I had been told that there was a 1 1/2 mile stretch of unpaved road that I'd likely want to walk. It was there all right. That stretch went straight up--it was a mountain. The surface was terribly coarse with golf ball sized stones. The walk up was a task as neither foot nor wheel could manage the rocky surface. On the downside, I sat on my recumbent with outstretched legs and brakes in force. I slowly edged downward until I was 100' from the paved road. That's when I eased up on the brakes. That's when it happened. My front wheel suddenly went out from under me. I was going about 6 mph and instantly watched the rocky surface zooming toward my face. Fortunately, my helmet did what it's supposed to do. My arms and left leg were bleeding with the usual scrapes and cuts. My ankle twisted under the weight of the seat was immovable. The struggle to be free of that ache required lifting the bike from my sprawled position. I did it and was

(Continued on page 3)

## Siskiyou Velo Club Officers 2008

P. O. Box 974 Ashland, OR 97520

### Officers

**President:** Glen Gann 779-6986 [ggann9@charter.net](mailto:ggann9@charter.net)  
**Advocacy:** Edgar Hee 734-4872 [ejhee@juno.com](mailto:ejhee@juno.com)  
**Events:** Ron & Elizabeth Zell 482-4815 [mlc@siskiyouvelo.org](mailto:mlc@siskiyouvelo.org)  
**Touring/Rides:** Dan Wooton 779-9248 [touring@siskiyouvelo.org](mailto:touring@siskiyouvelo.org)  
**Racing:** Steve Maluk 512-1368 [steve@malukcoaching.com](mailto:steve@malukcoaching.com)  
**Membership:** Don Parker 488-1924 [membership@siskiyouvelo.org](mailto:membership@siskiyouvelo.org)  
**Secretary:** James Williams 857-9037 [jbssequoia27@msn.com](mailto:jbssequoia27@msn.com)  
**Treasurer:** Bill Tout 482-7080 [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

**Wanted:** Seeking woman's road bike. My height is 5'5". Clipless pedals would be handy. Contact Dusty Friedman at [thebookcompany@aol.com](mailto:thebookcompany@aol.com) or 582-1628

## 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.



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## NEW MEMBERS

Jerry & Sandra Blackmon  
Tim Johnston

## RENEWING MEMBERS

Tom Sheets  
Bill & Harret Dorris  
Edward Bernard  
Terry & Jennifer Longshore  
Teresa Hogen  
Phil & Ann Dollison  
Jan & Richard Anderson  
George & Debra Stevens  
Chris Wagenet  
Gordon & Cheryl White  
Nicki Simmons Ford  
Susan Dallas  
Anna Arispe  
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Sherrie Gasper  
Tita Soriano  
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Teri & Leroy Coppedge  
Di Sly

## TIME TO RENEW

Alex Mete  
Tim Sargent  
Ken Silverman  
Dave Bennett  
Rick Molatore

## New Siskiyou Velo Jerseys Now Taking Pre-Orders

If you've been wanting a Siskiyou Velo jersey but the right size hasn't been available for you, now is the time to order up. I will be ordering a new batch of club jerseys from Louis Garneau and will soon have them in all sizes. Some sizes are in demand more than others so if

you hesitate, you may miss out again until the next order. The best way to avoid this is to pre-order a jersey in your size now, with a deposit of \$25.00. Total cost is \$54.25, but the balance after your deposit isn't due until delivery. Please keep in mind that there are still some jerseys left over from the last order so please call (James Williams, 857-9037) to see if one is available right now in the size you need.



(Continued from page 1)

pleased to realize that my ankle was ok. Wipes and water got the grit cleaned out of the wounds and five BandAids later, I was on my way--a little sore in places but joyous to be rid of that surface.

I stopped to eat a left-over sandwich and went on to Siletz. There, I felt tired and wanted to get to my next stop: Toledo, 7 miles away. With more long hills, I decided that once I reached Rt.20, I'd forgo Toledo and head directly to Newport-- a shorter run. What I didn't know is that my shortcut was one very long climb. A Starbuck's Frappachino was a highlight of my day. From there I headed for the Newport bridge and quickly decided that I was going to walk my bike over it. The wind was howling at my back and with my fairing, I was doing kite work

South Beach State Park has a fine "Bike Campers" area. What wasn't fine were the mosquitoes.

