



SISKIYOU VELO

May 2010 Newsletter

Ah, to be a race car. If I want to go faster, just a few technical improvements and I'd be back on the track, faster than the week before. One thing my mechanic would do for sure is to pull more power from my engine. He'd improve my air intake, fuel combustion, exhaust extraction and cooling, among other things. I'd not only have more power, but could hold up for hours of grueling racing.

Sadly, I'm just a human. There's no mechanic with a bag of tools and parts to make me faster. I have the same limitations as the race car – oxygen, fuel, exhaust, and heating – but improvements are not as easily accomplished.

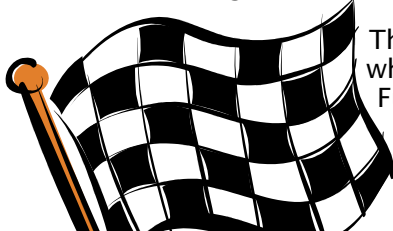
My circulatory system is designed to take oxygen from the lungs, deliver fuel and oxygen to my muscle cells, carry combustion waste away from the cells, and provide cooling by exposing blood to the skin. This is basically my engine.

My circulatory system is governed by an electrical control system. My heart pump beats according to demand. As the demand increases, the pump beats more frequently and the volume of blood delivered to cells increases. When my blood gets thick due to dehydration, my heart has to work harder for the same result. When my core becomes overheated, blood is diverted to the skin to provide cooling, reducing my work potential. When I'm operating at a low level, I can go all day. When I'm operating at maximum, I can go only a minute or so. When I'm operating at about 85% of maximum, my exhaust system starts to jam up. Combustion waste, called lactic acid, starts to build up and my muscle cells lose efficiency quickly, taking forever to recover. So I like to operate at somewhere between 60 and 80% of maximum heart rate – I can go a long time that way.

With a heart rate monitor, I can tell how fast my heart is beating. I can tell what my max is by climbing a long hill at full steam for five minutes, then sprinting

for 10 seconds or so. That's around max. Yup, it will hurt like hell, and may kill me. But I'll know. Then I can calculate my ideal work range. Or, I can just subtract my age from 220. That's about max, plus or minus about 15 beats. Then I can set my personal redline number, and ride all day with full strength. I'll know if it's right – I'll still be able to talk.

Why would I care about any of this? Because sometimes I ride with people who challenge me. Riding with a fast pack can be no fun if I'm not up to the challenge. There are a few things that can be done to help out. Some things I can do to make myself stronger, and some involve the group.



GO, SPEED RACER, GO...

There are four obvious things I can do while riding. Breathe deeply and steadily. Fuel my muscles with an adequate supply of glycogen, including low glycemic foods such as peanuts, figs, chocolate milk, or apples. Be sure to get plenty of water, generally about one liter per hour, to keep my blood adequately thin. Stay cool – shed clothing as my body warms up. Avoid high and low cadences

– I have better endurance between 70 and 90 pedal strokes. And most importantly, ride within my limits. Sustained riding beyond my personal heart rate limit (Lactate threshold) is a sure way to reduce my strength for the rest of the ride.

I can also use the group to reduce my energy output. Drafting is a good way to cut down on wind drag; riding behind someone can reduce my work load by up to 20%, especially in a head wind or at speed. If I am drafting and still exceeding my personal limits, I should ask the group leader to slow down. They should be happy to do so; slowing the group a few miles per hour to prevent burnout is much better than slowing five to ten miles an hour to tow a burn-out casualty home.

I feel any ride is a success when I can get off my bike without help, especially when I have the energy to do something after riding. Like driving home. In my car.

*Regards,
Mike Smith*

President, Siskiyou Velo Bicycle Club

Umpqua Ultimate Bike Ride May 29, 2010

The Purple Foot Gang in Sutherlin, Oregon invites you to experience some of the best cycling country in southwestern Oregon on Saturday of the Memorial Day Weekend. What better way to kick off another cycling season?! Choose from three routes offering low traffic roads, beautiful scenery, and mellow cycling. Enjoy cycling through a covered bridge, past vineyards, and along the gorgeous Umpqua River. Routes of 20, 46, or 65 miles offer one to three rest stops and all riders receive a delicious lunch catered by Pedotti's Italian Restaurant at the end of their ride. Riders registering by May 7th (and possibly a little later) also will receive an attractive long sleeve commemorative t-shirt. The ride fee is \$30. To view route maps, elevation profiles, and register on line go to: www.purplefootgang.com.



