



SISKIYOU VELO NEWSLETTER



October 2008

Sam's Big Ride

Heroes seem an idea from the past when people revered the "greats" - those whose names were big back in an era before the media delved into all the little juicy indiscretions of every celebrity. Of course, there are also the super-heroes with their supernatural powers who have moved from comic books to movie blockbusters. In real life, heroes can be found all around us in the every day people who inspire us and encourage us by their examples.

Jogging, swimming, weightlifting and cycling were all part of Sam Simpson's regular routine until bursitis in his shoulders eliminated swimming and limited weightlifting. Then knee problems put an end to jogging, leaving cycling as his major form of exercise. Eventually Sam began to ride with Jon Williams - one of Sam's heroes. Sam was gradually and perhaps reluctantly drawn into the Siskiyou Velo as he began volunteering each year for the Mountain Lakes Challenge and doing more and more rides with the club at the behest of James and Jon Williams.

Not particularly fond of going to doctors, Sam conveniently put off finding someone new when his doctor closed her practice. Eventually, he chose a nurse practitioner, got an appointment and in January 2007 had a routine physical. Shortly after, he got a phone call asking him to come in and talk. His PSA was 5.3. Sam tried to brush it off, but the nurse practitioner wouldn't allow it, instead insisting that he talk to someone who had been through a similar prostate ordeal.

Sam listened to Jim and was persuaded that he may have a problem and needed a biopsy to find out for sure. Sam had better things to do than go get a biopsy immediately, however. The primary concern was for the "Quest for the Sun" - a three week trip planned with Jon Williams to Southern California and Arizona to escape the gloom of the Rogue Valley in mid-winter and ride in a warmer clime. To do the biopsy, Jim had recommended a doctor in Ventura, California. So it was decided that they could stop in Ventura on the way home from the "Quest for the Sun."

If the biopsy had been negative, there wouldn't be a story here to tell. Yes, Sam had prostate cancer. Doctors near and far agreed that surgery was not an option in this particular case. Instead, Sam would need to do radiation. In preparation for the radiation last fall Sam began taking Lupron shots every month. The goal - a testosterone level of zero.

Now I've been on enough bike rides with the guys to know that a testosterone level of zero is not the norm. As a matter of fact, it can be downright inconvenient. Sam continued to ride, but he became more and more disillusioned as he found himself falling back. He couldn't keep up with the friends he was used to riding with. Sam complained to his doctor that he couldn't keep up, hoping for some sort of sympathy or reprieve.



(Continued on page 3)

NEW MEMBERS

John R. Franklin
Karen Clevering
Daniel Morse
Jock Patterson

RENEWING MEMBERS

Cindy Weaver
Martha Howard – Bullen
Bob & Joy Grant
Susan Prufer
Ed Mills
Lenny & Dusty Friedman
Mike Phillips
Paul Murphy
Scott & Cindy Coash
Bob & Bobbie Plummer

TIME TO RENEW

Frederick Von Tress
Jacqueline & Jason Williams
Charles Schink
Mark & Melissa Seals
Paul Bulyalert
Linda Kimball



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Siskiyou Velo Club Officers 2008

P. O. Box 974 Ashland, OR 97520

Officers

President: Glen Gann 779-6986 ggann9@charter.net
Advocacy: 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 jbsequoia27@msn.com
Treasurer (temporary): Dave Oliver 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.

Next Velo Meeting: Wednesday, October 8

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!

Members' Ads

FOR SALE: Recumbent—RANS V3-AL; super light, super fast, near new. \$2900 Call Jerry 512-2155.



Picture by Jack Buster

Interested in local (and perhaps not so local) cycling news? Check out this site. <http://news.siskiyouvelo.org> If you come across a newsworthy article, send the link to our webmaster, Spencer Gray at: webmaster@siskiyouvelo.org

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.

(Continued from page 1)

He was told instead, "Well, I guess you'll have to ride harder then."

Through the winter he did spin classes twice a week. In the spring he would ride two to five days a week. Though he found himself feeling weaker and weaker, Sam kept riding. At the bottom of Bellinger hill one late-winter day as he watched his peers disappear down Arnold Lane, he realized that he just couldn't keep up with them. He decided that he needed a new peer group to ride with. So he began to ride with Phil Gagnon's mellow group on Saturdays. Through the week he usually rode alone.

The day to start radiation finally arrived. Sam had done some rides with another cancer survivor from Jacksonville who'd ridden his bike to and from radiation years ago. This seemed to be a message to "Ride to the treatments." But as the time got closer, Sam looked for excuses not to ride his bike. Instead, he got just the opposite: the Greenway was opened between the Sports Park and Barnett just before he was to begin; the weather was perfect; the price of gas was over \$4.00 a gallon.

