



March 2006

N E W S L E T T E R

**Bicycle Law Workshop**

**Page 6**

### Presidents Paceline

Almost two weeks into our bike tour of New Zealand's North Island and some patterns are emerging. New Zealand is a wonderful place to tour on bicycles: the roads are well-maintained, if a bit rough due to the Oregon-like chip-seal approach to surfacing; motorists are most accommodating to cyclists -- witness how politely and deftly a motorist stopped when confronted with an out-of-control American sliding with trailer attached towards her front bumper in the wrong lane; the scenery is a magnificent combination of coast and inland mountains scattered with little villages and farms (and, of course, lots of sheep and cattle); and, the people are the most pleasant and engaging anyone could hope to encounter -- friendly, helpful, full of stories and full of questions about our trip. Our voyage started in Auckland setting off south eastward toward the Coromandel Peninsula -- a beautiful coastline with very challenging climbs (10-15% grades for extended distances). After a couple of days on the peninsula we headed over toward the East Cape passing beautiful beach scenery including a full palette of blues from turquoise to indigo frosted with the ever-present surf. Along the way we traversed the only "bad" stretch of road (Hwy. 2 -- the main thoroughfare of the North Island) frequented by dou-

ble-bottom cattle trucks, log haulers and fast cars. Eventually we arrived in Tauranga, the gateway to the East Cape. The East Cape is a very remote and overwhelmingly picturesque section of the island, populated primarily by the native Maoris. We have spent four days on the East Cape tracking the coast line and then heading inland on many occasions and it is paradise -- quaint coves, macadamia and kiwi orchards, fishing villages, the setting for the filming of "Whale Rider", Captain Cook's landing, and the longest wharf in the southern hemisphere. Each day seems to end with a case or two of the local brew, fish and chips at a "take-away", using the freshest of ingredients just pulled from the Pacific, and a very sound sleep. The campgrounds here are "off-the-map" compared to the US counterparts -- kitchens, refrigerators, showers, laundries and all for \$8-\$10 US per night. Most campgrounds are located near a town, so supplies are readily accessible. Tonight and tomorrow we are "resting" in Gisbourne, a mid-sized town on the coast, with beautiful beaches, good restaurants, and another fine campground. About all for now. More next month.

Rick Berlet

### Timely News Notes

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### Second Annual "Nearly" Cinco de Mayo Ride

Mark your calendars for May 6<sup>th</sup>. The Wooton Clan (Dan, Leslie, Randy, Pam) are hosting the second annual Cinco de Mayo ride. Ride starts at 9:00 AM @ the Wooton's residence, 2095 Terrel Dr., West Medford.

The ride crosses five creeks (Poorman, Griffin, Coleman, Anderson, Wagner), travels for 50 miles with 5000 + feet of elevation gain.

After completing this Challenging ride, you will partake in a Mexican Fiesta, pot luck at the Wooton's.

If there is enough interest in a flatter 50 mile ride, a route will be developed. Let Dan know if you are interested (779 9248)

**RSVP Dan & Leslie for this ride (it helps for food preparation). 772 9248**

## Racing Corner By Glen Gann

Since we are still a couple weeks away from the first race of the year, as of the time I'm writing this, I will take this opportunity to promote the up-and-coming **Southern Oregon Time Trial Series**. The first time trial will kick off on March 4th from the Agate Lake Fire House. I would really like to encourage everyone to come out and try them. You don't have to be a "racer." It would be great to see some of those low-riding recumbents come out to see just how much the low wind drag helps. I also thought it would be nice to list all of the racing team options that are available in the Valley:

Team Cycle Analysis - open to both mountain and road team members, best known for their Wednesday night mountain bike ride that goes year round with dinner served when your done.

Team Cycle Sport - open to both mountain and road racing, best known for Alex's epic endurance rides.

Marty's Cycle & Moore - open to both mountain and road, best known for offering the Chris Carmichael Training Program.

Etna Brewing/DeSalvo Custom Cycles - open

to both road racing and mountain, best known for Sean Doyle capturing the 2005 best-all-around rider for Oregon Senior Men.

Team Land Shark Custom Frames - mostly road racing team, best known for, well, for being the newest team to the Valley.

If you know of any riders that are interested in racing let them know that there are a lot of options and plenty of help out there to get them started. Feel free to give me a call with any questions.