### **Wednesday May 28, 2008, 47 miles (76 km)**

Rain. Everything's wet. Showered, packed stuff and bundled up. This was my first experience riding in rain.

Waldport was a 14 mile ride and a good time to breakfast. I spotted bikes with panniers propped against the restaurant window and went in to meet Maddy and Nick, a 20-something couple from Anchorage. They flew to Portland and started their ride from there to Menlo Park, CA. We were both pleased to finally meet other cyclists.

As we continued south, we occasionally met one another to again share observations. I was especially pleased to rendezvous with them at the entrance to a tunnel located south of Yahats. My view is that tunnels are unpleasant experiences as they can be terribly noisy and hectic with speeding RV's, trucks, cars and motorcycles rushing past. Because this was an uphill tunnel it was all the more unpleasant.

The many long, twisty, blind climbs and shoulderless areas made this day one I wouldn't want to repeat. Too many close calls. When I got to Florence, I was wet, everything was wet. I was tired and in no mood to set up camp. A Holiday Hotel appears and in I go. Got a \$100 room and parked my bike with me.

### **Thursday May 29, 2008, 56 miles (90 km)**

My original plan had Reedsport as a final coastal destination before heading back to Eugene. That would make today's ride 114 miles--two more days. On awakening, I knew I wasn't going the Reedsport route. After an ample breakfast, I set off on Rt.126 for Eugene. Tired muscles, tired everything. Would it have been different if I had company on this adventure? Or taken a day of rest? I'm sure that's what I needed as my stamina at age 76 isn't that of 20 year olds. I thought about it but kept pumping, determined to get it over.

My scariest moment was being squeezed by a trailer truck on a bend at a bridge. The driver's cab curved away as he fled by, but his tail end didn't follow the cab's curve. Rather, it edged me, missing a hit by a foot. And with my dark glasses on, I couldn't see any shoulder as I edged onto the bridge. I blindly hugged what I hoped was there--a tiny shoulder and managed.

The other stressful incident was another, very long up-hill tunnel. I was too tired to ride it and too stressed by the noise and horn tooting as they raced through. I walked an 18" walkway treading bike wheels in the gutter. I wouldn't want to do this again.

From Noti to Eugene, 126 is a terrible stretch. Heavy traffic blazing by. I veered off 126 to a fine bike path that took me directly into Eugene and my Hostel. I was delighted to have arrived to say the least. After four days, I can say that solo touring doesn't appeal to me.

**What's the latest on advocacy and road hazards?**

**Please check out the website:**

**<http://siskiyouve.org/advocacy.html>**

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**Jack Christman**



### **Quote of the Month**

**"I'm proud of what I've done in the Tour,  
but you have to keep your perspective.  
It's just a bicycle race after all."**

*Miguel Indurain after his 4th Tour de France win*

### **Club Meetings**

Siskiyou Velo club meetings are open to all members. Meetings are held each month at 7:00 pm on the 2nd Wednesday of the month at Angelo's Pizza in Phoenix. You are welcome to come and listen, eat pizza and add your two cents worth. Find out what's happening with cycling and advocacy in the area, share your expertise and join in!





Heading out after the lunch stop on the way back from Irongate Reservoir one beautiful day in early June.

## Trivia of the Month

The first television broadcast of Tour de France was the finish of the 1948 Tour. Today, the Tour is broadcast in about 185 countries. Approximately 2000 journalists, photographers, cameramen and consultants work the Tour. 350 different publications or media agencies are represented at the daily press room. About 260 cameramen shoot the race and sidelines.

[www.letour.fr/2008/TDF/COURSE/us/les\\_medias\\_sur\\_le\\_tour.html](http://www.letour.fr/2008/TDF/COURSE/us/les_medias_sur_le_tour.html)

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HUD/Subsidized Housing Contracts & Leases  
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Landlord/Tenant Disputes



541-776-2020 .

E-mail: [carlyle.stout@gmail.com](mailto:carlyle.stout@gmail.com)

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

## Helmets for Access Program a Success

Thanks to a donation of \$1500 by the Siskiyou Velo and a \$500 donation by Medford Rogue Rotary, 182 helmets were shipped to Access for distribution to kids. Alex Hayes of Cycle Sport Medford, made the arrangements for the helmets to be drop shipped to Access and they arrived June 11. The folks at Access not only distribute the helmets but also show the users how to fit them properly. I want to give a big thank you to Cindy Dyer of Access and the Medford-Rogue Rotary and also to Alex Hayes for their efforts on this project.