So, beginning July 7th, Sam rode his bike from his home in Ashland to Rogue Valley Medical Center each morning, only skipping the one day a week that included a doctor's visit.) On Saturdays he rode Phil's rides. The first couple of rides to the treatment, his wife Sharry drove to the hospital to pick him up. After that, as routinely as if he were going to work, Sam rode to the hospital for radiation.

About four weeks into radiation, Sam hit a wall. The slight rises in the Greenway began to feel like major climbs. He found himself getting dizzy, and his heart pounded. Sam considered giving it up, but then he thought about his friend, Jonathan. Sam says that nothing stops Jonathan. Jon's example of determination spurred Sam on. Sam slowed down, yes, but he kept going. And going. Fortunately, after five weeks, the dose of radiation was cut in half, and Sam began feeling better, stronger. He began eating more and hydrating better. And he kept riding.

"If I don't ride, I have troubles with my heart, I get out of condition, I don't have fitness. So I have to keep riding. Everything works better when I ride. I don't need to give in for minor reasons."

One of Sam's favorite rides has always been the Siskiyou Metric Century out of Yreka. This year the ride coincided with the end of his radiation treatment. Actually, his final treatment was the Monday after the ride. Sam rode it.

I was privileged to accompany Sam on the ride. I was blown away by his resilience, his determination, and the joy with which he rode that day. First, all the way to and past Montague, Sam rode strong, passing many other riders. I drafted behind, knowing that these people we were passing would never believe this man was just completing nine weeks of radiation. Later in the ride, Sam did slow down a bit, but he was a delight to ride with, whistling as we rode into Gazelle. Interspersed with some good political conversations, Sam bel-lowed greetings to the cows, bayed at donkeys, or clucked at quail running across the road. Even the missed turn adding an extra eight miles didn't diminish Sam's motivation. It was Sam's celebration day. Radiation was finally over! When asked how he did it, he said in typical deadpan fashion, "You know, ordinary people wouldn't do it." True. Sam is a super-hero.

Why do you ride?

Send me your rationale, your literary masterpiece, your one-liner, your excuse, your motive, your dream, your justification, whatever it is that inspires you to ride your bike. Share with the rest of the Velo what you tell yourself or others. Email your contribution to: newsletter@siskiyouvelo.org

Thanks! Jodi

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Jack Christman



quote of the month

"When I was a kid I used to pray every night for a new bicycle. Then I realised that the Lord doesn't work that way so I stole one and asked Him to forgive me."

Emo Philips

INTERESTED IN GETTING INVOLVED?

The Siskiyou Velo officers are elected each year at the December party / meeting (go light on “meeting” here—there’s a lot more “party”!). Getting involved, making suggestions, sharing insights, advocating for cycling, planning events, doling out money—there are many, many possibilities for contributing to the workings of the Club! The officer positions are open. Below is a brief description of each of the officer positions. If you are interested in any of the positions, please let one of the current officers know. We can’t nominate you if we don’t know you’re interested!!

From the bylaws, here is a list of the officer positions and job descriptions:

President: Shall coordinate and supervise all club activities and preside at club and Executive Committee meetings.

Secretary: Shall take minutes at all club and executive meetings and report. He / She shall maintain files of all minutes and official club correspondence.

Treasurer: Shall keep and prepare all financial statements, maintain the club checking account, provide a monthly financial statement to the President and the membership at the monthly meetings. He/She shall provide an annual accounting to the board and file any appropriate tax returns.

Newsletter Editor: Will prepare the monthly newsletter.

VP Racing - Shall be the liaison between the Velo and the racing community. He/She shall also be responsible for informing the newsletter editor each month of the current racing activities.

VP Rides and Events - Shall coordinate monthly rides and provide the newsletter editor with the monthly ride schedule. He / She will inform ride leaders of responsibilities and maintain the ride leader handbook.

VP Mountain Lakes Challenge - Shall plan and carry out the annual Mountain Lakes Challenge.

VP Membership - Shall coordinate activities that encourage club membership and recruitment of new members. He/She shall be responsible for maintaining a club roster of current members, and shall provide membership labels to the newsletter editor on a monthly basis.

VP Advocacy: Shall remain aware of and make proactive recommendations about availability/access, safety, freedom of use of the roads and cyclists and motorists responsibilities.



Time to look for those tights and long fingered gloves and headbands and ... ough—all that stuff for COLD mornings.