Riding tip for the month:

When standing up on hills, make sure you push down and pull up with the back foot while starting to stand out of the saddle. This will help by keeping your bike from going backwards into the front wheel of the person behind you. Most people tend to let the down peddle help lift them off the saddle. When doing this your bike actually stops for a second while your body goes forward, thus creating havoc for the person that may be a little too close behind you. Hope this will help on your next ride

## Time Trial Series

It's March and time for the annual Time Trial Series right here in Medford. Here's a good chance to mark your spring conditioning against the clock. The time trial series are for all ages and all levels of riders. Riders will have the opportunity to ride against the clock on three challenging courses over three weekends. All races start at 9:00 AM, rain, sleet, hail or snow. Riders will leave the starting gate at one minute intervals.

The routes are as follows:

**March 4** - Antelope road fire station just off hwy 62, 14.6 miles

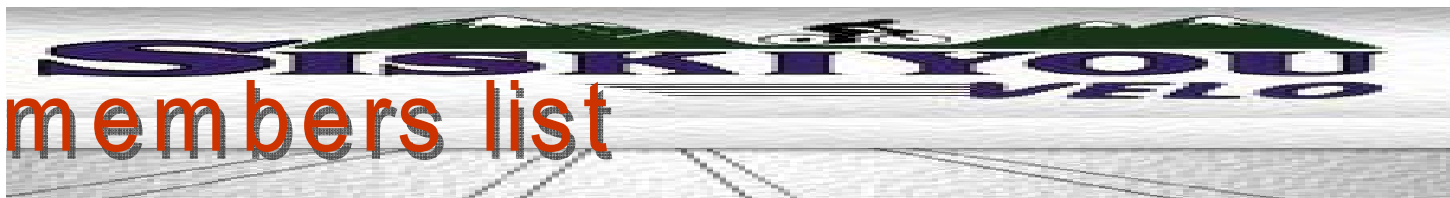
**March 11** - Griffin Creek elementary school, 8 miles

**March 18** - Colver park (Dark Hollow loop) 10.4 miles

For additional details call Tim Turk @ 264-0262 or go to the following web site:

[http://obra.org/flyers/2006/so\\_oregon\\_tt.html](http://obra.org/flyers/2006/so_oregon_tt.html)

If you are not interested in riding but would like to watch the action, volunteer to help out at the ride.



## Mountain Lakes Challenge 2006

Mark your calendar for June 26th. This is the day of the Siskiyou Velo cycling event. If you are not riding on that day but feel you could volunteer some time and be of help at the rest stops, you would be most welcome to do so. You will meet club members riding on that day, and visitors from out of town as well. The more volunteers we have, the more fun it is for everyone. So if you do not plan to ride, contact Phil and Dale Hoffman and let them know you can help. Their contact information is below on this page.

Thanks

## Monthly Club Meeting:

**Siskiyou Velo monthly meetings are held at 7:00 PM on the second Wednesday of the month at Angelo's Pizza in Phoenix, Oregon .**

## The Siskiyou Velo

P. O. Box 974 Ashland, OR 97520

### Siskiyou Velo Club Officers For 2006

**President:** Rick Berlet - 488-0036 [rberlet@triad-consults.com](mailto:rberlet@triad-consults.com)

### Vice Presidents Advocacy:

Chris Haynes - (541)772-9220 [cghaynes@simscycle.com](mailto:cghaynes@simscycle.com)

Edgar Hee - (541)734-4872 [cjhee@juno.com](mailto:cjhee@juno.com)

### Vice Presidents Events:

Phil & Dale Hoffman - (541)664-9852 [phoffman861@msn.com](mailto:phoffman861@msn.com)

### Vice President, Touring/Ride Schedule:

Bob Korfhage - 535 5276 [bkorfhage@charter.net](mailto:bkorfhage@charter.net)

**Vice President, Racing:** Glen Gann - (541)779-6986 [ggann9@charter.net](mailto:ggann9@charter.net)

### Vice Presidents, Membership:

Dan/Leslie Wooton - 779-9248 [dlwooton@charter.net](mailto:dlwooton@charter.net)

Randy/Pam Wooton - 772-1790 [drwooton@mighty.net](mailto:drwooton@mighty.net)

### Secretary:

Jodi Weber - 301-6880 [weberjs@charter.net](mailto:weberjs@charter.net)

### Treasurer:

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**Newsletter Editor:** Bill Inman - 541-601-5952 [bill39@clearwire.net](mailto:bill39@clearwire.net)

**Asst. Editor** - Claudia Bowdoin - (541)245-8608 [bowdoinc@sou.edu](mailto:bowdoinc@sou.edu)

**Web Site Manager:** Spencer Gray - (541)621-3743 [gray8110@charter.net](mailto:gray8110@charter.net)

### *Visit us on the Internet:*

<http://www.siskiyouvelo.org> Newsletter contributions accepted until the 15th of the month. Contact the editor for further information. Members are welcome submit letters, stories, opinions, cartoons, recipes, tips or other notices of interest to the club.

