



July 2007

NEWSLETTER



Tandem Travel Adventures

by Gwen Haynes

On March 15 Chris and I set off on a 4,000 mile tandem bike ride across country. It was an experience of a life time and we're both really glad we seized the opportunity. This trip was something Chris dreamed about for a long time. For me, it was a chance to see new places and be outside - two of my favorite things. So off we went.

Leaving from our front door in Medford we headed out through the Applegate Valley to Cave Junction and the coast. Our guide was an excellent book, *Bicycling the Pacific Coast*. This is a tremendous resource - everything you could possibly need to know from Canada to the Mexican border, even points of interest along the way.

If you've never done it, I highly recommend biking (or even driving) down the California coast. It is truly magnificent. Lots of beautiful state parks all with hiker/biker sites.

Just show up and they'll let you camp. I also recommend the trip before or after summer vacation when the roads are fairly quiet. We took 18 days to get from Medford to San Diego, had several rest days along the way as we worked out kinks, sore knees, and a couple of bad colds.

In San Diego we had a great visit with my mom and four days later we were back on the bike - this time heading east. Our route across country was mapped out by an organization called Adventure Cycling. These maps direct you along country roads as much as possible. This "southern tier" route took us through Blythe, Phoenix, Silver City, NM, and Del Rio, TX. Then between Austin and San Antonio. Down to Baton Rouge, LA, north of New Orleans, and then along the gulf islands. Back up to Pensacola, Tallahassee and finally to Saint Augustine, FL and the Atlantic Ocean. We arrived on May 24, just before Memorial Day weekend and the last day of school. A good time to get off the road.

A few secrets to our successful trip were:

1. Keep it simple. The total weight of our trailer and gear was 53 lbs. Many of the folks we met were carrying at least 50 lbs per person. We used all light weight backpacking gear. We took 3 pairs of bike shorts and jerseys, 2 t-shirts, ExOfficio pants/shorts and one jacket each. Our strap on headlight served as our flashlight at light. Very simple.
2. Rest when you need to rest. Otherwise, things get worse. We were very fortunate not to have a tight time line.
3. One thing to consider is taking a small, lightweight lap top. There's WiFi everywhere now. Even all the rest stops in Texas have it as well as most podunk motels. We did not have one but it would have come in handy many times.

And last but not least . . .

4. Just do it! If there's something you've dreamed about doing but haven't found the time or can't seem to get around to it, rearrange your schedule, gather what you need and just do it. You'll be glad you did.

For more information about this trip, contact Chris or Gwen at gwen.hec@gmail.com.

What's Inside?

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NEW MEMBERS

Jack Buster
Richard R. Graybeal
Edward Bernard
Cindy Weaver
Ursula Robichaud

RENEWING MEMBERS

Teri & Leroy Coppedge
George & Debra Stevens
Ed Mills
Gordon & Cheryl White
Mary Pritchard & David Oliver
Don & Roslyn Parker
Mark & Nancy Spector
Marc Heller
Chris & Gwen Haynes
Karen Basin & Wendyn Price
Richard Hogan
Rick Molatore
Patrick Henderson
Daniel DeNeui

Siskiyou Velo Club Officers 2007

P. O. Box 974 Ashland, OR 97520

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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.

Quote of the Month

*"We each carry our
own Tour de France
inside us."*

Philippe Brunel

So if you're not so skeptical that you've decided to boycott this year's Tour de France, check out the official Tour de France website for tons of info:

<http://www.letour.fr/indexus.html>

Monthly Club Meeting

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

What's the latest on advocacy and road hazards?

Please check out the website:

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

The Siskiyou Velo (formerly the Siskiyou Wheelmen) was formed in the spring of 1972 to promote local bicycling. And we're still riding!!



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1/6 page 2.25 x 4.5 \$20
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SHOW YOUR CARD. Receive 10% discount on parts and accessories in the bike shops listed in the newsletter.



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The first Thursday night social ride—pizza and beer afterwards at the Grotto. Counterclockwise— James, Charles, Cheryl, John, Zella, Dana and Alex.



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

4th of July Central Point Parade

If you want to ride your bike in the parade, call Glen Gann at 779-6986 for details. They are hoping to get lots of varieties of bikes, so tandems, trikes, recumbents - this is your chance to show off! After the parade, everyone can get together for a real ride.