Organized Rides around the Region

Check out the Siskiyou Velo's and other regional groups' rides!

May

8- Cinco de Mayo

29- Umpqua Ultimate Bike Ride

<http://www.purplefootgang.com>

June

19- Mountain Lakes Challenge

<http://www.mountainlakeschallenge.com>

July

31- Black Berry Jamboree family ride, Eugene

<http://edu.eugenegears.org/bramble>

31- Santa Cruz Mountain Challenge

<http://www.santacruzcyling.org/scmc>

August

1- Black bRamble century, Eugene

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

7- Eight Lakes Bike Ride, Spokane

<http://www.lcsnw.org/events/8Lakes2010.pdf>

21- Crater Lake Century Ride

<http://www.craterlakecentury.com>

September

11- Cycle Umpqua 2010 Vineyard Tour

<http://www.cycleumpqua.com>



Siskiyou Velo Club Officers - 2010

P.O. Box 974, Ashland, OR 97520

Office	Name(s)	Contact Information
President	Mike Smith	855-1531; michaelmail@earthlink.net
Advocacy	Edgar Hee	734-4872; ejhee@juno.com
Events	Jonathan Williams	mlc@siskiyouvelo.org
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 15th of the month. Contact the editor at 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.

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	9:30 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
Every Tuesday and Thursday	5:30 pm	2200 Hull Rd., Medford	Varies	MO / B	25 +/-	John Harlow 541-245-8598 or 541-821-4167

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>. 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.

Ride Committee Report by Elizabeth Zell

March and April had both gray, dreary, rainy weekends and beautiful spring weekends. We have noticed that people are coming out to ride in the groups, regardless of the weather conditions! There have been a number of rides with 20 or more riders in attendance. We are, of course, delighted with the turnout!

Siskiyou Velo Newsletter • May 2010

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!

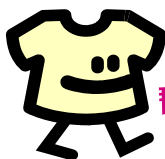
The following is a list of members who have led rides up through and including April:

Wil Thomson 2
James Williams 2
Aryn Duncan 1
Elizabeth Zell 4
Phil Gagnon 7
Charlie Carlson 3
Fred Von Tress 1
Steve Juel 1
David Oliver 2
Jonathan Williams 2
Cheryl French 1
Ron Zell 1
Mike Smith 2
Jerry Rhodes 1
Jack Buster 1
Mark Seals 1
Rick Berlet 1
Jodi Weber 1
Matt Varnum 1

Thank you, all, for volunteering to lead rides this month. All your work is deeply appreciated. Please keep volunteering and we would really like to see some new leaders as well. Hopefully, we can have rides scheduled for both Saturdays and Sundays each weekend. Please contact Elizabeth Zell to volunteer to lead a ride: ecrawfordzell@yahoo.com.

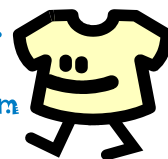


Jerseys!



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 if you are interested in buying one.



Attorney:
Carlyle F. Stout III

Secretary:
Remedy Hovermale

LAW OFFICES OF CARLYLE F. STOUT III

Real Estate Law Business Law

- | | |
|----------------------------|-------------------------------------|
| • Contracts of Sale | • Easements |
| • Corporations | • Promissory Notes |
| • Foreclosures | • Partnerships |
| • Boundary Disputes | • Contracts |
| • Trust Deeds | • Sales & Purchases |
| • Earnest Money Agreements | • 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



Siskiyou Velo Meeting Minutes April 14, 2010

This month, Siskiyou Velo held an informational meeting on group ride etiquette and safety, as well as on how to use your cycling energy efficiently. Thanks to all who attended this meeting on these important topics!

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.



- Used (very good shape) Ultegra/Mavic Open Pro Wheelset: \$120
- New in box Deda Zero 100 Stem, 120 cm: \$55
- New in box Deda Zero Handlebar 42 cm: \$90

Contact Ken at 541-488-0982

Next Club Meeting

Join us at 7:00 pm, May 12th, at Angelo's Pizza in Pheonix! 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. Come join us!



