



## *President's Paceline: Slow Stuff*

You may have heard of Norah Jones. She's a singer/songwriter, among other things; one of her first songs was "Come Away With Me," released in 2002 on the Blue Note album of the same name. She's since released three more albums, "Feels Like Home" (2004), "Not Too Late" (2007), and "The Fall" (2009). Norah Jones' music is slow and thoughtful; it allows the listener a moment of escape from the speed and crazy-making of modern American life. She is a part of the Slow Movement.

If you'd be interested in going a little slower, the World Institute of Slowness (no kidding) has a website ([theworldinstituteofslowness.com](http://theworldinstituteofslowness.com)) you may like. There's an especially good video clip by Alan Watts (another slow dude from the 60's) called "Music and Life." Oh yeah, there is also a Facebook site called the Slow Bicycle Movement.

Sometimes we forget that bicycles have a range of speeds. We rate our rides as Mellow, Moderate, Brisk, Race, and so on, with the presumption that we will be riding at the greatest pace that we can maintain, using the best technology we can buy to do so. With this in mind, we seldom go out to ride significantly slower than we can.

There is something attractive about a slow ride, on an old bike, with jeans and sneakers. We could be riding in a place with no traffic, like an old neighborhood with overhanging trees, and stopping in the middle of the block, just because we can. We could stop and eat "Slow Food" at a place known for its slow service, and drink a glass or two of wine, because by the time we get on the bike again, we may be sober. And if not, well, there's the slow thing again. It's harder to get hurt at four miles an hour.

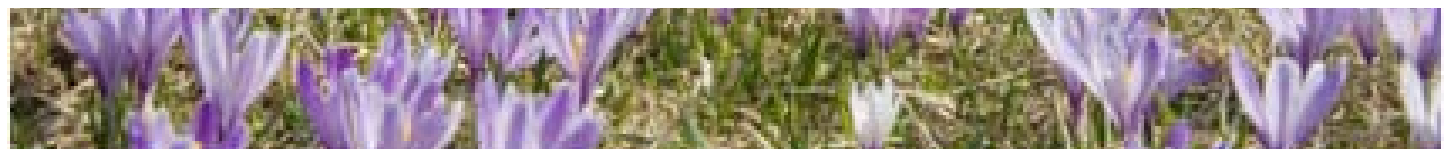


Maybe we need a Slow Race. It could be a one mile course, and the last person in gets the trophy. Or it could be a one meter course, with some balancing required. If you think you may be riding too fast and would like to try to slow down, here are some ideas from the Slow Bicycle Movement Manifesto:

- ☒ If you see something interesting, stop and look at it.
- ☒ If it's really interesting, go back and look again.
- ☒ Take spontaneous detours. Get lost often.
- ☒ Get a bell and ring it for fun in tunnels or under bridges.
- ☒ Give your bicycle a name. Maybe "Walter," "Invictus," or "Petal."
- ☒ Stop and chat with someone. Anybody. Whether you know them or not.
- ☒ Get a chain-guard, along with the bell and a kickstand.
- ☒ Walk up steep hills. Or any hills, as you like.
- ☒ Sit upright, straight backed. Like your mother taught you. Eat you broccoli. Chew.
- ☒ When going downhill, shout "Wheeeee!"
- ☒ If you break a sweat, stop pedaling.
- ☒ Get lost often. Take spontaneous detours.

Norah Jones, as you may suspect, is not her original name; she was born Geetha Nora Jones Shankar. That's as in the daughter of Ravi Shankar, the famous Indian sitarist who mentored the likes of George Harrison and Yehudi Menuhin. I can see Ravi Shankar on an old fat tire bike, sitar over his back, headed home from work. He'd be going about four miles an hour and it would take him an hour or so to travel the mile and a half to his house. He would know the names of all the streets, as well as the dogs and most of the people, on his route. He would use his bell only politely, and leave the bike on the porch, kickstand down, when he reached home.