An Update on the MLC Volunteer Ride and Barbeque

For those who are volunteering for the MLC, the picnic and ride will be held on Saturday, June 30th. That gives you a week to recover from all your hard work to make the MLC such a huge success. This event takes place up at Lake of the Woods in the Rainbow Bay Group Day Use Picnic Area. It's the same spot as the lunch stop for the MLC. There are only 15 parking spots in the group area which will go to the first 15 cars to arrive. There are a number of parking spaces in the Day Use Area, but there is a \$6:00 fee to park in these. I encourage you to carpool since the spaces are limited. There are a few people who are willing to haul your bikes up for you if you want to carpool and don't have room for extra bikes; so please contact me if you want more information on how to do this.

There are two rides planned for the day. Both start from the Group Day Use Area. Following is the information on these:

Cascade Highlands Loop (minimal SAG support)

Leader: Ron Zell

Start Time: 8:30 AM

Distance: 65 miles

Short Route (Lake of the Woods, Dead Indian, Hwy 37, Hwy 140, Lake of the Woods)

Leader: Dan Wooton

Start Time: 10:00 AM

Distance: 30 miles

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IAN@FLYWHEELBICYCLES.COM

Hopefully, both rides will get back around 1:30 when the barbeque will begin. For information on how to get to the event area; or to see where the rides go, just check out the route map for the MLC at siskiyouvelo.org. If you have any further questions, please contact me at ecrawfordzell@yahoo.com or 482-4815. Also, I would appreciate your letting me know if you are coming, if you haven't already done so, or if your plans have changed.

See you then, *Elizabeth*



Northwest Tandem Rally 2010

Looking into the future here, we are please to announce that the Rogue Valley has been chosen as the venue for the 2010 Northwest Tandem Rally. Fortunately that gives enough time for the major planning to go into this event. It will be held on the July 4th weekend. Approximately 400—500 tandems join in this multi-day event. Plan ahead—order that tandem you've been thinking about!



In Memory of Julie Burns

Julie died May 22 after a long fight with cancer. This was taken of Julie on the Velo Vino Tour last September.



July Trivia

July 17, 1865 Edoardo Bianchi was born in Milan, Italy.

July 19, 1903 Maurice Garin won the 1st Tour de France, riding 2428 kilometers (that's about 1457 miles) in 94 hours 33 minutes and 14 seconds.

July 24, 2005 Lance Armstrong won an unprecedented 7th Tour de France.

Mello Velo

The Mello Velo Saturday morning rides continue to grow. Recent rides numbered 7 and 10 riders with a growing email list of 20.

Our rides stay at 10 to 12 mph except on downgrades with distances of 20 miles +/- . We started with four leaders and now have new volunteers willing to share the task.

Our rides have a "B" component for those just getting started and not willing to go the full distance. Also, we aren't bothered if a rider wants to extend the planned ride and go off on his own at his own speed.

Each ride includes social time at some eatery along the way. Our rides start at Bear Creek Park on Highland Dr. in Medford at 10 a.m. That will change from time to time as each ride leader will plan his own route. Emails inform everyone of the coming ride. If you aren't on our Mello Velo list, call Phil Gagnon 488-4289.

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541-776-2020 .



E-mail: carlyle.stout@gmail.com

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AIDS LifeCycle 6

545 mile bicycle ride from San Francisco to Los Angeles

June 3-9 2007

by Phil Dollison

I want to thank all of my long time friends and financial supporters who donated to AIDS LifeCycle in order for my daughter Cathy and me to make this year's bicycle event ride from San Francisco to Los Angeles.

On June 3, 2007, approximately 2,300 enthusiastic and fit bicyclists departed the Cow Palace in San Francisco and rode to the Great Highway along San Francisco's ocean front and headed south.

The first day's ride was 89.9 miles to Santa Cruz including a 9.9 mile climb of Approx. 2,500 ft. It was the longest single day ride Cathy or I had ever ridden. By noon my left knee was hurting and by the end of the day, my knee was so sore I was limping on my bike and afraid I would not be able to ride the next day. After a hot shower, a hefty dinner and salve to my knee and early to bed, by morning the pain was gone, never to return.