The annual Cinco de Mayo ride will be held this year on Saturday, May 8th. This is a much loved event hosted by the Wootons, which includes both a challenging, hilly ride and a milder, flat ride. This year, we also plan to include an additional shorter ride of about 25 miles. The first ride is 50 miles, 5 climbs, and 5000 feet of elevation gain. The route includes West Griffin Creek Rd., Griffin Creek Rd., Coleman Creek Rd., Anderson Creek Rd., and Wagner Creek Rd. and back via Pioneer and Dark Hollow. The 50 mile flat ride will be at a moderate pace with the route going through Gold Hill and Sam's Valley before returning to Medford. The route of the shorter ride has not been determined yet. The rides will start and end at the Wooton's home in Medford. There will be a catered lunch consisting of a Mexican cuisine. Participants at the lunch will be asked to pay for their meal. Pot luck desserts will be strongly encouraged as well. Lunch reservations and an \$8.00 payment will be required prior to the date. The first two rides will start at 9:00 AM and the third will begin at 10:30. Lunch will be served at 12:30. Put this on your calendar, because you won't want to miss this fun and challenging event!

CYCLE

—analysis

535 N. Fifth St
Jacksonville, OR 97530
541-899-9190

What: Cinco de Mayo
When: Saturday, May 8th
Where: The Wooton's Home at 2095 Terrel Drive, Medford
Time: 9:00 for the hilly 50 and flat 50 and 10:30 for the 25 miler
What to Bring: Pot luck desserts welcome, lawn chairs, nonalcoholic beverages will be provided or BYOB
RESERVATIONS AND \$8.00 LUNCH FEE IS DUE BY MAY 1st.
Please send payment to Dan Wooton, 2095 Terrel Drive, Medford, Oregon 97501. Please make your checks out to "Siskiyou Velo."
MAY 1st IS THE DEADLINE!!!!

New Members
Carl Jacobs
Vic Niolescu

Renewing Members
Joanne Haddard & Ron Davies
Kent Clinkinbeard
Mark Spector
Tom Sheets
Amy Lepon
Suzanne Marshall & Michael Marvinny
George & Debra Stevens
William Raupp
Meg Rawlings
Ken Silverman - Nimbus
Richard Melville

Members Needing to Renew:
None

Click link below to join or renew your membership.

<http://www.siskiyouvelo.org/join.php>

"A bicycle hides nothing and threatens nothing. It is what it does, Its form is its function."

Stewart Parker, Spokesong

submitted by Tom Burnham

SISKIYOU VELO IS "PROUD!"

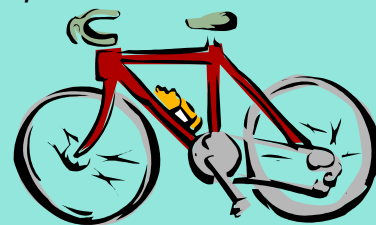
- P = Prepared for everything
- R = Routinely safe
- O = Out to have fun
- U = Undauntingly a defensive rider, respectful of all road users
- D = Dedicated to positively representing cyclists

Bike & Summer Sport Swap

Bikes, Kayaks, Canoes, and Summer Sports Equipment



South High School
Saturday 8 May 2010 12:00 – 2:00
Admission price is \$1 per person or \$3
per family



Proceeds support high school ski racing

Volunteer help is needed to help run the event. Volunteers get to have a "first look" at the bikes for the donation of two to four hours of time. If you are interested in volunteering, please email cphald3@mind.net or call 541-482-3977.