*Best regards, Mike Smith  
President, Siskiyou Velo Bicycle Club*



# 20th Annual Ashland Community Bike Swap



Saturday  
April 17  
Noon-2pm  
The Grove  
1195 E Main St  
Ashland

## Buy & Sell New and Used Bicycles, Parts and Accessories

Drop off your bikes and gear to sell: Fri, Apr 16, 5—7pm or Sat, Apr 17, 7—10am

Sale open to the public noon—2pm, Saturday, April 17

Admission \$1/person or \$3/family

More information call Ashland Parks & Recreation at 541-488-5340 or visit [www.RVTD.org/bikeswap](http://www.RVTD.org/bikeswap)



## Ashland Community Bike Swap

Ashland Parks & Recreation, 340 S Pioneer St, Ashland  
541-488-5340 – [www.AshlandParksandRec.org](http://www.AshlandParksandRec.org)

Saturday, April 17, noon to 2:00 pm  
The Grove, 1195 E Main Street, Ashland

The 20th Annual Bike Swap promotes bicycle transportation & recreation and benefits bike safety education by providing a community venue for buying and selling working condition bicycles and related equipment. Please Note: The Bike Swap will be held early this year and take place in April rather than the traditional May date.

**SPIN CYCLES** Inc. BICYCLES PARTS ACCESSORIES APPAREL  
We Service all Brands of Bicycles  
Craig Ransom  
Recumbent Specialist  
122 N.E. F St., Grants Pass, Or 97526  
Phone: (541) 955-8807 Fax: (541) 955-8812

This event is made possible by Ashland Parks & Recreation, RVTD (Rogue Valley Transportation District), and the City of Ashland Fire Department and Transportation Commission.

If you are interested in selling, items for sale can be dropped off **Friday April 16**, from 5:00 to 7:00 pm, and again on **Saturday, April 17**, from 7:00 to 10:00 am. The seller will agree to donate 15% of each sale, or minimum of \$5 per bike (whichever is more), to benefit bicycle safety education programs throughout the Rogue Valley.

If you are interested in **buying a bicycle**, the swap will be open to the public on **Saturday, April 17, noon to 2:00 pm.**



1729 Siskiyou Blvd  
Ashland, OR 97520  
(541) 482-1997

[www.siskiyoucyclery.com](http://www.siskiyoucyclery.com)  
[info@siskiyoucyclery.com](mailto:info@siskiyoucyclery.com)

Call Ashland Parks & Recreation at 541-488-5340 or visit [www.RVTD.org/bikeswap](http://www.RVTD.org/bikeswap). Volunteers are needed for this event! If you or your organization is interested in volunteering, please call 541-951-1136.

**Flywheel**  
Bicycle Solutions  
IAN BAGSHAW  
OWNER  
TEL 541.512.8891  
100 TALENT AVENUE SUITE 1 PO BOX 6 TALENT OREGON 97560  
[WWW.FLYWHEELBICYCLES.COM](http://WWW.FLYWHEELBICYCLES.COM)  
[IAN@FLYWHEELBICYCLES.COM](mailto:IAN@FLYWHEELBICYCLES.COM)



# Siskiyou Velo Ride Schedule

Date	Time	Start Location	Route	Pace	Miles	Contact
Every Saturday	10 am	Cycle Sport	Varies	B	Varies >20	Alex Hayes 541-857-0819
Every Saturday	10 am	Varies	Varies	ME	20 +/-	Phil Gagnon 541-488-4289
Every Sunday	1 pm	Bike Path behind Bad Ass Coffee	Varies	B	Varies >20	No Ride Leader
Every Monday	10:30 am	Colver Park	Jacksonville coffee ride	Group B2	25	No Ride Leader
Every Wednesday	11 am	The Roasting Company	Varies	Regroup B3	25-40	No Ride Leader

**Group:** Riders will stay together. **Regroup:** Riders will spread out & regroup along the route.

## Ride Rating

Letter	Ride Type	Average Speed	Description
L	Leisurely	7-9 MPH	A great opportunity for a family ride. Minors should be accompanied by an adult.
ME	Mellow	10-12 MPH	Easy pace, frequent stops to regroup. No one will be dropped.
MO	Moderate	12-14 MPH	Fewer stops than a mellow ride, steady pace for experienced riders. Should know how to fix a flat. Might ride at a 15-18MPH on the flats. No one is dropped.
B	Brisk	15-17 MPH	For stronger riders who want to ride in a fast pace line or in tight packs (18-25MPH on the flats) occasional sprints. Riders must be confident in a group and pace line. Not recommended for moderate riders.
BP	Brisk Plus	17+ MPH	Constant pace lines, brisk climbs, only for experienced, fast, riders. Check with ride leader if this is your first BP ride.