After four days with 367.3 miles covered, I was completely worn out with swollen thighs, sore back and mildly sun burned with enough energy left to barely make it into camp. I was

afraid I would not be able to continue in this grueling bicycle event the next day and might have to be "sagged" to the next camp. Again, a hot shower, a wonderful meal and early to bed, I awoke on morning five to a renewed surge of energy. After a hearty breakfast we hopped on our bikes and headed out. No "sagging" for us. Total donations collected for Aids LifeCycle 6 was in excess of \$11 million..

During this long grueling bicycle trip to Los Angeles, 21 bicyclists were taken to hospital, including one fallen woman, unconscious, who was airlifted out. Quite a few bicyclists were given saline IVs in the medical tent for dehydration and heat exhaustion, there were several broken bones and scrapes from falls and many minor injuries treated each day in base camp. Our excellent volunteer medical staff was overwhelmed.

After each days ride, entering bikes were "scanned" into a computer, to see who might be missing, and all bikes were locked in for the night. Each morning between 4:00 am and 4:30, riders would start stirring in their tents, hitting the bathroom line and begin a new day's riding.

Cathy developed a sore Achilles heel which was taped on two separate days to keep it immobilized while still allowing her to continue pedaling her bicycle and other than me having a sore left knee at the conclusion of the first days ride, which cleared up by day two, Cathy and I had no further pains or injuries and we rode every mile from San Francisco to Los Angeles.

Although passed up by numerous faster riders every day, Cathy and I passed hundreds of younger and seemingly more fit riders all along the way including up the steepest inclines. One afternoon, after lunch, we tagged behind a team of several younger riders over flat terrain and sustained speeds of 23 to 28 mph on a following wind for almost 25 miles. It was the best ride of the trip.

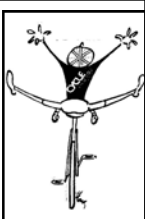
All along the route, people lined up in the streets and roads to cheer us on with groups of little kids, their hands stretched out to "glad hand" us as we passed by or press candy into our palms. Many 18 wheelers, autos and trucks along the route would honk their horns and yell out thanks for the effort we were making in this bicycle adventure toward an AIDS cure.

We were given a letter written by one young child which read: "Dear Rider, Have a great time. I know you can do it because I ran around the school grass and I know you can ride your bike to LA. Have fun. Do your best. Love Sasha"



CYCLE
 —analysis

535 N. Fifth St
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 899-9190



(Continued on page 6)

Minutes from July 2007 Velo Meeting

Treasurer Report: Bill Tout said that \$2000 had been dispersed for the club's portion of the Greenway signs to be erected soon. The treasury balance is \$6600.

Touring Report: Dan Wooton said he is trying to set up an ice cream social/pot luck event for July. He also said he needed ride leaders for the July Ride Schedule. The Central Point 4th of July Parade still needs unusual bicycles and someone will write an article for the July newsletter. Don Parker said he could send out a mass emailing regarding the parade.

Membership Report: There are currently 312 members.

MLC Report: Elizabeth Zell gave a very positive picture for this years MLC with 240 pre-registered riders so far. There are 330-350 expected to participate in the event and 220 t-shirts have been ordered for riders and volunteers. All planning seems to be well in hand and the committee is doing a great job of keeping everything together. She also said that she and Ron lobbied successfully for Medford to host the 2010 Tandem Rally. Attendance may be in the 400-500 tandem range.

Racing: Glen spoke about the rehearsal/state road race in Eugene earlier in June.

Old Business: Jodi Weber proposed rewording the Siskiyou Velo Club Policy regarding business memberships. After some discussion, policy wording was changed to *"Bike shops which offer a 10% discount to club members on parts and accessories are eligible for a free business card-sized ad in the monthly newsletter, a link on the website and the business membership fee will be waived."* This policy change passed unanimously.

The meeting adjourned at 8:45 PM

(Continued from page 5)

Daily showers were provided by several large shower trucks each containing 16 separate stalls. Breakfast and dinner meals in base camp each day were gourmet quality meals, all you can eat, with lunch, snacks and liquids for energy served along the road. Every day all of our supplies, equipment and event provided tents were delivered to that day's new base camp where by early evening a vast sea of tents would be erected for sleeping, only to be taken down the following morning, all gear packed up and put back on the trucks before grabbing our bikes and heading out.