**MEMBERS ADDS:**

**For Sale:** Recumbent Stratus XT, dual 26", 2 months old, too many upgrades to list, please call for info. \$2000.00  
Jerry 541-512-2155

Airborne Blackbird, 58CM complete, low miles. Call for info. \$1200.00  
Jerry 541-512-2155

Canondale Touring Bike, Aluminum, cantilever brakes, touring bars, down tube shifters, size unknown, but probably around 56 or 57. \$150/offer - [mike@homecarecompanion.com](mailto:mike@homecarecompanion.com)  
cell 944-0247

Specialized shoes, size 42, Velcro closure, mesh and leather, Look cleats installed; they have the standard hole pattern for your cleats. Near new. These are an extra pair I do not wear. Sell \$30.00/offer  
[mike@homecarecompanion.com](mailto:mike@homecarecompanion.com)  
cell 944-0247 email photos available

Chris Carmichael Training DVD's, 1 Sprinting, 1 Climbing. These are a set I received as a gift. New cost \$24.95 each, sell both for \$40.00  
[mike@homecarecompanion.com](mailto:mike@homecarecompanion.com) cell 944-0247  
email photos available

FSA SLK Compact Crank Set, 50/34 Chain Rings, 172.5 arm length (slightly used), includes new Bottom Bracket (English, not Italian) Price \$250.00

Andy Mayer

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Carlyle F. Stout III

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541-776-2020 .

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

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

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541 772 9220  
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[cghaynes@simscycle.com](mailto:cghaynes@simscycle.com)  
[www.simscycle.com](http://www.simscycle.com)  
  
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<b>Ashland CYCLE SPORT</b> 191 Oak St. Ashland OR 97520 (541) 488-0581	<b>Medford CYCLE SPORT</b> 1390 Biddle Rd. #107 Medford OR 97504 (541) 857-0819
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**SISKIYOU VELO RIDE SCHEDULE – March, 2006****\*\*\*approved helmets required on all club rides****\*\*\*unless other wise noted, rain/wet pavement cancels ride**

Date	Time	Start Location	Route	Pace/ Rating	Miles	Ride Leader/Contact
Saturday March 4	10:30 AM	Roasting Company Ashland	Mountain Ave, orchards, to Blazin Beanz. Return on Bike path from Exit 24	B3 Group	30 Miles	Wil Thomson 482-4201
Sunday March 5	12:00 PM <b>Tandems +</b>	Bi-Mart, W. Main., Medford	Jville, Old Stage, Scenic, Kirtland Rd. & return	B3 Regroup	25-30 Miles	Dan Wooton 779 9248
Saturday March 11	10:00 AM	Intersection of Modoc Rd. & Table Rock Rd	North Valley Loop. Table Rock Rd. to Highway 238	A3 Regroup	21 Miles	Phil Gagnon 488-4289
Sunday March 12	10:00 AM	Cover Park, Phoenix	Jacksonville via Beall Lane and return	B3 Group	30 Miles	James Williams 857-9037
Saturday March 19	10:00 AM <b>Tandems +</b>	Hawthorn Park, Medford	Eagle Point and return	B3 Regroup	40+ Miles	George Stevens Dan Wooton 779 9248
Sunday March 25	12:00 PM	Bi-Mart, W. Main., Medford	S.Stage, Colver Rd., Talent Ave., Butler Ck. & return	B3 Regroup	30 Miles	Dan Wooton 779 9248
Saturday March 25	10:00 AM	Richardson Elementary School, Cent. Pt.	Hanley Rd., Beall, Old Stage, Sce- nic, Grant	A3 Regroup	8 Miles	Phil Gagnon 488-4289
Saturday March 26	10:00 AM <b>Tandems +</b>	Cover Park, BLM Parking Lot 3040 Biddle Rd. MDF	Meadows/Antioch Rd Shady Cove And Return	D2 Regroup B3	70 51 Miles	Jerry Rhodes Bob Korfhage 535 5276
Every	8:00 AM	Bike path behind	Determined by group	Race Pace	Varied	Glen Gann
Every	8:30 AM	Bike path behind	Determined by group	Race Pace	Varied	Glen Gann
Every Monday	<b>11:00 AM</b>	<b>Colver Park Phoenix</b>	<b>Jacksonville coffee ride</b>	<b>Group B4</b>	<b>25</b>	<b>Bob Korfhage 535 5276</b>
Every Wed.	<b>11:00 AM</b>	<b>Ashland/ Roasting com- pany</b>	<b>Show-N-Go</b>	<b>Regroup C/4</b>	<b>25-40</b>	<b>Bob Korfhage 535 5276</b>