Information for Bicycle and Accessories/Parts Sellers:

- The Bike Swap will accept bicycles and equipment on Friday, May 7 from 5:00—7:00pm and on Saturday, May 8 from 7:00—10:00am. There is a \$5.00 per bike check in fee. The swap opens at 12:00 and closes @ 2:00 The seller will agree to donate 15% of each sale, or minimum of \$5 per bike (whichever is more), to benefit Medford area High school ski teams.
- If you have more than 3 bicycle equipment accessories and/or parts, you can buy a space to sell your items at a cost of \$25 per table or \$15 individual for a half table Spaces will be rented on a first come, first served basis. (No guarantee of a spot the day of the event.) Please call the 541-482-3977 to reserve a space.
- If you are a for-profit bicycle vendor and would like to have a space at the event, your cost for a space will be \$75. Spaces will be rented on a first come, first served basis. (No guarantee of a spot the day of the event.) Please call 541-482-3977 to reserve a space.
- Bicycle and parts/accessories sellers will not be paid for sold items on the day of the event. Payment can be expected within 4 weeks after the event. A minimum charge of \$5 per item or 15%, whichever is more, will be deducted from the payment amount.
- To retrieve unsold equipment, a signed and numbered receipt must be shown to Bike Swap staff. Equipment WILL NOT be released without the receipt.

It is understood that bicycles MUST BE PICKED UP BETWEEN 3PM & 4PM ON Saturday May 8, 2010, NO EXCEPTIONS. Any bicycles, or equipment etc. not claimed at this time become the property of the bike swap organizers Medford Ski Education Foundation and will be donated at the discretion of the staff. The Swap organizers, Medford Ski Education Foundation is not responsible for lost or stolen items.



Rogue Valley Cycle Sport, Inc.
www.roguecycle.com
info@roguecycle.com

Ashland	Medford
CYCLE SPORT	CYCLE SPORT
191 Oak St	1390 Biddle Rd #107
Ashland, OR 97520	Medford, OR 97504
541-488-0581	541-857-0819
Fax: 541-488-3802	

Professional Copywriting

Simple. Clear. Effective.

- * Web Sites * Newsletters * Direct Mail *
- * Brochures * Ads * Press Releases *

Cheryl French
www.CherylFrenchWrites.com
541-482-8475



2010 Ride of Silence

The Ride of Silence is an international event that honors cyclists who have been injured or killed by motorists, to raise awareness of cyclists' rights, and to let the public know that drivers and cyclists alike must share the road. If you ride long enough you will come to know of someone who has been involved in a bicycle/auto accident. Now is your chance to let motorists know we all must share the road by participating in the Ride of Silence. If we make a difference in just one driver's attention, it is certainly worth it. Our numbers can be powerful! Join cyclists worldwide on May 19th 2010 in Canada, Italy, Australia, Greece, Bolivia, Mexico, USA, and many more countries.

A lot of great information on the Ride of Silence can be found on their web site at:
<http://www.rideofsilence.org>.

- 🚲 Wednesday, May 19th, 7:00 PM
- 🚲 Meet at Hawthorne Park in Medford (on Hawthorne Street)
- 🚲 14.25 mile ride at a 10-12 mile per hour pace (all levels are encouraged to attend)
- 🚲 Helmets are mandatory. Headlights and taillights are recommended but not required.

For more information, contact:
 Meg Rawlings
 541-941-8070
rawlings.meg@gmail.com

Fellow Velo

By Ron Zell

If you read last month's Newsletter, you will remember the Fellow Velo who rode you off her wheel. You will also remember that I said: "Not to worry. She will return to talk with you." Why could I be so sure that she would return? Well, all Fellow Velo's are nice, friendly folks, and they would never (almost) ride you off their wheels without having a friendly chat afterward. In addition, because of our new Membership Profile, we know why people join the club, and guess what – the main reason is to socialize at rides.

Why did you join the club?

Reason	% of Respondents
Socialize at rides	89
Cycling advocacy	85
Support a "green" lifestyle	60
Just socialize	13

And, if you are ever riding along side someone who is quiet, yet appears to want to talk, you can start a conversation by asking a question or two about SHARING THE ROAD, or some such thing. Our members really like to talk about advocacy.

The flip side of the encounter with your new Fellow Velo friend is that you might never see her at a club meeting. She wants to take in her social time while she's beating your brains out!

It's our hope that getting to know your Fellow Velo will inspire you to update your own Membership Profile. It's easy! Just go to 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 and then your information will become part of Fellow Velo!

1632 Ashland St.
 Ashland, OR
 541-488-5813
 Open 7 days a week
 Mon-Sat 9:30-6 and Sun 10-5
www.ashlandbicycleworks.com



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

www.siskiyoucyclery.com
info@siskiyoucyclery.com



*THANK YOU to the 2010
Mountain Lakes
Challenge sponsors!*

*Your contributions help us
put on a great event and
enable the Velo to continue
its support of cycling in the
Rogue Valley.*

We appreciate you!