There was dancing in the street to disco music, "red dress day" where most of the riders dressed up a little silly, (negligee for me) all the ice cream you could eat in Santa Barbara and some of the most beautiful and spectacular camp sites and scenery through the farm lands, beautiful towns and cities along the California coast that can be imagined.

The efficiency and magnitude of this large bicycle undertaking was breathtaking. Seldom did we spend more than 5 minutes in meal or bathroom lines. Shower lines were generally within 10 minutes. We did not hear a single complaint or burst of anger throughout the entire 7 day event. Everybody was on a real high.

All in all, this ride was a huge success for Cathy and me, our self confidence and sense of pride in the accomplishment and the chance to participate in this wonderful bicycle event for AIDs. Cathy was the perfect companion. We stayed together throughout the entire ride through the many mountain inclines and at break neck speeds in the down hills and especially tagging behind and keeping up with the teams of faster riders which always seemed to give us a renewed sense of energy . We are now seasoned riders.

Next year, Cathy plans to volunteer as part of the medical staff, working in the base camp, her being an ER nurse, and I plan to take my Harley down and join the group as an event road safety volunteer. I hope to gather a group of bicyclists from Southern Oregon for next year's event which, I guarantee, will be a life changing event for those who dare to participate.

Bianchi Barbie on the Marble Mountain Tour



The Jerseys are Coming!

If you missed out on the first batch of jerseys that were ordered, there are more coming near the end of June, and I should have them in all sizes for both men and women. Please call or email me if you'd like to have your name placed on the reserve list. The last batch of men's sizes went very quickly so don't delay too long. These light weight, well breathing, highly visible tops are just the thing for this summer's riding plus you'll be advertising the club's name proudly.

James Williams
857-9037 or jbsequoia27@msn.com

SISKIYOU VELO RIDE SCHEDULE – July 2007

🚲 **Approved helmets required on all club**

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

Date	Time	Start Location	Route	Pace/ Rating	Miles	Ride Leader/ Contact
July 1 Sunday	9:00 AM	Hawthorn Park	Show & Go	TBD	TBD	No Leader
July 7 Saturday	9:00 AM	Colver Park	Rogue River Loop	Brisk	50+	Jerry Rhoads 512-2155
July 8 Sunday	9:00AM	Colver Park	Show & Go	TBD	TBD	No Ride Leader
July 14 Saturday	9:00 AM	Colver Park	TBD	TBD	TBD	No Ride Leader
July 15 Sunday	9:00 AM	Hawthorne Park	Show & Go	TBD	TBD	No Ride Leader
July 21 Saturday	8:30 AM	Hawthorn Park	Lake Creek	Mellow	45+	James Williams
July 22 Sunday	9:00AM	Hawthorn Park	Gold Hill ,Sams Valley & Return	TBD	50+	No Ride Leader
July 28 Sat	9:00 AM	Colver Park	TBD	TBD	TBD	No Ride Leader
July 29 Sunday	Call for Details	Call for Details	HOMEMADE ICE CREAM RIDE	TBD	TBD	Dan Wooton 779-9248
Every Saturday	10:00 AM	Bear Creek Park	TBD	Mellow	29+/-	Phil Gagnon 488-4289
Every Saturday	8:00 AM	Bike Path behind Bad Ass Coffee Co	Determined by Group	Race Pace	Varied >20	Alex Hayes 857-0819
Every Sunday	8:00AM	Bike Path behind Bad Ass Coffee Co	Determined by Group	Race Pace	Varied >20	Glen Gann 779-6986
Every Monday	9:30AM	Colver Park	Jacksonville coffee ride	Group B4	25	No Ride Leader
Tues, Thur Fri	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
Every Tuesday	6:00 PM	Colver Park Phoenix	Womens Ride	Mellow	20+/-	Jodi Weber 301-6880
Every Thurs	6:00	behind the Grotto Talent	Social Ride	Mellow	20-25	Charles Whittaker 488-4349

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, regroup 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.



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)		
* Access to roster on web will require member ID and password					
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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RETURN SERVICE REQUESTED

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