## Terrain Difficulty:

Number	Terrain Description	Example
1	Flat	South Stage Road, Colver Rd.
2	Some hills	Orchard Loop, Gold Hill
3	Hilly	Dark Hollow, Adams, Old Military Rd.
4	Mountainous	Lakes Loop, Woodrat Loop, Greensprings Rd., Callahan's

Check out the online ride schedule: <http://www.siskiyouvelo.org/schedule.php>. We now have an excellent way to post scheduled rides. If you click on the "Meet At" link, you'll get a map of the ride start location.

Clicking the "+" to the right of a ride's date brings up a dialog including the terrain (flat, some hills, etc.) and miscellaneous ride notes (where to park, the need for lights, etc.).

**The online schedule is the authoritative source for information on scheduled rides. Be sure to check it out online prior to showing up for a ride you see in the newsletter.** We'll still have a schedule in the newsletter, but due to the lead time in producing it, changes in rides may occur after production.

Approved helmets required on all club rides.

Unless otherwise noted, rain/wet pavement cancels the ride.

When going for a ride, we encourage you to select a ride along your cycling and fitness level. If you do not find a ride that is at your level, this is the perfect opportunity to start a ride of your own!

# WANTED

# RIDE LEADERS

It's always fun to lead a ride. That way, you get to pick the route and the pace. For those of you who have not led a ride, and are not sure how to get started, there is a Ride Leader's Handbook posted on the website. It has lots of useful information which basically will answer just about any question you might have. To find the handbook: 1) go to the Siskiyou Velo website, 2) Click on "Advocacy," and then "Resources." You will find it listed there. This is a good resource even for veteran ride leaders to review. Also, if you are thinking about leading a ride, you can talk to people who have led them to find out what it entails. If you wish further information and/or if you'd like to post a ride, please contact Elizabeth Zell at [ecrawfordzell@yahoo.com](mailto:ecrawfordzell@yahoo.com).

The following is a list of members who led rides in the month of January.

**Wil Thomson - 1**  
**James Williams - 1**  
**Aryn Duncan - 1**  
**Elizabeth Zell - 2**  
**Phil Gagnon - 4**  
**Charlie Carlson - 3**  
**Fred Von Tress - 1**

Special thanks to these people for their help in making the club rides such a success. We really appreciate members stepping up to lead rides.

# Siskiyou Velo Meeting Minutes

## February 10, 2010

Submitted by Cheryl French, Secretary

The meeting was called to order at 7 p.m. Fifteen members were present: Mike Smith, Ron Zell, Cheryl French, Charles Whitaker, Matt Varnum, Jodi Weber, Nancy Keeley, Dave Oliver, Edgar Hee, Glen Gann, Mark Seals, Elizabeth Zell, James Williams, Bess Perry, Anna Arispe.



SUBJECT	DISCUSSED	REPORT / ACTION
Old Business	Minutes of last meeting	Approved.
Financial David Oliver	Treasury	The Club treasury has a balance of \$8,000; however, we are over our monthly budget after making two large payments.
Membership Ron Zell	Online registration and renewal, Rules of Conduct	<p>--The Club has 266 members vs. 301 this time last year. Ron provided updated plans to encourage local bike shops to carry information about Club membership.</p> <p>--A recommendation to make it mandatory for renewals to be done online was discussed with concern for those who do not have access to computers vs. labor hours saved by the online process.</p> <p>--A motion was made, seconded, and approved to make online renewal and registration mandatory and grandfather in members who do not have online access.</p> <p>--To encourage safe and courteous riding practices, Ron proposed a "rules of the road" waiver that would be signed by every new and renewing member.</p> <p>--A motion was made, seconded, and voted to include the waiver as part of membership acceptance.</p>
Newsletter Bess Perry	Online	All members are encouraged to read and download the newsletter online to save printing and mailing costs of hardcopies.
Advocacy Edgar Hee	In the Community	There is a need for helmets for kids. The Club decided to wait until after the MLC to determine if there are funds that can be donated.
Rides Elizabeth Zell, Charles Whitaker	By-Laws, Brisk Riders, Rider Leaders, Ride Leader Incentives, Ride Rating System	<p>--Charles will review the Club By-Laws to make sure good bicycling citizenship is included.</p> <p>--Elizabeth is working on developing ride leaders for the Brisk level groups.</p> <p>--Ride leaders of all levels are needed for March and should contact ECrawfordZell@yahoo.com for information.</p> <p>--A proposal to provide incentives to lead rides was discussed. The central issue was cost of the incentives. It was agreed to continue the discussion in March.</p> <p>--A new ride rating system to clarify levels and degree of difficulty was proposed and accepted.</p>
Events Elizabeth Zell	Mark your calendar	<p>May 8 – Cinco de Mayo</p> <p>July – Pot luck or BBQ</p>
MLC Jodi Weber, Nancy Keeley, Anna Arispe	Mark your calendar	<p>June 19</p> <p>The MLC committee is meeting and will provide a detailed recommendation for a streamlined century and metric version at the March meeting.</p>
Racing Glen Gann	OBRA	<p>--Glen was elected to the OBRA Board</p> <p>--First race started in February</p>
Website Spencer Grey	Priorities	--Mike will keep and maintain a priority list of projects for Spencer
Secretary Cheryl French	Club meeting location	<p>--Cheryl was asked to scout out other locations for a more conducive meeting environment. Suggestions were Bruno's Pizza and Gorilla Bites in Medford.</p> <p>--Club goals will be updated on a quarterly basis.</p>