Southern Oregon Subaru

Velocity Cellars

*Flywheel Bicycle
Solutions*

Ashland Bicycle Works

Cycle Analysis

Marty's Cycle and Moore

Cycle Sport

Standing Stone Brewing

*Wayne Marthaller
Heating & Air*

Medford Medical Clinic

Hammer Nutrition



ENDURANCE FUELS
& SUPPLEMENTS

THE 2010 MOUNTAIN LAKES CHALLENGE IS ON AND
IT'S AWESOME!



Saturday, June 19, 2010

Experience the beauty of cycling in Southern Oregon

- 🚴 Scenic mountain lakes, conifer forests, winding backcountry roads and majestic Mt. McLoughlin
- 🚴 Two great routes: the Century and Metric Challenges begin with a 2,200- foot climb and end with a 13-mile, 3,300-foot descent
- 🚴 Four awesome rest stops with amazing food!

Start at The Grove, 1175 East Main Street in beautiful Ashland at 7 a.m.

Register online at:
mountainlakeschallenge.com



Southern Oregon
SUBARU
sosvm.com



SUBARU

PHOTOS WANTED!

Have you been on a great ride recently? Or a particularly gnarly one?! How about a Club ride you'd like to see get more exposure?

Share your photos with the Velo!

We're always looking for pics of our members in action, so send 'em on in!

Please email images to newsletter@siskiyouvelo.org, along with a brief description of the action, and we'll feature them in an upcoming newsletter!

Of course, articles accompanying photos are always welcome too!

Play, but don't make pay!

by Ron Zell

This article was inspired by a presentation made by Bill Tout at the April "Instructional" meeting of Siskiyou Velo, and the basic ideas are Bill's.

Some of us don't have time to train except for club rides, and all of us like to "play" when we ride. Play can be defined as that act that allows us to feel like kids again, gives us a chance to fulfill our competitive needs, and gives us a chance for a little ego massage. This is all well and good until we make others "Pay for our Play!"

As we all know, but too quickly forget, there is a sharp edge between riding at one's comfort level and pushing a bit to keep up with a group. The energy requirement for that little bit of extra effort is disproportionately large and quickly tires the participant. For that reason, as we play, we do not want to do anything that might make the group reach too far. The point of a group ride is for everyone to have a great time, so the stronger riders have to be aware of what they might be doing to the group with their "play."

THE HAMMERHEAD'S HEDGE:

Unless I am serving a useful purpose on the front of a group (creating a breather at a nice, slow pace after a hard group effort [climb] or providing a draft in a heavy headwind), I will "play" in the back. Playing in the back can be more fun that being on the front – you have a lot more people to chase:

- 🚲 On the flats: Let the group get a half minute or so ahead of you and then catch up with the back. Use the group and drop back to recover, and then do it again. Some folks call this doing intervals.
- 🚲 On descents: Find a group in the middle, pass them, let them catch and pass you (really makes them feel good), drop back a bit more, and then go like heck to catch them. Intervals?
- 🚲 On climbs: Let the group get far enough ahead so that you have to work hard to catch them all, do your thing and when you reach the top, recover by slowing everyone down for a bit so that everyone can catch his or her breath. You can also surge, and catch a few folks, drop back, and catch them again. Maybe these are hill repeats?

In any event, following these strategies or something similar allows you to accomplish your goals without influencing the pace of the group. That way, everyone has enjoyed the ride and achieved their goals.



Getting excited for the Mountain Lakes Challenge? Here's some awesome photos of past MLC rides to spark your interest and remind you that yes, good weather is coming!



A note from the photographer...

Well, this is the 5th year(!) I'll be shooting the Mountain Lakes Challenge. A seasoned sports photographer, I shot all SOU sports for many years. I've now retired from sports photography but I still shoot cycle events, including Ride the Rogue again this September. Photos of previous Mountain Lakes Challenge rides are available on my web site at www.kenroyce.com. Looking forward to seeing you on the mountain - I'll be crouching on the side of the road watching for you!

**All photos by
Ken Royce**

- Ken Royce