Picture by Jack Buster

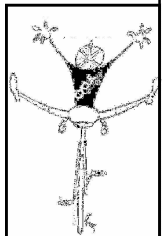
TRIVIA OF THE MONTH

The first recorded instance of a bicycling traffic offence was reported in a Glasgow, Scotland newspaper in 1842. It was an accident in which an anonymous "gentleman from Dumfries-shire... bestride a velocipede... of ingenious design" knocked over a pedestrian and was fined five British shillings.

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

CYCLE
—analysis

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



Save This Date



Dear Velo Members,

Your response to Elizabeth's email about the change of venue for this years' holiday party and annual meeting was overwhelming! Thank you for all the positive feedback and we look forward to sharing with you a wonderful evening of friendship and great food. Here are the particulars so you can put this on your calendar.

Date: December 7, Sunday

Time: 7:00 p.m.

Place: Standing Stone Brewery in Ashland

Cost: \$10.00 per person (Velo member and spouse or significant other)

In November we will start collecting for the dinner. More information coming in the November newsletter!

Any questions, email or call me: boborbobbie@yahoo.com 488-5003
always, Bobbie



Open House at United Bicycle Institute in September.



Attorney:
Carlyle F. Stout III

Secretary:
Remedy Hovermale

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Exercise the Mind

"Not only is this unusual, it is a particularly difficult thing to do." Why?
Answer? See next month!

September question I decided to sign up for a ride that was called "The Four North American Cities Ride." It went through MILWAUKEE, SYRACUSE., BUFFALO, MONTREAL.

Note from a Ride Leader

Phil Gagnon

Occasionally, a rider can take a wrong turn and lose the group. It happens. Recently, as leader, I got a flat tire and since we were approaching the Greenway in Central Point, I suggested they go ahead and I'd catch up. Because I had a problem with the chain, my delay was prolonged. When I got back to the car, all the riders had driven off except one. Her car was there but she wasn't. I waited a while and decided to drive around the area and come back to check. As I was driving off, she appeared, coming from Rt.99. It seems she mistakenly took a wrong turn off the Greenway and ended up on 99.

To avoid this sort of problem, we should carry a cell phone. I intend to issue my cell phone number to all those on the ride. That way, if someone loses the group or a mishap occurs, that person can call me.

Siskiyou Velo Minutes

September 10 , 2008

1. Minutes of the previous meeting were approved.
2. Membership: Don reported membership at 300.
3. Rides: Dan announced the Mt. Ashland Hill Climb would be on September 14 and Ride the Rogue would be held on September 20. The October Ride Calendar was passed around for input.
4. Advocacy: Edgar said the Medford Bike Committee was discussing the issue of cars parked on bike lanes, appropriate signage and enforcement. He also addressed traffic signal activation units that don't work with bicycles and the need for contact immediately after an incident. The Rogue Valley Council of Governments is looking for a representative for the Gold Rey Dam area of the county.
5. Newsletter: Jodi said she was working on a story of a club member.
6. MLC: Ron Zell emphasized the need to get an early lock on Lake of the Woods as a rest stop for the next the MLC. June 20, 2009 is a likely date for that event. The need for an MLC officer was discussed and it was decided that the position as well as other officer positions would be posted in the next newsletter.
7. Treasurer: Bill Tout said the balance was about \$16,400.
8. Race: Glen spoke of Lance Armstrong's bid for an 8th Tour de France victory and then turned to the topic of the Fall Colors Ride. After some discussion it was decided that the club wouldn't support a formal ride this year but that those willing to participate in one are free to do so.
9. Old Business
 - a. Jodi Weber discussed the Velo Vino ride scheduled for September 27. A motion was made for the club to pay for half the fee for pastry, lunch and soft drinks for the ride and was unanimously passed. The ride will be started in Central Point.
 - b. Under the topic of the December Elections Party, Elizabeth Zell said she had received good reviews of the change of venue for the party from Pioneer Hall to Standing Stone Brewery. A date for the event will be announced shortly.
1. New Business
 - a. Deputy Conley from the Jackson County Sheriff's Office would like to encourage Velo members to take some training classes to teach us how to provide additional security for the Bear Creek Greenway as well as other areas by using our cell phones. He also spoke about the rights and responsibilities of cyclists and supplied tips on what to do when an altercation with a motorist arises.
 - b. Jenna Stanke addressed questions regarding dedicated funds from the Velo for maintenance of the BCGW and announced that the "volcanoes" and root bumps on the greenway will be taken care of with a new Bobcat tractor that will take down the bumps. The holes will be graveled and oiled afterwards. She said a new root barrier material will be tested on one of the oldest areas, between Talent and Ashland. She also spoke about the Greenway Work Day, slated for September 27. The work will involve over 80 volunteers doing planting/mulching, railing repair, painting pavement defects, etc.