**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.**Group** - Riders will stay together.**Regroup** - Riders will spread out, regroup at specific points along the route.**Ride Pace: (average range on level ground)****1**-slow < 10 mph**2**-leisurely 6-10 mph - **Expect to stay at this pace****3**-Mellow 12- 15 mph – **Expect to stay at this pace****4**-Brisk 15 -17 mph**5**-Hammer 18+ MPH**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.

Saturdays - 9 AM Race Training, **Medford Cycle Sport**, 1390 Biddle Rd #107 (Alex 857-0819)





The 2006 professional cycling season got off the blocks at the very end of January, but with somewhat of a whimper. The first two races of the European season drew a rather spotty participation from the big guns of cycling, and the Winter Olympics just on the other side of the Alps in Turin have considerably overshadowed the cycling scene. In fact, the only really big news reported widely in French and other European media outlets was the announcement of Lance Armstrong and Sheryl Crow's split. That does not mean, however, that there aren't some exciting races going on. Already this budding season bears some interesting signs for the coming months.

The Australian rider Baden Cooke enjoyed his first taste of glory for the season at **Le Grand Prix d'ouverture – La Marseillaise**, the kickoff race for the European peleton. Cooke left his La Française des jeux team at the end of last season and signed with the Belgian Continental Pro team Unibet.com. The winner of the green points jersey in the 2003 Tour de France won a tight bunch sprint just ahead of former teammate **Philippe Gilbert** and **Anthony Geslin** (Bouygues Telecom).

The **Etoile de Bessèges** is the first stage race of the season. Held in southern France where the weather is much more conducive to racing in early February, the five-stage race is a good testing ground for riders to verify the shape they are in. The Belgian racer **Frederik Willems** (Chocolat Jacques) won the first stage and held on for the final victory.

The **Tour Méditerranéen**, also run in southern France and northern Italy, follows closely on the heels of The

## Pedal Strokes by Roger Stevenson

344 rue de Blansin, 74800 Saint Pierre en Faucigny, France

**Etoile de Bessèges.** This year's edition was won by a young French racer with Ag2R Prévoyance, Cyril Dessel. In the meantime, Paulo Bettini notched his first victory of the season at the **Challenge de Majorque**. Lampre's Alessandro Balan won the one-day **Trofeo Laigueglia** in Italy. The **Ruta del Sol** a.k.a. Vuelta Andaluca pitted the current world champion Tom Boonen against Alessandro Petacchi in a continuation of what could become a marvelous duel of sprinters. Petacchi took an early advantage with two tightly fought sprint victories over Boonen in stages three and four, but Boonen came back to win the final stage sprint just ahead of Petacchi. The overall victory went to the Spanish rider Garcia Quesada (Unibet.com) who led a 1-2-3 Spanish podium for this important early-season race in Spain.

**Roberto Heras** was handed a two-year suspension by the Spanish Cycling Federation after he tested positive for EPO during the final stages of last year's Vuelta. The thirty-one year-old Spaniard also lost his overall victory in the Vuelta, which reverted to the Russian Denis Menchov. Heras still claims his innocence and continues to question the validity of the testing procedures used and will probably appeal his suspension before the International Court of Sports Arbitration or the Spanish civil courts. In another drug-related issue, the Spanish rider **Inigo Landaluze** (Euskaltel), who won last year's Dauphiné Libéré, is also on the hot seat in Spain. He tested positive for testosterone during the Dauphiné, but the Basque racer claims that he has a naturally high level of testosterone in his body and his lawyer has appealed for a medical certificate to the fact from the UCI. The third Spanish racer involved in a drug issue is **Aitor Gonzalez**, also with Euskaltel. Gonzalez won last year's Tour of

Switzerland and tested positive for anabolic steroids during the Vuelta. Decisions on the Landaluze and the Gonzalez cases are expected soon from the Spanish Cycling Federation, but the three cases certainly cast a cloud of suspicion over Spanish cycling.