James Williams

## Contact List for Bicycle Facility Issues

Do you have a gripe (or friendly suggestion) regarding local bicycle facilities (roads, bike lane maintenance, traffic signals that your bike doesn't activate, etc)? Don't just get mad or get even. Contact someone who can do something about the problem.

The following people may not be the one to fix the problem, but will likely know who to contact to take care of the problem. If you don't know exactly who is responsible for the facility – state (ODOT), county or your local city - try one of more of the following and they will try to route your concern to someone who can help. We'll be working to expand this list to other local jurisdictions. An e-mail note simplifies forwarding your concern to the right person.

### State:

Dan W. Dorrell  
ODOT District 8  
Traffic Operations Engineer  
DAN.W.DORRELL@ODOT.STATE.OR.US  
541-774-6354

### Jackson County:

Jenna Stanke  
Special Projects Manager  
Jackson County Roads & Parks  
200 Antelope Road  
White City OR 97503  
541.774.6231

### City of Medford:

Alex T. Georgevitch  
[Alex.Georgevitch@cityofmedford.org](mailto:Alex.Georgevitch@cityofmedford.org)



The Greenway is open all the way from Ashland to Central Point!! However, please use caution when navigating the intersection at Barnett in Medford. You'll have to cross at the crosswalk and it's a short light. Cars might not be aware of bikes crossing.

*Photo by Jack Buster*



**CENTURY**  
AUGUST 16, 2008

KLAMATH COUNTY MUSEUM FUNDRAISER

*Ride The Rim!*

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## Siskiyou Velo Minutes

June 11, 2008

1. 10 members present
2. Membership: Don announced that we have 288 members, up two from last month.
3. Treasurer: Bill Tout reported new memberships brought in \$260 while a lot more came in from sponsorships and applications for the MLC. The balance is about \$13000.00.
4. MLC: Ron Zell said that all the volunteer positions had been filled. He estimated the participation would be around 450 as circumstances stood at the meeting. He said good temperatures would also help boost participation. Ron also reported there would be a police escort for the children's ride and that revenue from the MLC would be increased over last year's earnings.
5. Advocacy: Edgar Hee spoke about alternatives to the present route of the Bear Creek Greenway over Barnett Ave. He said going under the overpass presents environmental problems while going over Barnett with a bridge is extraordinarily expensive and will present problems in the dog park. He said that lobbying efforts for the options should take place with the Parks Department while concerns with the present pedestrian crossing should be addressed to ODOT but details vary significantly on the latter issue. Edgar said he would write an article for the newsletter. He also reported he should be receiving an updated chip seal report soon and that West Main in Medford will be torn up soon. Try to avoid this area if possible.
6. Rides: Dan Wooton reported openings for ride leaders in the July calendar. He also reported the Ice Cream Social would be held on July 27.
7. Racing: There was no race report.
8. Old Business: James Williams reported the joint helmet purchase by the Velo and Medford-Rogue Rotary had been completed. Alex Hayes would order the new helmets for Access to distribute.
9. New Business: James discussed the need for some additional jerseys for members to purchase. There was a motion made and seconded to take pre-orders to offset the cost of having a large stock on hand. James will write an article asking for pre-orders. There was some discussion on the cost of renting Pioneer Hall in Lithia Park for our annual Elections dinner in December. The alcohol permit used to be refundable but will not be anymore. Further discussion will be necessary.

## Ice Cream Social Ride

WHAT: 2ND ANNUAL HOMEMADE ICE CREAM RIDE 2 Rides: 1 Hilly/1 Flat  
WHERE: JOHN & TISH HARLOWs  
2200 HULL RD., MEDFORD 245-8598  
WHEN: SUNDAY, JULY 27th. 9:00 AM START

Homemade Ice Cream will be provided by: John Harlow, Dan Wooton, Tom Wooton, Randy Wooton

PLEASE BRING THINGS THAT GO WITH ICE CREAM: Pie/Cookies/Cake/Fruit/Toppings, etc  
No one has to ride to attend the Dessert!