## Next Club Meeting

Join us at 7:00 pm, March 10<sup>th</sup>, at Angelo's Pizza in Phoenix! Siskiyou Velo club meetings are open to all members. Meetings are held each month at 7:00 pm on the 2<sup>nd</sup> Wednesday of the month.

## One Cure for Reflux: Handlebar Surgery

by Dave Harvey



I suffered from frequent reflux attacks from 1949, when I first turned the handlebars down on my dad's old skinny-tire, one-speed commuter. I commuted and toured for the next 59 years, logging over 200,000 miles, and had

hundreds of otherwise fine days spoiled by that too-familiar burning and bubbles. Occasionally I've been so sick I threw up, and one great five-day tour was cut off on Day Four, when reflux crippled me so badly that the people who helped me thought I was having a heart attack. I had ridden my last century (#64) in 1999; after that, reflux defeated me short of completion, until I'd given up centuries.

Although I grew familiar with the tastes of Tums and Maalox and went through many and many a pack of Zantac and other remedies, none seemed to help. I

adopted an eating regimen on touring days: nothing but nibbles until the day's riding is through, then gorge on a huge supper, because it was going to have to carry me through the next 24 hours nearly unassisted.

In the spring of 2008, I slammed down on my side, injuring my shoulder. During the physical therapy that followed, my P.T., also a longtime rider, recommended I get new handlebars. The old position, leaning forward, was putting a strain on my bad shoulder, which had turned out to be inoperable.

While shopping for mountain-bike bars and beach-cruiser bars, I had a better idea: turn my randonneur handlebar upside down, and save the cost of a new bar. It took me most of a morning to strip it, flip it, and reinsert it with the "drops" pointing aft.

My torso is now perfectly vertical. My sail area has increased, but I ride for the exercise anyway, not to set speed records. A headwind is just more exercise.

All shoulder pain vanished, of course. But there was another development: no more reflux! I've been riding this new way for

20 months now. I no longer worry about what I eat—except that now I have to watch how much. (It's a new experience, to gain weight on a bicycle tour.) Last spring I rode my first century in ten years. As I went, I stopped for a full breakfast (Mile #40) and a full lunch (Mile #80). In my bent-over days, either meal would have crippled me. Now—nary a bubble. I have taken two multi-day tours, eating in cafes along the way, with no distress, although both tours involved lots of climbing.

One new problem is that the standard rear-derailleur cable is no longer long enough to reach, so I use tandem shifter cables.

Another problem is an analogy to the golfer who tries to shoot his age: I'm 72, and I've only ridden 65 centuries (all but a dozen self-organized, but who needs T-shirts?). I need to take enough riding days to catch up to my age pretty soon, or it may get out of reach.



## Ride Committee Report

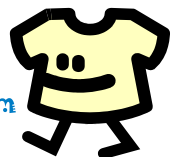
by Elizabeth Zell

January and February were fun riding months. The Ride Committee tried some new ideas by having a few of the rides start in the same location and by having similar reststops. Riders seemed to enjoy meeting up with friends from other groups. We had good turnouts for these rides; especially considering that it's still winter and people are into their other winter sports.