Taking drugs is not solely limited to the male side of the cycling scene. The women's peleton also has its black sheep. The Canadian **Geneviève Jeanson**, who won both the road race and the time trial at the 1999 junior World Championships, has been suspended for life by the Canadian cycling authorities. She tested positive for EPO last July at the Tour de Toona in Pennsylvania. The severity of her punishment is the result of several other incidents involving drug testing: she failed to show for a drug test after the Flèche Wallonne in 2004 and at the 2003 World Championships in Hamilton Canada she was declared unfit to start the road race because of a high hematocrit level.

The organizers of the Tour de France have announced that the **2007 Tour** will start in London. The opening prologue will follow a route past the major sites and monuments in London and finish in front of Buckingham Palace. The announcement would appear to show a great deal of class on the part of the French who are still smarting over their defeat by London to host the 2012 Olympic Games, but it must be remembered that the London application was submitted way back in 2004 and at the time was received quite favorably by the Amaury Sport Organisation.



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### **What are your rights and responsibilities as an Oregon cyclist?**

What are auto driver's and cyclist's rights in the event of a collision, in court and in dealing with insurance companies? When must bicyclist's ride in bike lanes; when can cyclist's ride on the sidewalk? Which side of the road is a bicyclist required to ride? What about obeying traffic signs, yielding to pedestrians and the Oregon helmet law? What are bicyclists' rights if harassed by motorists?

How do we foster a safety-oriented attitude for All users of the road?

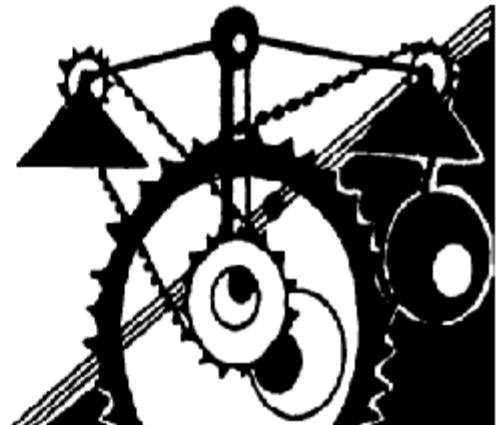
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**March 20, 2006**  
**Session 1: 3:30-4:30**  
**Session 2: 5:30-6:30**

Sponsored by Bicycle Transportation Alliance, Ray Thomas Attorney at Law, RVTD's Way To Go Program, Siskiyou Velo Club, Sims Cycle and Fitness










Siskiyou Velo Meeting Minutes  
February 8, 2006

- I. Introductions: 20 present
- II. Report on the *Ride the Rogue* century by Andy Dungan. The ride is being organized through a business class at SOU. The ride will be September 23 with options of varying distances. Check [www.ridetherogue.org](http://www.ridetherogue.org). They requested use of the Club's tables and water jugs. They would also appreciate anyone interested in volunteering.
- III. Reports from officers
  - A. Treasury: January income of \$315 (memberships) and an outflow of \$170, with approximately \$6200 currently in the account.
  - B. Touring: The March ride schedule was passed around for rider leaders to fill in.
  - C. MLC: All is going well
  - D. Newsletter: **Bill needs all articles by the 15<sup>th</sup> of the month or the article will go to the following month.**
  - E. Advocacy: An Portland attorney who is an expert in bike law will be speaking March 20 at 3:00 and again at 5:30 at the Medford library.
  - F. Membership: 6 new members
- IV. Old Business
  - A. MLC sponsorships packets are going out. It was stressed that the MLC and the Ride the Rogue are not in competition with each other for sponsors. Support *both*!
  - B. Club members will give two presentations at Stewart State Park. July 8 will be on bike touring; August 12 will be on bike safety for kids.
  - C. The policy re: what goes in the newsletter is that there will be no personal emails (letters to the editor sent by email is fine). Nor will there be any unpaid ads.
- V. New Business
  - A. Ben Harlow asked for support for his ride to New Orleans to help rebuild for the Native American communities of Southern Louisiana. See [www.eswn.org](http://www.eswn.org). He would like support for the organization, as well as supplies (helmet, old bike clothes) for his own bike tour down to that area. He'll be leaving the end of March or April
  - B. Deadline for the Oregon Bicycle Ride is May 1. If five or more people from one club sign up together, there is a discount.
  - C. Time trials begin March 4 for three weekends. Contact Tim Turk if you are interested.
  - D. The storage locker is extremely overcrowded. James Williams & Phil Hoffman proposed getting estimates and moving to a larger storage unit. Bob Korfhage said he checked on prices a year ago, and they were significantly more expensive than what we have now. He felt that we could get rid of some of the old stuff and manage with what we have.
  - E. Jerry requested that someone write a letter about the need for a better shoulder on Hanley. With the rerouting of 238, the traffic is much heavier on that narrow road.
  - F. Complaints about a couple recent calls with school buses were aired, saying school bus drivers are often the worst. In such cases, get the bus number and report the incident immediately.
- VI. Meeting adjourned at 7:55