### Tuesday Night Rides

July 1, 13 and 29 meet at the Dog Park in Ashland; July 8 & 22 at the Grotto in Talent.  
The ride leader and route vary each week. Dinner after at one restaurant or another. Email Cheryl at [cheryl.french@opendoor.com](mailto:cheryl.french@opendoor.com) for details and if you want to be included in reservations for dinner.

### Exercise the Mind

*After a nice ride, we were all sitting around drinking beer and discussing our families. Sibling rivalry came up. Tina said in her family it was rough. She has three times as many brothers as sisters. But her brother Donny said it wasn't that bad. He has the same number of sisters as brothers. How many boys and girls are in the family?*

*Answer? See next month!*

*Junes question: I went into a bike shop where the pricing was done at the whimsy of the owner. A saddle was \$20, a tire was \$11, a light was \$14, and a pedal was \$18. What would I expect to pay for a derailleur?  
Answer: \$30; \$1 per vowel, \$2 per consonant, \$5 per syllable*

## SISKIYOU VELO RIDE SCHEDULE – July 2008

🚲 **Approved helmets required on all club**

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

Date	Time	Start Location	Route	Pace	Miles	Ride Leader/Contact
July 5 Saturday	9:00 AM	Ashland Dog Park	Family Ride-Adults Must ride with kids	Slow	TBD	Jonathan Williams 488-0330
July 6 Sunday	9:00 AM	Colver Park	TBD	TBD	TBD	No Ride Leader
July 12 Saturday	8:00 AM	Hawthorne Park	Butte Falls,Prospect Crowfoot Rd	TBD	110	Dan Biddick 326-7627
July 13 Sun	8:30 AM	Hawthorn Park	Shady Cove & Return	TBD	55+/-	Jodi Weber 301-6880
July 19 Sat	9:30 AM	Hawthorne Park	Wimer & Return	Moderate	70	Bill & Jack 664-2870
July 20 Sun	9:00 AM	Hawthorne Park	TBD	TBD	TBD	No Ride Leader
July 26 Sat	9:00 AM	Colver Park	Meadows / Antioh	Brisk	70	Jerry Rhodes 512-2155
July 27 Sunday	9:00 AM	John & Tish Harlow 2200 Hull Rd, Mdfd	HOMEMADE ICE CREAM RIDE	TBD	TBD	Dan Wooton 7799248 John Harlow 2458598
Every Sat	10:00 AM	Medford Cycle Sport	TBD	Race Pace	Varies <20	Alex Hayes 857-0819
Every Sat	10:00 AM	Varies	TBD	Mellow	20 +/-	Phil Gagnon 488-4289
Every Sunday	9:00 AM	Bike Path behind Bad Ass Coffee Co	Determined by Group	Race Pace Training	Varied >20	Glen Gann 779-6986
Every Mon	9:30AM	Colver Park	Jacksonville coffee ride	Group B4	25	No Ride Leader
Every Tues	6:00 PM	See page 6 for details	TBD	Moderate	20+/-	No Ride Leader
Tues, Thurs., Friday	Call	Colver Park	Show & Go	Group B4	Varied	Rick Berlet 488-0036
Every Wednesday	10:00 AM	Roasting Company Ashland	Show & Go	Regroup C4	25-40	No Ride Leader

### Ride Rating:

- A- Basically flat with no steep hills.
- B- Gently rolling terrain with one or two short steep hills
- C- Moderate terrain, with rolling short, steep hills or moderate sustained climbs.
- D- Difficult terrain with longer, steeper hills.
- E- Extreme terrain with steep sustained climbs.

### Ride Pace: (average range on level ground)

- 1- Slow < 10 mph
- 2-Leisurely 10—12 mph
- 3-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

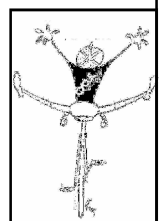
### Other Ride Opportunities – NOT SPONSORED BY SISKIYOU VELO

**Wednesdays**—6PM Mountain Bike rides. Meet @ Cycle Analysis –Jacksonville  
Lights and helmets required. Jana will have pasta after ride.



**CYCLE**  
—analysis

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



## 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> <b>Siskiyou Velo</b> <b>P.O. Box 974</b> <b>Ashland, OR 97520</b>			<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 _____					

Rev. 11/08/200

RETURN SERVICE REQUESTED

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