## Jerseys!



Club Jerseys are available to purchase in both men's and women's sizes. They are \$55.25 each. Please contact Elizabeth at 482-4815 or email [ecrawfordzell@yahoo.com](mailto:ecrawfordzell@yahoo.com) if you are interested in buying one.





# Bicycled in Italy?

Have you bicycled in Italy either on your own or with a tour group? Could we pick your brain about your experiences? Four of us would like to go in this fall. We are in the planning stages of doing a 10 day trip.

All suggestions and advice are appreciated!

Dusty Friedman  
thebookcompany@aol.com  
541-582-1628.

Italia

# SAVE THE DATE!

## 2010 Mountain Lakes Challenge

June 19<sup>th</sup>

Century & Metric Century Rides

Amazing Rest Stop Food!

More details to come...

Attorney:  
Carlyle F. Stout III

Secretary:  
Remedy Hovermale

### LAW OFFICES OF CARLYLE F. STOUT III Real Estate Law Business Law

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- Partnerships
- Contracts
- Sales & Purchases
- Limited Liability Companies (LLC)

#### Landlord/Tenant Law

- Residential Rental Contracts & Leases
- Commercial Rental Contracts & Leases
- Mobile Home Park Contracts & Leases
- HUD/Subsidized Housing Contracts & Leases
- Eviction Notices
- Evictions/FEDs
- Landlord/Tenant Disputes



541-776-2020  
E-mail: carlyle.stout@gmail.com  
215 Laurel Street, Medford  
FAX: 541-776-9841



## New Members / Renewing Members

### New Members

Timothy Bryant  
Gerald Shute  
Richard Strahm  
David Gibb  
Art & Carol Lee Buck

### Renewing Members

Jerry Nitzberg  
Holly Johnson  
Bess Perry  
Katy & Duane Mallams  
Mel & Terry Friend  
Tom Flowers & family  
Steve Gressett  
Bill & Darlene Southworth  
Sarah Paul  
Gail Frank

MEMBERS NEEDING TO RENEW:  
None

Click link below to join or renew  
your membership.  
<http://www.siskiyouvelo.org/join.php>



# Ride Safety: Holding Your Line

By Charles Whitaker

Last month, I talked about how to avoid accidents among riders during a group ride. One of the two basic principles is “Be predictable – ride in a straight line at a steady pace....” Riding in a straight line sounds obvious, and many riders take it for granted, but if you look around on your next group ride, you’ll notice that many riders don’t actually do it that well. It’s a skill, and it takes practice and intention.

Any thorough discussion of how to ride in a straight line (also known as “holding your line”) will touch on a number of related topics like bike fit, position on the bike, and pedaling technique.

In order to keep this reasonably short, I’ll make some assumptions. I’ll assume that your bike fits properly; if in doubt, call one of the bike shops that advertises in this newsletter for a fit appointment. I’ll assume that your posture on the bike is reasonably good: flat back, elbows slightly bent, neck in line with your spine. And I’ll assume that your pedaling technique is reasonably smooth (“circular” instead of “square”).

Assuming those things, the key to riding in a straight line is keeping your upper body **relaxed** and **still**. Keep your shoulders and arms loose, keep your elbows slightly bent, and keep a loose grip on the bars with your hands. You don’t want a rigid connection between you and the bars. And keep your upper body still. Don’t sway from side to side or roll your shoulders. Moving your upper body around on the bike has the effect of steering the bike. If you’re steering this way intentionally, as in the exercise below, that’s great, but if you’re doing it unconsciously as a result of moving your upper body, it isn’t steering so much as weaving back and forth. Pedal with your legs and keep your upper body still and relaxed. As you ride, check in every few minutes to see how you’re doing and, if necessary, relax and still yourself. Undoing old habits may take time, but stay with it.

Once you’ve gotten this far, you’re well on the way to being able to hold a straight line. You’re also well on the way to minimizing fatigue on longer rides, and the less tired you are, the straighter (and safer in general) you’ll ride.