**Siskiyou Velo Membership Application**

<b>Name</b>	<b>Age</b>	<b>Type of Membership</b> (check one box in each cell below)	
<b>Street Address</b>	<b>City</b>	<input type="checkbox"/> Individual – \$15/year	<input type="checkbox"/> New
	<b>Zip</b>	<input type="checkbox"/> Family – \$20/year	<input type="checkbox"/> Renewal
<b>E-Mail Address</b>	<b>State</b>	<input type="checkbox"/> Business – \$25/year	<b>Any new Information included?</b> (e.g., address, phone, bikes, interests) <input type="checkbox"/> Yes <input type="checkbox"/> No
	<b>Cycling Interests</b> <input type="checkbox"/> Social/Training rides <input type="checkbox"/> Mellow-paced social rides <input type="checkbox"/> Commuting/transport <input type="checkbox"/> Self-contained touring <input type="checkbox"/> Racing <input type="checkbox"/> _____ <input type="checkbox"/> Single track <input type="checkbox"/> Back road mountain biking <input type="checkbox"/> _____		<b>Bike Frame Brand(s)</b> _____ _____ _____
<b>Information Blocking Options</b> (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		<b>Newsletter Distribution Election</b> <input type="checkbox"/> Snail mail (cost borne by Club) <input type="checkbox"/> Electronic (via web site – notification by e-mail)	
* Access to roster on web will require member ID and password		<b>Other Family Cyclists</b> Name _____ Age _____ Name _____ Age _____ Name _____ Age _____	
<b>Make Checks Payable to:</b> Siskiyou Velo P.O. Box 974 Ashland, OR 97520		<b>Volunteering</b> <input type="checkbox"/> Committees (MLC, etc.) <input type="checkbox"/> Newsletter <input type="checkbox"/> Ride Leader <input type="checkbox"/> Officer position <input type="checkbox"/> Other _____	
<b>Waiver</b> In consideration of my participation in Siskiyou Velo, I hereby waive, release, and discharge any and all claims for damages, death, personal injury, or property damage which I may have, or which hereafter accrue to me, as a result of my participation in said organization or their activities such as club organized rides and events. This release is intended to discharge in advance, the Siskiyou Velo organization or officers, and any involved municipalities or other public agencies, from and against any and all liabilities arising out of, or connected in any way with, my participation in said organization. I further understand that serious accidents occasionally occur during bicycle riding, and that participants occasionally sustain mortal or serious personal injuries and or property damage as a consequence thereof. Knowing the risks of bicycle riding, nevertheless, I hereby assume those risks and do hold harmless all persons or entities related to the Siskiyou Velo Bicycle Club who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages. It is further understood and agreed that this waiver, release and assumption of risk, is to be binding on my heirs and assigns. I acknowledge that an ANSI certified helmet is required to be worn by me at all times while riding a bicycle in any Siskiyou Velo event. By signing this release, I hereby agree to the terms of this release.			
<b>Signature(s)</b> Applicant _____ Date _____ Parent or Guardian of Minor _____ Date _____			

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**Siskiyou Velo**  
**P.O. Box 974**  
**Ashland OR 97520**  
**February Newsletter**

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