Executive Committee Meeting Minutes, August 27, 2008

1. Attending: Glen Gann, Dan Wooton, Don Parker, Ron Zell, Edgar Hee, Jodi Weber and James Williams.
2. There was general discussion of correspondence to the officers regarding the Rogue River Greenway, questioning support for a 3600 foot section of the path. The question of funding the RRG was considered and there was agreement among the officers that the RRG will be a path for bicyclists of all ages as well as club members.
3. Officers also talked about funding class for teaching bicycling skills, perhaps with the support of the media and police department(s). The class would be taught in the spring before the dry season.
4. The need of candidates for officer positions was discussed and it was determined there is interest by others willing to serve in the positions and a nominating committee might not be needed. An article will go into the next newsletter addressing the positions.
5. The topic of burn out among the members who have been serving constantly was brought up but it seemed to be an issue better addressed next year when term limits come into play.
6. We heard a report on the Velo Vino Ride set for September 27. It was agreed that the club would pay for half the cost of lunches. More details will be forthcoming.
7. The issue of mountain bike rides was brought up and it was agreed that any proposed rides would be included on the ride schedule as the Siskiyou Velo is not exclusively for road riding.
8. A response to the position taken by the BTA regarding a proposal for mandatory helmet use was discussed. Egon DuBois, the local BTA representative, will be contacted for input at a future meeting.

SISKIYOU VELO RIDE SCHEDULE – October 2008

🚲 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
October 4 Saturday	10:00 AM	Colver Park	Rogue River & Return	Brisk	60	Jerry Rhodes 512-2155
Oct. 5 Sunday	10:00 AM	Hawthorne Park	Show N Go	TBD	TBD	No Ride Leader
Oct. 11 Saturday	9:30 AM	Colver Park	Woodrat Loop	Moderate	45	Ron Zell 482-4815
Oct. 12 Sunday	10:00 AM	Colver Park	Show N Go	TBD	TBD	No Ride Leader
Oct. 18 Saturday	10:00 AM	Ashland Dog Park	Family Ride-Children Must Be With Adults	Slow/Flat	10-15	Jon Williams 488-0330
Oct. 19 Sunday	10:30	Ashland Bi-Mart/Car- Pool	Buck Rock Tunnels ON MTN. BIKES	TBD	TBD	James Williams 857-9037
Oct. 25 Saturday	10:00 AM	Colver Park	Brownsboro loop to Eagle Point	Moderate	TBD	Jodi Weber 301-6880
Oct. 26 Sunday	11:00 AM	Hawthorne Park	Show N Go	TBD	TBD	No Ride Leader
Every Saturday	10:00 AM	Medford Cycle Sport	TBD	Race Pace	Varies <20	Alex Hayes 857-0819
Every Saturday	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 Monday	10:30 AM	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

Ride Rating:

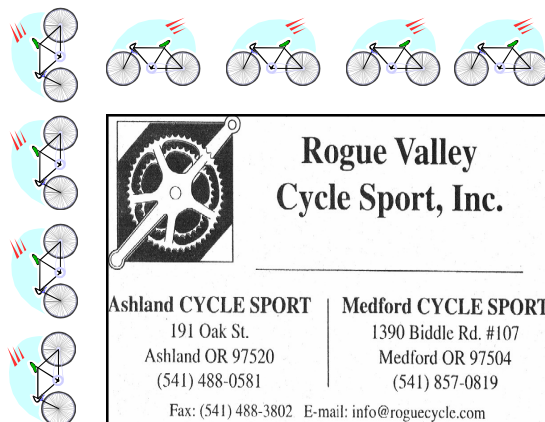
- A- Basically flat with no steep hills.
- B- Gently rolling terrain with one or two short steep hills
- C- Moderate terrain, with rolling short, steep hills or moderate sustained climbs.
- D- Difficult terrain with longer, steeper hills.
- E- Extreme terrain with steep sustained climbs.

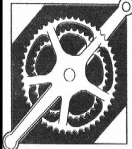
Ride Pace: (average range on level ground)

- 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.





**Rogue Valley
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Siskiyou Velo Membership Application

Name			Age [] 18-35 [] 36-45 [] 46-55 [] 56-65 [] 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) [] Yes [] 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 <small>* Access to roster on web will require member ID and password</small>				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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RETURN SERVICE REQUESTED

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