As for actually holding your line, it’s easier to try an exercise than to explain it. Find a fairly flat, lightly-used road with a fog line (a white line at the right edge of the road) and a foot or more of pavement to the right of the line. Riding at your normal pace, put your front wheel on the fog line and keep it there as long as you can (if it’s wet, the line will be slippery, so use the variation in the next paragraph). Rather than looking at your front wheel, or the line right in front of you, look at the line ten to twenty feet ahead and use your peripheral vision to see if you’re staying on the line. Don’t try to instantly correct every departure from the line. When you drift off it, move GRADUALLY back onto it. As you start to smooth out your line, you can try making small steering corrections by shifting your weight SLIGHTLY right or left (shift your weight right to steer right). When you can stay on a four inch wide line, you’re pretty well there.

If you try this exercise, CHECK FREQUENTLY FOR CARS, since by riding on the fog line you’ll be crowding traffic. If the fog line is wet (making it slippery), or if you’re finding it too hard to stay on it, try using the shoulder to the right of the fog line. You’ll want at least two feet of shoulder, but even up to five or six feet works. Just ride in the center of the shoulder and try to stay dead center. When you can do that, move on to riding on the fog line.

Remember, holding your line doesn’t just happen. It’s a skill that you learn and then practice; it takes staying mindful while you’re riding. Once you’ve gotten it down, keep practicing. To the extent that you can hold a straight line, you’re predictable, making you a safer rider – for yourself, for the riders around you, and for motorists and pedestrians.

*“Thanks” to Carol Lee Rogers for her ideas and to the usual Editorial Staff.*





Custom Rodriguez mountain bike, ideal for smaller adult/larger child. Perfect for commuting to work/school and running errands. In excellent condition, with painted fenders to match the bike and almost new tires. \$200.

Contact Mary at 541-621-4122.



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www.roguecycle.com  
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CYCLE SPORT	CYCLE SPORT
191 Oak St	1390 Biddle Rd #107
Ashland, OR 97520	Medford, OR 97504
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Fax: 541-488-3802	

## Siskiyou Velo Club Officers - 2010

### P.O. Box 974, Ashland, OR 97520

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Touring/ Rides	Charles Whitaker, Elizabeth Zell, Phil Gagnon, & Charlie Carlson	touring@siskiyouvelo.org
Racing	Glen Gann	779-6986; ggann9@charter.net
Membership	Ron Zell	482-4815; membership@siskiyouvelo.org
Secretary	Cheryl French	Cherylannfrench@gmail.com
Treasurer	Dave Oliver	treasurer@siskiyouvelo.org
Newsletter	Bess Perry	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 15<sup>th</sup> of the month. Contact the editor at [newsletter@siskiyouvelo.org](mailto:newsletter@siskiyouvelo.org) for further information. Members are welcome submit letters, stories, opinions, photos, cartoons, recipes, tips, or other notices of interest to the club.

1632 Ashland St.  
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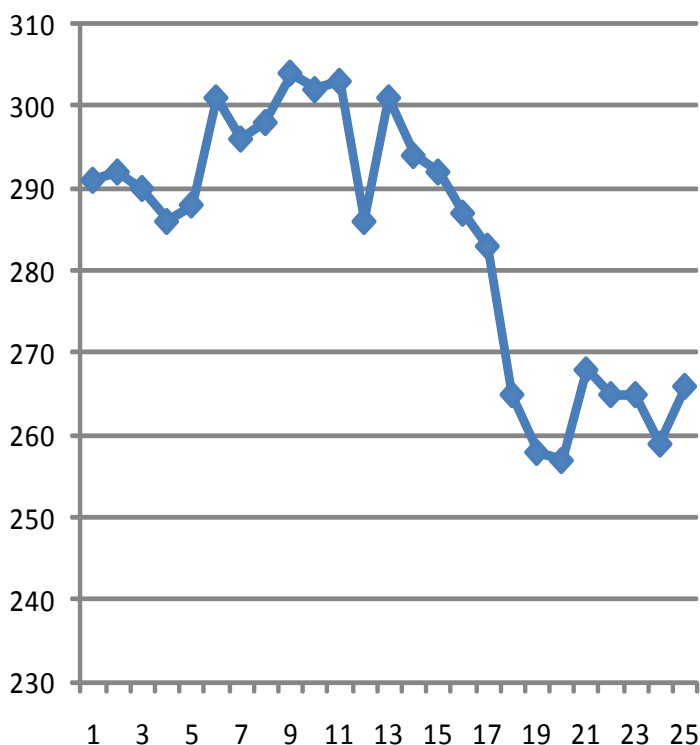


## Fellow Velo

As you are probably aware, your club has recently added information to the Membership Profile so that we can do a better job of meeting members' needs. The Editor of this Newsletter suggested that we share some of that information, and went further by suggesting that we do a monthly piece under the title - "Fellow Velo."

So, envision yourself riding alongside another Siskiyou Velo cyclist on South Stage Road while you inquire, "Where do you live?" According to the analysis to date, you would hear the following in response: 45% live in Ashland, 30% hail from Medford, 6% have journeyed from Central Point, and the remaining 19% have found their way alongside you from other places. If you are lucky enough to have that person say he is from Gold Hill, you would be talking to Mike Smith, the President of Siskiyou Velo, and our only member from that fair city.

It is our hope that getting to know your Fellow Velo will inspire you to update your own Membership Profile. It is easy. Just go to [siskiyouvelo.org](http://siskiyouvelo.org), sign in and you will find a handy place to click in the upper right hand corner called "membership profile." It only takes a few minutes to do this, and then your information will become part of Fellow Velo!

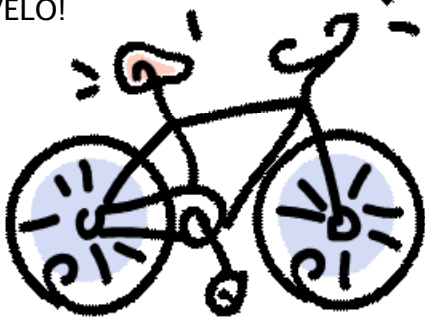


*Membership numbers over the past 25 months.*



# Siskiyou Velo Cycling Excellence

We are a very proud group of people, Siskiyou Velo, and we want people to know it. Even though we are proud of our bikes, proud of the way we handle them, proud of how we observe laws and rules of the road, and proud to be recognized as good cyclists, there is still a lot of grousing about the way Club members perceive each other on the road and how we are perceived by pedestrians and motorists when we are sharing the roads. This may be because we are perceiving things as an individuals and not as the group we are. The Officers of the Club have spent many hours discussing this and have reached the conclusion that the Club needs to establish a standard of expectations concerning how Club members handle themselves on the road. This takes the form of the document that appears to the right, and is called, "I am Committed to Cycling Excellence." This was passed unanimously at the last Club meeting and we hope that you will as enthusiastically accept what it stands for as your Officers have. Think PROUD, act PROUD, ride PROUD and BE PROUD - WE ARE SISKIYOU VELO!









## *I am Committed to Cycling Excellence:*











### SISKIYOU VELO IS "PROUD!"

- P = Prepared for everything
- R = Routinely safe
- O = Out to have fun
- U = Undauntingly a defensive rider, respectful of all road users
- D = Dedicated to positively representing cyclists

### I am prepared:

-  I wear my helmet when on my bike.
-  I keep my bike in good working condition.
-  I have my identification and emergency information with me.
-  I know the route, or have a map with me if I don't.
-  I have the tools, tubes, tire boots, and inflation equipment to keep my bike going.
-  I have the clothing, food, and liquids to keep me going.

### My goals on the road:

-  I ride to have fun while being safe.
-  I gladly SHARE THE ROAD, and I ride in a manner that makes me a Good Will Ambassador for Cycling.
-  I am responsible for keeping my bike out of danger to protect myself and other users of the road.
-  I ride single file in the presence of motorized vehicles and stay as far right as is safely possible.
-  I give respect to motorists and pedestrians. If in doubt, I stop and wave them through.
-  I observe all applicable provisions of the Oregon State Vehicle Code ([www.dmv.org/or-oregon/automotive-law/vehicle-code.php](http://www.dmv.org/or-oregon/automotive-law/vehicle-code.php)).
-  I observe the terms established by the Ride Leader and work to keep the group together.
-  I stop, with the group, for all mechanical problems until released by the Ride Leader.
-  I never negatively or abusively confront other users of the road, even if they are guilty of a transgression.
-  I share the joy of cycling with others.

*Signed: Siskiyou Velo Member*

## 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.